



**Register For**  
**LCYC Youth Sailing - Fall Session**  
**October 3 - December 12, 2020**

The LCYC Youth Sailing Fall Sailing Practice Sessions will consist of 2-hour practice sessions beginning in October 2020. There will be 8 practice dates, with no bad weather make-up days:

October 3,24,31  
November 7,21,28  
December 5,12

We will run three (3) class sessions each day. Sailors should register for the appropriate session based on age and sailing skills.

**BEGINNER:**

9:00 to 11:00 AM

Ages 7 to 13 - No sailing experience is required.

Boat type- Optimist Dingy and Laser Pico

Class size limited to six (6) sailors only.

**OPTI 1:**

12:00 to 2:00 PM

Ages 8 to 15. Previous experience with LCYC or other youth sailing is required.

Boat type - Optimist Dingy

Class size limited to twelve (12) sailors only.

**OPTI 2:**

2:30 to 4:30 PM

Ages 8 to 15. Previous experience with LCYC or other youth sailing is required.

Boat type - Optimist Dingy

Class size limited to twelve (12) sailors only.

BEGINNER will teach sailors the basics of sailing terminology, seamanship skills such as knot tying and rigging, boat assembling, and basic boat handling. Sailors will learn to sail upwind, down-wind, tack and gybe.

OPTI 1 and OPTI 2 sailors focus on refining boat handlings skills and introductory racing skills and concepts to better prepare for racing in green fleet at Texas Sailing Association (TSA) youth regattas. Practice will include chalk talk, starting line drills, and other racing activities as needed.

A typical practice session may not always include sailing due to bad weather. Classroom instruction as well as running and fitness are also part of youth sailing practice.

The Principal Sailing Instructor will be Yam Vidal.