

# CORINTHIAN YACHT CLUB



**2021 Junior Sailing Program**

**HANDBOOK**

**THANK YOU**  
for choosing the  
CYC of Marblehead  
for junior sailing  
classes this summer!



## FROM THE JUNIOR SAILING DIRECTOR

*Dear Junior Sailing Families,*

We hope this finds you and your family doing well and staying healthy. We are excited to announce our plans for the 2021 CYC Junior Sailing Program. Our utmost priority has always, and will continue to be, keeping your child safe at the Corinthian, while fostering a love for sailing. Our decision to operate this summer as outlined in this document stems directly from this priority. We continue to base our operations decisions on the most up to date CDC and Commonwealth of Massachusetts guidelines.

This summer we will be offering both private and semi-private lessons to single-handed sailors; and we are excited to be welcoming back our beginner sailors this summer, and we could not be more thrilled!

Please utilize this document to help plan your 2021 summer, so when registration opens in March to CYC Members first, then the general public two weeks later, you have a gameplan to join us on the water!

Stay healthy and safe and we will see you on the water soon,

Noah Pasackow  
Jr. Sailing Director



## USING THIS HANDBOOK

The CYC has long fostered a passion for the sea for adults and children alike. The Club's Junior Sailing lessons are open to children of members and non-members, ages 7 to 14, using the CYC's Optimists. Lessons are designed to give students knowledge and confidence at each level and progress to more advanced afternoon sessions during the season. Instructors include experienced college and high school sailors, all of whom are US Sailing level one certified small boat sailing instructors.

The following Handbook provides an overview and schedule of our 2021 offerings and pricing for lessons. Please read through the descriptions to best place your sailor.



## KEEPING KIDS SAFE

Lessons will be conducted by US Sailing Certified Instructors who will complete a daily Staff Health Affidavit. Instructors will be following strict cleaning protocols for the sanitizing of boats, equipment and storage areas used each day; and will be wearing masks at all times, when on shore. Your sailor will be assigned one instructor--based on availability--who will be assigned to the same Opti and coach boat all season. There will be no physical 'classroom instruction' at the Corinthian. Instead, instructors will provide their sailors short, engaging whiteboard lessons outdoors before they head out on the water. This will start with an overview lesson, and will then be tailored to each sailor's specific needs as the lessons progress.

# 2021 SUMMER SCHEDULE

## WEEKLY LESSONS

Monday through Thursday  
June 28-August 12

Friday is a make-up day in case of inclement weather. Lessons will not be held in inclement weather, which will be based on current and forecasted conditions. We will do our absolute best to contact you as early as possible in case classes are cancelled.

## PLEASE NOTE

We require that your sailor is a confident ocean swimmer of at least 7 years old, as no swim or capsizing tests will be conducted at the onset of these lessons. Please note that all lessons will be held in the Club's Optis, and sailed single handedly.

## LESSON TIMES

BEGINNER	8:30am-10:00am
INTERMEDIATE	10:15am-12:15pm
ADVANCED	12:45pm-2:45pm



## ARRIVING FOR YOUR LESSON DROP OFF AND PICK UP

Drop off and pick up will occur by driving down Corinthian Lane (one way) and waiting in your car for your sailor's instructor to meet you in the parking lot. Your sailor will be returned to the parking lot at the conclusion of their lesson, where you will wait to pick them up. All participating students and their parents/guardians will need to complete a Covid-19 Health Questionnaire daily and sign behavioral guidelines that address the use of masks while on land, 6' social distancing, and staying home if they show any symptoms or come into contact with someone who has shown Covid-19 symptoms.

## REGISTRATION ONLINE LINK POSTED ON JUNIOR SAILING WEBSITE

Registration for lessons will be posted online opening at [cycjrsailing.org](http://cycjrsailing.org) in March. CYC Members will have two weeks to register before the general public. Members will have their number charged, and non-members will pay via credit card. Please remember that we offer generous scholarships through the Corinthian Sailing Foundation— see below for more details.

# REGISTRATION OPENS IN MARCH

## PRICING

Lessons can be purchased one at a time or as a package of 4 at a discount. We encourage you to register your sailor for consecutive days (or weeks!) if your schedule allows, to further support their growth and development in the boat. Regardless of their current level, this one-on-one instruction will greatly benefit their confidence afloat and increase their boat handling skills!

