

Lessons and Clinics

1. There is a two-week minimum for Junior Sailing Clinics.
2. In order to maintain safe and effective instructor-sailor ratios, sailors must be signed up 24 hours in advance of the class meeting time.

Novice I Optimist: M/W/F 8:00 am - 9:00 am

For 1st year sailors. Minimum age 6. Optimist Prams are used with 1 or 2 sailors per boat and a junior instructor when possible. Classes meet three times per week. Each child is expected to attend only the class for which he or she has signed up. Class participation will be capped at 8 sailors.

Novice I Optimist: M/W/F 9:15 am - 10:15 am, 10:30 am - 11:30 am

For 1st and 2nd year sailors. Minimum age 7. Optimist Prams are used with 1 or 2 sailors per boat and a junior instructor when possible. Classes meet three times per week. Each child is expected to attend only the class for which he or she has signed up.

Novice II Optimist: M/W/F 8:30 am - 9:30 am, 9:45 am - 10:45 am, 11:00 am - 12:00 pm

For 2nd or 3rd year sailors. Completion of Novice I class or equivalent skills required. Club Optimists are used with 1 or 2 sailors per boat. Classes meet three times per week. Each child is expected to attend only the class for which he or she has signed up.

Intermediate Optimist: M/F 9:00 am - 11:00 am, TH 8:00 am - 10:00 am, F 1:15 pm - 3:30 pm Racing at HHC

Completion of Novice II class or equivalent skills required. For sailors ages 9 to 11 who have mastered basic skills and wish to improve their understanding and technique. All sailors must own or have access to a boat (see Boat Clearinghouse).

Hay Harbor Racing: M/T/TH 3:00 pm - 5:00 pm, F 1:15 pm - 3:30 pm Racing at HHC

Completion of Intermediate class or equivalent skills required. For sailors ages 10 to 13 who have advanced skills and want to learn racing techniques and strategies. All sailors must own or have access to a boat (see Boat Clearinghouse).

West Harbor Racing: M/T/TH 1:00 pm - 4:00 pm, F 1:00 pm - 4:00 pm Racing at FIYC

Completion of Hay Harbor Racing class or equivalent skills required. For sailors ages 11 and up who are ready to participate in regattas. Students sail at FIYC with an exciting regatta schedule and outstanding opportunities to perfect their skills and enjoy sailing in a more challenging environment. All sailors must own or have access to a boat (see Boat Clearinghouse).

420: M/T/TH 1:00 pm - 4:00 pm, F 1:00 pm - 4:00 pm Racing at FIYC

Completion of West Harbor Racing class or equivalent skills required. For highly advanced sailors ages 14 and up who have a firm grasp of racing and who are ready for the physical and tactical challenges of a high performance dinghy. Students sail from FIYC in 420s provided by the program.

Sailing & Seamanship: T/TH 8:00 am - 10:00 am at FIYC

For ages 13 and under. No prior sailing experience required. This program is designed for older children and teens who prefer not to be in a racing program, but who love being out on the water. Sailors will learn to sail as crew and skipper in a variety of boats (420s, Ideal 18s, Bullseyes) provided by FIYC. Seamanship skills will also be an important component of this class.

Sailing & Seamanship: T/TH 10:00 am - 12:00 pm at FIYC

For ages 14 and up. No prior sailing experience required. This program is designed for older children and teens who prefer not to be in a racing program, but who love being out on the water. Sailors will learn to sail as crew and skipper in a variety of boats (420s, Ideal 18s, Bullseyes) provided by FIYC. Seamanship skills will also be an important component of this class.

Teen & Adult Clinic: W 2:00 pm - 4:00 pm at FIYC

For teen and adult sailors of all ability levels working with our instructors to improve their skills. Clinics will take place at FIYC in 420s, Ideal 18s, and Bullseyes provided by the program.