The Royal Hamilton Amateur Dinghy Club

2012 JUNIOR SUMMER SAILING PROGRAM – Information

Sailing Program

Our sailing program is split into 2 sessions – morning 9 to 12 and afternoon 1 to 4 (Monday to Friday), for both July and August. Children may enroll for sailing all day (am & pm) or depending on their age they may enroll for tennis in the mornings and sailing in the afternoons. They may also register for just one of our sessions, am or pm, either for tennis or sailing. The classes will be divided up depending on age, weight and/or skills.

Each session is 4 weeks long (except for Water World and LTS Intro which are weekly programs) and students are encouraged to attend all classes in order to successfully complete the program. There is a Minimum of 2 continuous weeks required. This means that those sailors that can't come for the whole month they can choose to come for either the first half or the second half of the month.

There are 6 skill levels of sailing starting with Water World, which is an introduction into water sports, and ending with the Racing Program. Please take time to read the description of each group on the last page.

Tennis Program

The aim of the RHADC Tennis Program is to introduce young people to the sport of tennis. There will be an age limit and a skill limit to maintain our goal. The age limit will be 7-10 years. Beginners will be the first-timers and intermediates will be the kids that have participated in our program before. All the basic skills will be covered in the program through drills and games. This program will run only in the mornings.

Summer Program Dates:

Water World & Learn to Sail Intro – ½ day programs, 1 week duration

Water World: (5 & 6 years old)	*July am only*: (**Week 1** 2nd to 6th) – (**W2** 9th to 13th) – (**W3** 16th to 20th) – (**W4** 23rd to 27th)
	August am only: (**W1** 6th to 10th) - (**W2** 13th to 17th) - (**W3** 20th to 24th) - (**W4** 27th to 31st)
LTS Intro: (6 & 7 years old)	*July pm only*: (**Week 1** 2nd to 6th) – (**W2** 9th to 13th) – (**W3** 16th to 20th) – (**W4** 23rd to 27th)
	August pm only: (**W1** 6th to 10th) - (**W2** 13th to 17th) - (**W3** 20th to 24th) - (**W4** 27th to 31st)

Learn to Sail, Level 1, Level 2, Level 3 - All day or ½ day, 2 week duration
Tennis - ½ day am only

July Program: Sailing & Tennis *-July 2nd to 27th* / 1st half : July 2nd to 13th; 2nd half : July 16th to 27th	
August Program: Sailing & Tennis- *August 6th to 31st*/1st half : August 6th to 17th; 2nd half: August 20th to 31th	

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Terms and Conditions:

		Members	Non-members
½ Day	2 weeks (1st or 2nd half of the month)	440	520
Full Day	2 weeks (1st or 2nd half of the month)	730	890
½ Day	All month	730	890
Full Day	All month	1250	1500

LTS Intro & Water World ONLY:

½ Day	1 week	240	270

Discounts:

If you sign up more than one child, the second one gets 10% discount
If you sign up before May 31st you get 10% discount from the total
If you bring a new friend with you, 10% discount for you and friend
If you bring 2 or more new friends, 20% discount for you and your friend

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Registration:

Registration will start on March 1st. Please bring, email or fax your form and your method of payment. (mail in a check, credit card or charge to adult member account.)

Payment:

Full payment is required at registration. Payment plans are available, subject to Club approval.

Confirmation:

As soon as you have submitted the registration and payment, your child participation on the program is guaranteed. If a class is full, we will let you know immediately.

Cancellations:

No refund unless cancellation is received, in writing, four weeks prior to the start of the program. Exception is a medical certificate. We will charge $50 for a processing fee. There will be no refunds once the Program has started. There are no refunds for inclement weather. We will not cancel the lessons.

What to wear/bring?

Sailing: Long sleeved T-shirt and shorts, hat, bathing suit, closed-toe shoes, lifejacket, water bottle, sunscreen, towel, spray top or rain jacket and a change of clothes.

Tennis: Cool comfortable t-shirt and shorts, hat, socks, sneakers, a tennis racket, water bottle, sunscreen and hat.

Lunches:

The Club will offer hot lunches for the sailors. You will receive the menu and further information closer to the summer start.

