



SBC Jr. Sailing Class Descriptions

Adventures in Sailing Intermediate - Adventure and fun awaits the sailors in this class! As they work together to sail, they learn boat rigging, righting, and how to maximize performance both upwind and downwind. Interested Sailors will also be provided the opportunity to try out a Pram or Opti.

Opti Green Sailors will take their skills to a new level by sailing solo in an Opti. Sailors will learn the points of sailing, right of way rules, and basic knots. In addition, they will learn how to rig and de-rig, and, most importantly, how to stay safe on the water and how to safely capsize and right their boat. Sailors will be encouraged (but not required) to participate in one regatta as part of the Green Fleet (learn to race). Optis will be provided, however, sailors are welcome and encouraged to have their own Opti stored at the Satuit Boat Club.

Opti Learn to Race This class is for the more serious Opti sailor who will compete in home and away regattas. Sailors will be exposed to stronger afternoon winds. There will be optional Friday training during the summer depending on the race schedule. Students are expected to have their own race boat, and racing spars are recommended.

420 Green This class is for sailors who are new to 420s, or for sailors who prefer to sail the two person 420 in a more casual environment. Sailors will be introduced to recreational sailing in high performance, club-owned 420s. Sailors will learn to function as both skipper and crew. As abilities permit, sailors will learn to rig and de-rig, fly spinnakers and use the trapeze. The goal is for sailors to continue to build confidence as crew and skipper, and work toward improving their overall boat handling skills. As sailors progress, racing skills will be introduced and developed, with emphasis on both individual and team racing. It is recommended but not required that sailors weigh at least 100 lbs.

420 Learn to Race This class is for more experienced sailors who have already completed at least one season in 420s. 420 Race sailors will focus on performance sailing, and more advanced individual and team racing skills. This class is for the more serious sailor who will be exposed to stronger afternoon winds, and will compete in home and away regattas. (There will be optional Friday training, depending on the race schedule.)

Learn to Sail - Set Sail & Explore! : This class is an introduction to the sport of sailing. This class is

perfect for a sailor new to the sport, or one who is more comfortable being in a boat with others. After some land-based fun practicing how to rig, bail and steer, sailors will sail around Scituate Harbor with Instructors. During these group sails, sailors practice steering and trimming sails.

Intro to Optis- Introduces sailors to solo sailing in the Optimist dinghy, from rigging to navigation. Sailors learn Opti boat handling skills, selecting and navigating a course, trimming sails and basic racing tactics.

Junior Instructor (JI) Program We offer a Junior Instructor (JI) program for sailors who want to help our sailing staff teach lower level classes. In addition to being an additional set of eyes and hands, the JI program grooms our participants to become instructors at SBC or other clubs - a worthwhile and exciting job. **Requirements:** Potential participants in the JI program must apply for their positions in the Spring, and fulfill a first aid class requirement. Please contact JrSailing@scituateboatclub.net if interested.