

GHYC YOUTH SAILING PROGRAM SCHEDULE

WHO: Co-ed ages 7 & 16,
WHEN: M, T, W, TH 9 a.m. - 12 p.m. or 1 p.m. - 4 p.m.
WHERE: Green Harbor Yacht Club
FEE: \$43.00 for members / \$93.00 for non members

For more information please call:
 Marshfield Recreation Department 781-834-5543
 Green Harbor Yacht Club 781-834-9115



Session I	Dates	Weekdays	Time	Code
Beginner	July 6 thru 9	M thru TH	9 a.m. to 12 p.m.	301361-01
Beginner	July 6 thru 9	M thru TH	1 p.m. to 4 p.m.	30136102
Session 2	Dates	Weekdays	Time	Code
Beginner	July 13 thru 16	M thru TH	9 a.m. to 12 p.m.	301361-03
Intermediate	July 13 thru 16	M thru TH	1 p.m. to 4 p.m.	301362-01
Session 3	Dates	Weekdays	Time	Code
Intermediate	July 20 thru 23	M thru TH	9 a.m. to 12 p.m.	301362-02
Advanced	July 20 thru 23	M thru TH	1 p.m. to 4 p.m.	301360-01
Session 4	Date	Weekdays	Time	Code
Advanced	July 27 thru July 30	M thru TH	9 a.m. to 12 p.m.	301360-02
Intermediate	July 27 thru July 30	M thru TH	1 p.m. to 4 p.m.	301362-03
Session 5	Date	Weekdays	Time	Code
Advanced	Aug 3 thru 6	M thru TH	9 a.m. to 12 p.m.	301360-03
Beginner	Aug 3 thru 6	M thru TH	1 p.m. to 4 p.m.	301361-04
Session 6	Date	Weekdays	Time	Code
Intermediate	Aug 10 thru 13	M thru TH	9 a.m. to 12 p.m.	301362-04
Advanced	Aug 10 thru 13	M thru TH	1 p.m. to 4 p.m.	301360-04

We offer adult sailing classes at night!

STAFF:
 Instructors are High School and College students trained by GHYC Members.

All participants must be able to swim 100 yards wearing a personal flotation device (PFD). Sneakers or boat shoes are required, bathing suit/nylon shorts recommended, you may get wet. Students provide their own U. S. Coast Guard approved PFD, (class III in good condition), along with a whistle and lanyard attached to your PFD. All staff and students shall wear a PFD while participating in the sailing program. Each boat, (Flying Scott) will have 1 instructor and up to 5 students. Cool drinks (water) hat, sunscreen recommended. Classes will meet on all scheduled days. In the event of inclement weather, land instruction will be offered with demo boats. If two or more on-water classes are cancelled due to weather, instructors will arrange make-up day (s).

Beginner: Student who is new to the GHYC sailing program. Instruction includes: basic boat & sails, running rigging, crew responsibility, safety on the water, boarding a boat, sailing checklist, exercises, and ending the sail.

Intermediate: Student who has taken beginner class before with the GHYC. Instruction includes: basic boat & sails, running rigging, crew responsibility, boarding a boat, sailing checklist, exercises, and ending the sail with some of the advanced instructions.

Advanced: Includes, basic sailing techniques, sail trim, reading the wind, apparent and true wind, points of the sail, communications, stopping the boat, sailing a triangular course, rescue, man overboard, and sailing in confined waters.