



Optimist Program Description - Beginners

Experienced sailing instructors, all members of the Osprey Yacht Club, will teach students on an Optimist dinghy, the only sailboat designed specifically for children, allowing them to have fun learning the essentials of sailing in a safe and controlled environment.

The program covers the basics of sailing from 9:00 a.m. to 12 noon Monday to Friday for ages 9 to 13 (50-115 lbs; 5'2" or shorter). Students are expected to be dropped off and picked-up at the OYC Center, pool, or "F" Dock depending upon the training for the day.

Monday morning at 9:00am, students will meet with instructors at the OYC Meeting Room for introductions/initial training, and then be taken to the pool to demonstrate their ability to swim the length of the pool without the aid of any flotation device, and to practice boat handling. Tuesday – Friday will be "on the water," with graduation back in the OYC Meeting Room on Friday to which family and friends are certainly invited.

The program will cover the following:

- Classroom session – learning the parts of the boat, safety on the water, knotting and rigging
- Introduction to the basics of how to sail
 - Will take place in the pool
 - Includes righting a capsized boat and bailing
 - Nautical knot tying
- Sailing solo primarily on Yeopim Creek
 - Each student accompanied by a "safety chase" with an instructor in a dinghy, wave runner, or other suitable motorized small craft
 - Tacking, jibing, docking
 - Weather and other safety awareness elements

Rescue boats will be in the sailing area at all times.

Students should come prepared, in appropriate clothing. Most of the time will be spent at the marina where there is no shade. Students will be paired up to share responsibility for a boat. They will work together as a team to rig and de-rig the boat each day and alternate sailing single handed.

Dress code & other essentials:

Swimsuit, sailing gloves (optional), sneakers or water shoes (no flip-flops), towel, light sweater or cotton shirt, sun block, and water.

Application Process:

The program is offered annually in two sessions, with a maximum of six students per session. The application process for the two summer sessions will open at the beginning of September of the preceding year, with priority given to OYC members through the 30th of November. Available slots will be filled on a first come, first served basis. Should fewer than six applications be received for either session, enrollment will then be expanded to include all AP residents in good standing. All subsequent student applications will be accepted and approved on a first come, first served basis until both sessions are full.

Applications from returning students requiring more time to successfully complete the program will be given priority for one additional session. Students who have successfully completed the program will only be permitted to repeat the course if there are sufficient openings in one of the sessions.

For further information, please contact:

Kevin Sheehan: naheehsk@aol.com or 252-426-3066

USCG approved life jacket must be worn at all times. Bring your own if you have one, or borrow one from OYC.

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