

Miami Yacht Club- Youth Sailing Foundation

SPRING 2010

SAILING PROGRAMS

SAIL4FUN AND PERFORMANCE SAILING TEAMS

Program mission and objectives 1. Have kids and teens learn how to sail. 2. Do it in way that is safe and enriching but also have a lot of Fun doing so.....3. Initiate kids and teens into sailing as a lifestyle. Both recreational sailing as a lifetime activity and for those kids that show interest, open the competitive sailing world as a sport to grow in responsibility, teamwork and commitment. With this in mind, we start all kids in the Sail 4 Fun program to later graduate them to the Performance Teams.

1) Sail 4 Fun Program:

Two levels have been designed to take kids and teens to become sailors with confidence and all basic techniques to sail their own boat in teams and individually .

SAIL 4 FUN - BEGINNERS

- One level: all kids new to sailing, with little or NO experience.
- Cost \$325 from January 30th to April 24th as show in calendar attached.
- Includes 1 session on weekends. Additional wk. days can be requested for faster progress for \$145 for one extra weekday for entire session.

SAIL 4 FUN - INTERMEDIATE

- Sailors know how to navigate the boats but feel more comfortable with a partner.
- Sailors need more time to complete "an Upwind".
- Focus on fine-tuning skills under a fun umbrella.
- Minimum 1 session on weekend but it is recommended 1 weekend and 1 week day.
- Cost \$465 from January 9th to April 24th as shown in calendar attached.
- Included: up to 2 times a week. Choose one weekend session and one weekday session.

2) Performance Program:

For sailors that start to show more commitment and competitiveness on the S4F program to move further into racing. This program has been designed to take kids and teens to become performance sailors.

PERFORMANCE - INTERMEDIATE

- Sailors are capable of sailing alone.
- Sails in Upwind and Downwind without difficulty. First notions of advanced techniques.
- Sailors can control all the equipment and show equipment responsibility (Rig and De-Rig own boats)
- Sailors show initial interest and commitment to competition.
- Sailors start to show signs teamwork .
- Sailors show interest to start competing locally.
- Recommended 2 session a week. 1 weekend and 1 week day
- Cost \$465 from January 9th to April 24th as shown in calendar attached.
- Included: up to 2 times a week. Choose one weekend session and one weekday session.

PERFORMANCE - ADVANCED - Los Lokos Sailing Team

Advanced Level 1 - Combined O'pen and Opti

- Focus on speed and race starts
- Full responsibility for club and own boats. Will rig and de-rig their own boats.
- Able to sail different courses in normal and more challenging sailing conditions.
- Feels part of Team, show commitment to team and positive attitude with the coaches.
- Sailors ready for Touring regionally for competition, and maybe selected international events.
- Minimum 2x a week but recommended 3x a week for important events.
- Cost \$595 from January 9th to April 24th as shown in calendar attached.
- Included: up to 3 times a week. Expected minimum 2 times a week. Saturday afternoon session and choose two weekday sessions.

Advanced Level 2 - Combined O'pen and Opti

- Focus on advanced training, speed and tactics.
- Sailors that dominate different maneuvers of their boats, both in heavy winds and light winds.
- Sailors are prepared to sail in Ocean.
- Recommended 3 session a week. 1 weekend and 2 week days
- Cost \$465 from January 9th to April 24th as shown in calendar attached.
- Included: up to 3 times a week. Expected minimum 2 times a week. Saturday afternoon session and choose two weekday sessions.

Advanced OPTI- Level 1 and 2

- For sailors focusing only on the Opti Platform.
- Same requirements as above.

SESSIONS AVAILABLE

WEEKEND(choose 1 of the following):

SATURDAY 9:30- 12:30 pm - Available to Beginners and Intermediate only

SATURDAY 2:00-6:00 pm - **Advanced only**

SUNDAY 2:00- 5:00 pm- Available to Beginners and Intermediate only

WEEKDAY OPTIONS (Choose 1 or 2 of the following)

Available to all. If sailor misses one he/she can come on the other.

Tuesday 4:00-6:00 pm - **Wednesday** 4:00-6:00 pm - **Friday** 4:00-6:00 pm

Top Level Coaching:
Marina Sans
Hernan Peralta

For More information Please contact:
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