BEGINNER	\$45 or 4 pack for \$120
INTERMEDIATE	\$55 or 4 pack for \$180
ADVANCED	\$55 or 4 pack for \$180

## CANCELLATION POLICY

You will be charged for your child's class in full at the time of registration. In order to receive a full refund, you must cancel at least four weeks in advance of your child's first lesson. If you cancel within four weeks, you will be charged 50% of the total charge you registered for.



**CORINTHIAN**  
*Sailing Foundation*

## SCHOLARSHIPS

Each summer, the Corinthian Sailing Foundation offers scholarships for the Corinthian Yacht Club Junior Sailing Program. These scholarships are designed to provide a child whose family might otherwise be unable to afford participation in such a program, the opportunity to experience the excitement and rewards of learning to sail on the waters of Marblehead Harbor. Applications for scholarships must be submitted to the Foundation in advance of the registration process for the Junior Sailing Program. Visit [corinthianfoundation.org](http://corinthianfoundation.org) for an application.

# PRIVATE & SEMI-PRIVATE LESSONS



## SEMI-PRIVATE LESSONS

A select number of semi-private lessons will be available for Intermediate and Advances lessons. Beginner lessons will be strictly private lessons. In order to register for semi-private lessons you must coordinate registration with individuals who are part of your “social bubble”. A bubble is created when a group of people agree to a certain level of protective measures as a condition of physically interacting or socializing together. By keeping this group small and exclusive, you can reduce your risk of exposure to the virus. *From OSF Healthcare.* On the main registration page each family of the bubble will be able to select the same semi-private lesson, as the child’s name will be listed.



## PRIVATE LESSONS

Private lessons will be our primary offering this summer, across Beginner, Intermediate, and Advanced levels. This one-on-one instruction will provide your sailor a great opportunity to improve their skills and confidence afloat through individualized instruction. A US Sailing Certified Instructor will assess your sailor’s abilities and be able to tailor their instruction to meet your sailor’s needs.

Our lessons will progress following US Sailing’s Small Boat Instruction model, with an emphasis on learning boat parts, wind direction, parts of sail, body position, tacking, gybing, sail trim, tides and currents, and general harbor navigation. These basic objectives will be presented over the course of multiple lessons and may not all be covered given your sailor’s initial level. Our focus continues to be providing sailors a safe and fun learning environment at the Corinthian.

## REQUIREMENTS FOR PARTICIPATION

We require that your child come to the Club prepared to sail including sunscreen applied, in a bathing suit, with a life jacket, sunglasses, hat, etc. all on. Bathroom access will be available, however we encourage your sailor to go before they arrive. Furthermore, your sailor must wear a face mask at all times while on shore and the docks.

All sailors must complete a Covid-19 Health Questionnaire and agree to follow all behavioral guidelines regarding Covid-19. This includes wearing a mask while on shore, maintaining 6’ physical distancing, and staying home if showing symptoms.

## PLEASE NOTE

If your sailor is a confident single handed sailor, with at least two summers worth of instruction, who is eager to try out the higher winds, they should sign up for the PM advanced lessons. Please see the class descriptions for questions on how to place your child.

## SAILING CLASS PLACEMENT

If you have questions about placement after reading the material below, please email Jr. Sailing Director Noah Pasackow at: [jrsailing@corinthianyc.org](mailto:jrsailing@corinthianyc.org).



# CLASS DESCRIPTIONS

## BEGINNER

Sailed in Optimists single handedly  
8:30-10:00am

This early morning class is tailored specifically for new sailors. During the traditionally lighter wind mornings, this class will focus on safety, building confidence, and introducing basic on-the-water skills. Greater emphasis will be put on learning boat parts, identifying wind direction, and basic boat handling. With the direct one-on-one instruction, Beginner sailors will quickly gain experience and fundamental skills to assist in creating a passion for the sport of sailing. No experience is required, however your sailor must be a confident ocean swimmer of at least 7 years old. All Beginner lessons will be private.



