



COSTA PALMAS

YACHT CLUB

JUNIOR  
SAILING PROGRAM



## INTRODUCTION TO SAILING

(No Prior Experience)

- Sailing terminology\*
- Principles of sailing\*
- Parts of the boat\*
- Rigging the boat\*
- Points of sail (close haul, reach, downwind)\*
- Use of lifejackets\*
- Sail control\*\*
- Rudder control and tacking\*\*
- Capsize recovery\*\*

## RATES

2-DAY CLINIC - \$60 P/HR (6HRS)

GROUP (6 PAX MAX) - \$75 P/HR (3HRS)

PRIVATE - \$150 P/HR (3HRS)

## SCHEDULE

MORNING - 9:00am-12:00pm

AFTERNOON - 2:00pm -5:00pm

All Skill Levels (Ages 8-16)

Prerequisite: Demonstrate ability to swim 50 yards in pool.

## INTERMEDIATE SAILING

(Some Prior Sailing Experience)

- Student skills assessment\*
- Rigging the boat\*
- Maintain points of sail\*\*
- Roll tacking\*\*
- Gybing\*\*
- Sail trim\*\*
- Use of centerboard\*\*
- Wind prediction and trim adjustments\*\*

## ADVANCED SAILING

(Extensive Sailing/racing Experience)

- Student skills assessment\*
- Rigging the boat\*
- Race start tactics\*\*
- Race course tactics\*\*
- Weight distribution and planing techniques\*\*

## RECOMMENDED STUDENT EQUIPMENT

- Polarized wrap sunglasses with lanyard
- Cap or head cover
- Sunscreen 50SPF
- Quick dry apparel (boardshorts/bathing suit, lightweight short sleeve/long sleeve shirt)
- Towel
- Water

\* Land-based exercise

\*\* Water-based exercise