After Sailing Care:

In order to make life easier on busy parents RHADC is offering after sailing care. The cost is $50 per child per week, or $150 for the entire month no matter how many days you attend each week. One of the sailing coaches will supervise the children from 4:00 – 5:30pm. Please keep in mind this is not an organized class and that our coaches have evening classes to teach - so please be on time picking up your child!

Water:

Unlimited water will be provided for all students. Each student will be required to bring a water bottle with their name clearly labeled on it, as cups are not provided.

Special Dates:

***Parents and Children Orientation**: June 21st, 6:00 pm* - Come and meet the Coaches and learn more about the program.

***Parent's Night Summer Program**: July 19th - August 23rd, 6:00pm* - The Coaches invite parents, grandparents, (all relatives) and friends to come and see their child/children demonstrate their skills.

***Prize-Giving- Summer Program**: July 26th - August 30th, 6:00pm* - At the end of each session the Club invites parents, all elatives and friends to a prize giving. Participants will receive a certificate and trophies will be awarded for major accomplishments.

Contact Information:

Phone #: 236 2250 – Fax #: 236 4276 – Email: sailing@rhadc.bm

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The following is a description of the different levels we have on our Junior Sailing Program.
We hope this is helpful guidance so you can understand where or why sailors should be on a certain level or when and how they should move to a different one. Please note that we have made some changes in the division of the levels. The coaches will decide in which level each sailor should be, depending on age, weight, experience and/or skills.

Water World:

This summer we will have 8 weeks of this program and it will be done in the **mornings** only.This is a program for 5 and 6 year old children where they do not learn how to sail; the focus is getting them familiar with the water, the boats and sailing.
Based on psychological studies, we believe children at this age are too young to understand what it takes to learn how to sail without running the risk of scaring them. However, we have proved that with the different activities that Water World involves, children become a lot more confident and are ready to jump in a boat with no fear and start sailing as soon as they start Learn to Sail.

Learn to Sail Intro:

During the summer this program will be done in the afternoons only and we will have 8 weeks of it, 4 in July and 4 in August. This is a program for 6 and 7 year old children who had previously done at least one week of the Water World program.
For the same reasons as the Water World program, children won't learn how to sail, but will have a more detailed introduction into the sport. They will go on the boats with the sails, just a few times and only when the day is really nice (not much wind at all).

Level 1 (Learn to Sail):

This program is for 8 and up years old children. We will take 7 years old children, only if they took our Water World and Learn to Sail Intro courses, at least once and if both, parents and coaches believe the children are mature enough for this course.
If children are older than 14 years old or they are already too tall for an Optimist, then we recommend them to take this same course in our 420's boats.
On this level children will learn the basis of sailing and at the end of it; they will be able to handle a boat on their own (if the wind is not too strong) and recognize the different points of sail.

Level 2 (what used to be DSS 1 & 2):

This course is for those sailors who had completed the Learn to sail course. There is no age requirement for this course; the only requirement is to know how to sail.
During this course, sailors will improve their sailing skills and the goal is to make sure their boat handling improves so they can sail in any weather conditions and they can adjust their sail to the different points of sail. At the end of this level the sailors will be introduce to racing.

Level 3 (What used to be Dss 3 & Advanced):

This course is for those sailors who had completed the Level 2 course at least twice and are willing to improve their sailing and racing skills by making the most of their training sessions.
During this course, sailors will improve their skills even more and the goal, although we need to make sure their boat handling keeps improving is to teach them racing techniques. By working on racing techniques, sailors will learn how to make their boat go fast and how to have full control of the boat on any sailing conditions.

Once the sailors have done at least one year of racing and the coach thinks he is ready, he/she will move up to advanced. As the demands for a racing sailor are quite tough, coaches will advice sailors and parents if the sailor is ready or not to join this level. The Advanced/Racing courses are year round. Once a sailor became a racing sailor, we must provide him/her as much coaching as possible in order to help him/her, develop constantly in order to achieve his/her goals.

For more detailed information, please contact our Sailing office: Email: sailing@rhadc.bm / phone # 236 2250

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