



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAKE NORMAN YMCA SAILING, SUMMER 2019

Class	Description	Frequency	Student	Cost
Beginner Clinic	This 2-day clinic is designed for people with no sailing experience. Students will learn the basics of how to sail a Sunfish.	Monthly 1.5 hour sessions	Juniors – Ages 8-12 Adults – Ages 13+ <i>*Clinic is limited to 6 kids or 4 adults.</i>	\$85 members; \$110 non-members <i>Price includes clinic plus 2 Open Sail times.</i>
Intermediate Clinic	This 1-day clinic is designed for people who have taken the Beginner Clinic or have solid sailing experience. Topics will range from Learning to Race to Sailing a Holder 14.	Monthly 1.5 hour session	Anyone with sailing experience or who has taken the Beginner Clinic <i>*Clinic is limited to 6 kids or 4 adults.</i>	\$40 members; \$52 non-members
Open Sail	Open Sails are time to practice sailing skills. Instructors will be on staff to assist, but participants are expected to sail the Sunfish independently.	Monthly 2 hour session; boats checked out by the hour	Experienced sailors	\$20/boat per hour;
Private/Semi-Private Lesson Package	This is a package of 4 lessons designed for beginner sailors who want more individualized instruction. Participant must bring the additional participant for semi-private lessons.	Select Weekday Mornings & During Clinics; FOUR 1.5 hour lessons	Age 8+	\$200 members; \$260 non-members
Add-On Lesson Package	This is a package of 2 lessons designed for people who have taken a clinic or have prior sailing experience, but want more individualized instruction.	Select Weekday Mornings & During Clinics; TWO 1.5 hour lessons	Age 8+	\$100 members; \$130 non-members



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2019 CALENDAR OF SAILING INSTRUCTION

May 18-19	11:00-12:30	Juniors
	12:30-2:00	Adults
May 25	10:00-12:00	Open Sail

June 8-9	11:00-12:30	Juniors
	12:30-2:00	Adults
June 29	9:00-10:30	Intermediate Clinic
	10:30-12:30	Open Sail

July 13-14	9:30-11:00	Juniors
	11:00-12:30	Adults
July 16-17	9:30-11:00	Juniors
July 27	9:00-10:30	Intermediate Clinic
	10:30-12:30	Open Sail

August 3-4	11:00-12:30	Juniors
	12:30-2:00	Adults
August 17	9:00-10:30	Intermediate Clinic
	10:30-12:30	Open Sail

Sept. 14-15	9:30-11:00	Juniors
	11:00-12:30	Adults
Sept. 21	9:00-10:30	Intermediate Clinic
	10:30-12:30	Open Sail

***JUNIORS ARE AGES 8-12. ADULTS ARE 13 YEARS AND UP.**

***PRIVATE LESSONS WILL BE OFFERED DURING CLINICS AND OPEN SAILS.**

***MINIMUM OF 3 STUDENTS TO RUN A CLINIC.**