The Optimist Pram.
The “Opti” at a little less than 8 feet long is, quite simply, the dinghy in which the young people of the world learn to sail. Sailed in over 110 countries by over 150,000 young people, it is the ONLY dinghy approved by the International Sailing Federation exclusively for sailors under 16 years of age. In the 2008 Olympics over 85% of the medal winning boat skippers were former Optimist sailors.

The DeWitt Dinghy
The DeWitt, at 8 1/2 feet is a more performance oriented sailboat. Easy to right after a capsize, it gives the new sailor a chance to sense the power of a planning hull and more sail area. In place of the Opti’s gaff-rigged Dacron mainsail, the DeWitt sports a high-tech, high-roach main on a tapered carbon fiber mast.

The International 420 Class Dinghy is a double-handed (2 crew) monohull planing dinghy with centreboard. The name describes the overall length of the boat in centimeters. The 420 is equipped with spinnaker and optional trapeze, making teamwork necessary to sail it well. It has a high sail-area-to-weight ratio, and is designed to plane easily. It can be rigged to be sailed single-handed. The 420 is an International class recognized by the International Sailing Federation.

“The FJ was built to serve as a training boat for the then Olympic-class Flying Dutchman. The FJ has a beam of 4’11” and an overall sail area of 100 square feet (9.3 m²). These dimensions make the FJ an ideal class to teach young sailors the skills of boat handling and racing. In the US, many high school sailing and Intercollegiate Sailing Association programs own fleets of FJs.”

BENICIA YOUTH SAILING MISSION STATEMENT
To teach introductory sailing skills in a controlled, safe environment. To promote safety and maturity for a lifetime of boating enjoyment and demand the highest level of Corinthian spirit in all aspects of sailing.
INSTRUCTORS

A U. S. Sailing Association certified instructor will be present during all activities. Safety personnel who are certified in basic First Aid and CPR will also be present. Safety boats and crew will be on the water whenever participants are sailing.

ENROLLMENT

Introduction to Sailing camp is $275.00
Learn to Sail tuition is $375.00.

Benicia Yacht Club members and their immediate families qualify for a $50.00 or $75.00 discount if received by MAY 22, 2015 NO EXCEPTIONS!

Each participant and / or a parent or guardian must complete and sign the enrollment form and medical release form.

Class size is limited to 8 (half day) and 10 participants for Learn to Sail and Intermediate Camps. Each session will enroll on a first enrollment / first to pay basis.

BYC offers discounts for those taking multiple sessions and siblings during the same season. Scholarships are available, please fill out the application found on the website and send in with your application.

DAILY SCHEDULE

A typical full day camp daily schedule is as follows:

9:00 - 10:00    Attendance, morning classroom, rigging
10:00 - 12:00  Morning on the water
12:00 - 12:45 Lunch Break
12:45 - 1:00   Afternoon Classroom
1:00 - 3:00    Afternoon on the water, de-rig, clean up!
     Sign out!

... A healthy snack is provided each day!

Expectations for ALL participants in Benicia Yacht Clubs Sailing Program.

Benicia YC has established the following guidelines and rules of behavior to help ensure a controlled and safe environment. It is important that the parents and or guardians review the rules and guidelines. BYC instructors reserve the right to dismiss any student if any of the following rules are broken.

• Classes begin promptly, students should arrive early enough to sign in, store their gear and be ready for an on-time start. Students should be dropped off on the water side of the Benicia Yacht Club closest to A Dock.
• Each participant’s parent or guardian must sign in and sign out each day, please plan your time accordingly.
• The students are expected to listen to and respect the word of the instructors always.
• Be aware of the boundaries, on the shore and on the water, as established by the instructors.
• No running on the docks. Always use caution on the boat floatation barge, be mindful of the personal possessions of others. There will be no horseplay.
• Proper shoes and a PFD are required at all times while on or around the water.
• Students will show respect for their peers, the instructor and other individuals.
• There is a no tolerance rule for profanity or violent behavior.
Students, please follow the following check list for a successful week at camp!

- Be well rested and have a good breakfast.
- Come prepared with a healthy snack. Water is always available, bring a healthy drink if that is preferable. Please, non-caffeine drinks would be best.
- Have sunglasses, a hat, and sun block to reapply when needed.
- Wear appropriate clothing. Remember the weather may be different from the weather at your house and it is always changing on the water.
- Bring a change of clothing and a towel each day.
- NO FLIP FLOPS, NO OPEN TOED SHOES... Proper footwear that you can get wet every day.
- Bring your Coast Guard approved III life vest to each class.
- Arrive at class on time! Please leave enough time to sign in and store your belongings before the class begins.
- Be prepared to have fun!