## INTERMEDIATE

Sailed in Optimists single handedly  
10:15-12:15pm  
Option for Semi-Private Lessons

This late morning class is intended for sailors who have sailed at least one summer single-handedly and are confident on the helm [steering]. There is an option for Intermediate lessons to be semi-private, with groups up to three, given these sailors are previously part of a social bubble. Please refer to the previous page for more information in regard to this requirement. Sailors will expand and build on their established skills after their instructor is able to assess their abilities in the first session. The focus of Intermediate lessons is on self-sufficiency afloat, with an emphasis placed on boat handling and sailing upwind. Lessons will be geared towards productive tacking and controlled gybing, along with departure and arrival at the dock with minimal instructor input. In addition, sailors will receive an introduction to the basic right of way rules associated with encountering other boats in the Harbor.

## ADVANCED

Sailed in Optimists single handedly  
12:45-2:45pm  
Option for Semi-Private Lessons

This afternoon class is designed for more advanced sailors who are confident in the traditionally stronger afternoon breeze, and have at least two summers worth of single-handed sailing experience. There is an option for Advanced lessons to be semi-private, with groups up to three, given these sailors are previously part of a social bubble. Advanced lessons will focus on the following skills: upwind and downwind sailing techniques to increase speed; an introduction of more technical sailing terms; body position; an introduction to tell-tales; hiking and sailing in higher winds; a greater understanding of navigation, wind and tides; and recognizing a basic understanding of the Rules of Sailing and Racing.

Registration opens in March 2021.  
Please access the Jr. Sailing website at:  
[corinthianyc.org/web/pages/jr-sailing](http://corinthianyc.org/web/pages/jr-sailing)





# TESTIMONIALS

100% of 2020 participants were "extremely satisfied" in "limiting my sailor's exposure to COVID-19."

Noah and the CYC sailing team put together an amazing sailing program this summer. Given all the COVID limitations we couldn't have asked for a better experience. We wish the sailing would go on for longer!



My girls had the best time at CYC Junior Sailing during the 2020 summer season. I really appreciated the program's attention to COVID safety protocols. The staff went above and beyond to provide a safe and fun sailing experience during a very difficult time. The instructors, as usual, were great and helped my girls grow as sailors. This will be my girls' third year in the CYC Junior Sailing program. They are counting the days until they can get back on the water!

Noah did an incredible job both from communication to attention to detail in keeping our children safe. Sailing was truly so much fun and was the one little piece of normalcy for them this summer. Thank you so much!

The CYC Junior Sailing crew went above and beyond during this unique time. They created a safe, fun program that helped my kid further develop their sailing skills. They also provided my kid with a little bit of normalcy during this uncertain time. We look forward to sailing next year with Noah and his team!



Thanks for being so welcoming and so effective at drawing our daughter out. She had a blast and learned and grew on many fronts.

The communication with Noah made the entire process seamless and the enthusiasm of the instructors and their engaging personality made my kid fall in love with sailing. Every night he shared every detail of the day and couldn't wait to get back the next day. Looking forward to next year!



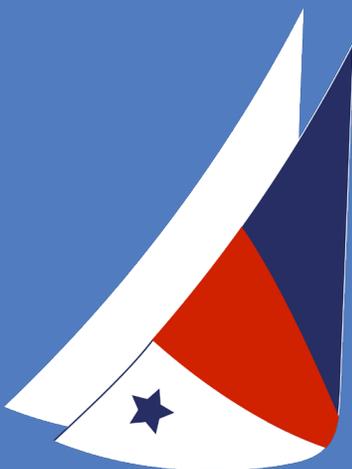
Please continue to do the great work you have been doing, and to push the kids to go faster!



Noah has created a program that teaches great fundamentals and also engenders a love of the sport of sailing.

Cannot thank you enough for your help with my son today. He was so excited to have a chance to try something new, and despite feeling slow and frustrated at first, came away feeling like he can eventually conquer an Opti. In fact, he is already talking about what he is going to do next summer. I so appreciate you spending so much time on the water with him today. He really seems to love to sail; I think it is going to be a while before you can get rid of him :)





# CORINTHIAN YACHT CLUB

## JUNIOR SAILING

Marblehead, MA

Follow us on Instagram @ cysail

Check out our website at: [corinthianyc.org](http://corinthianyc.org)