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**PREREQUISITES**

- **Age:** 8 years old and up.
- **Experience:** No boating or sailing experience is required.
- **Membership:** Membership to the Benicia Yacht Club is not required.
- **Equipment:** Each participant is required to obtain a Coast Guard approved Type III Personal Floatation Device (PFD).

  *A PFD must be worn at all times when on or near the water.*

- **Physical Ability:** Participants must be able to swim 25 yards while wearing usual sailing attire, be able to put on a PFD while treading water and then swim and additional 25 yards for a total of 50 yards.
- **Transportation:** Transportation to and from the course is the responsibility of the participant's parents or guardian. The participant must be picked up promptly at the end of each session.
- **Participants:** Each participant should bring a bagged lunch with a healthy snack, a change of clothes and an enthusiastic attitude to every class. Lunch may be purchased Tuesday through Friday.

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**CLASS DESCRIPTIONS**

**Younger Children’s Camp**
A half day program designed for elementary school aged children and those up to age 12 with no sailing experience.

**Learn to Sail**
A full day camp, that is geared toward 12-18 year olds. We will cover parts of the boat, rigging, boat handling and seamanship. Participants completing this class will be able to rig and sail a dinghy on a protected body of water in light to moderate winds.

There will be required (easy) reading each night. Students will work toward completing the U.S. Sailing Small Boat Certification.

**Intermediate Sailing**
Designed for the more experienced junior sailor. Students will learn sail trim and more advanced controls, boat balance, sailing two person vessels, sailing in heavier winds (weather permitting) learn about wind and currents and some beginning race technique. Students will complete the requirements for U.S. Sailing Small Boat Certification.
For more program information find us at: http://www.beniciayachtclub.com
Go to the PROGRAMS tab, then YOUTH

Benicia Yacht Club
Sailing Program
400 East Second Street
Benicia, CA. 94510
707-746-0739

Email inquiries to Derith Lutz at JuniorSailing@beniciayachtclub.com
Contact Derith on her cell phone at (401) 258-7304

LEARN TO SAIL PROGRAMS

We offer a half day and a full day sailing camps. Our full day camp will be approximately 20 hours of sailing instruction and training. Some classroom time is required and most of the instruction takes place on the water inside the Benicia Marina in Vanguard Optimist and DeWitt dinghies. The Intermediate Sailor will be venturing out to the Carquinez Strait. Please see complete details in Class Descriptions.

Our camps cover all types of sailors. Our student to Instructor ratio allow us to individualize each class so that each student can reach their personal level of sailing, by allowing each child to advance at their own pace.

We hope that you child will gain confidence, and learn the skill of sailing while having fun and making friends!

FAQ

Q. I have a concern or issue who should I talk to?
A. Serious concerns should be brought to the direct attention of the Director of Youth Sailing although the Lead Instructor should be able to resolve most issues as she or he has the day to day experience with the students and will usually have a resolution to most problems. The best time to speak the Lead Instructor (or individual instructor) is at the end of class. If this is not convenient, please call the Director of Youth Sailing on her cell 401-258-7304.

Q. It is raining!
A. Classes are held rain or shine. In the event that classes will be cancelled, students will be called at home and informed of a cancellation.

Q. My child is reluctant to continue with lessons.
A. Please bring them to the next class. With your coaxing and our Instructors experience with encouragement and motivation your child will be back on the water by the end of class and loving it!

Q. What if my child gets hurt?
A. Any time an instructor administers first aid for a cut, bruise or banged head they will complete a report on the injury. The report will be sent home with your child at the end of the day.

Q. What is in Start Sailing Right?
A. Start Sailing Right, US Sailing’s official learn-to-sail guide clearly demonstrates all key sailing concepts from safety to currents with simple graphics and instruction. A copy is yours to keep when registered in our program. There is required reading before each class. Please encourage your child to finish each section on time.

Q. What is the Little Red Certificate Book?
A. This is a record book of the skills of each students accomplishments. The book will be presented to the student at the award dinner. Returning students should bring the Little Red Book with them to the first day of class and it will be updated and returned to them.