




J R F A L L P R O G R A M 2 0 2 4



Back to school, back to sailing!



September 9th – December 15th

| Days | Time |  Ages 6-15 | |  Ages 12-16 | |   4.7 Born 2010 or older *Younger by invite only |   29er  Born 2008 or older *Younger by invite only |
|-------------------|-----------------|---|---|--|--|---|---|
| Mondays | 4-6pm | Level 1 & 2 (8+) Level 3 (9+) Advanced* (10+) | | | | | |
| Tuesdays | 4-6pm | | | Levels 1&2 Level 3 & Adv. | | Levels 1&2 Level 3 & Adv. | |
| Wednesdays | 4-6pm | Level 2 (8y+) Level 3 (9+) Advanced* (10+) | | | | | |
| Thursdays | 4-6pm | LTS INTRO (6-8y) LTS & Level 1 (8-12) | | | | Levels 1&2 Level 3 & Adv. | |
| Saturdays | 9-11am | LTS INTRO (6-8y) | | | | High Performance Team* Weeks TBC | |
| | 11am-1pm | LTS & Level 1 (8-12y) | | | | | |
| | PM | Level 2 (8y+) 1:30-4:30pm | Level 3 (9+) Adv.* (10+) 1-5pm | | | | |
| Sundays | TBD | Team RHADiCal racing | | Team RHADiCal racing | | | High Performance Team* 9am-1pm |

*These classes are by invite only.

Please note there will be NO LESSONS during the Half term Break (Oct. 21st-Oct 27th), Jr Gold Cup & Optimist Nationals (Dates TBD)

Registration opens Aug. 29th.

"Sailing is Fun!"



Levels

The following is a description of the different levels we have in our Junior Sailing Program regardless of the boat the child sails. 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.

The coaches will decide in which level each sailor should be, depending on age, size, experience and/or skills.

Learn to Sail INTRO (ages 6-8)

This is a program for 6–8-year-old children. Children will have a detailed introduction into Opti sailing. They will be sailing Opti trainers; that are more stable than regular Optis and have smaller sails which gives them more time to react and more control of the boat.

Learn to Sail & Level 1 (age 8+) These levels can be run together or separately depending on enrollment.

This program is for children that are at least 8 years old.

Learn to Sail: children that never sailed before or graduating from LTS INTRO. **Level 1:** Children that completed at least one term in the Learn to Sail group.

At this level children will learn the basics 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 (age 8+)

This course is for those sailors who had completed the Learn to Sail & Level 1 course at least one school year (3 terms). Sailors' must be able to sail upwind without assistance.

At this level, sailors will improve their sailing skills and the first 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. By the end of their first term in Level 2 sailors will be introduced to racing.

Green Fleet racers should sign up for this level.

Level 3 (age 9+)

This course is for those sailors who had completed the Level 2 course, have participated in Green Fleet racing and are willing to improve their sailing and racing skills by making the most of their training sessions.

At this level, although we need to make sure their boat handling keeps improving; the goal is to teach them racing techniques/tactics. By working on racing skills, sailors will learn how to make their boat go fast and how to have full control of the boat on any sailing conditions.

Advanced Optis (age 10+) / High Performance Youth - By invite only

As the demands for a racing sailor are quite tough, coaches will advise sailors and parents if the sailor is ready or not to join this level. Once a sailor becomes an experienced racer, we must provide him/her as much coaching as possible in order to help him/her to achieve his/her goals.

We will also encourage all our racers to represent Bermuda at local and international regattas. In the past, the RHADC has sent teams to the Orange Bowl Regatta, Open Bic North American & World Championships.



Terms and Conditions:

Please note there will be NO LESSONS during the Half term Break (Oct. 21st-Oct 27th), Jr Gold Cup & Optimist Nationals (Dates TBD)

| <u>Cost for the term</u> | <u>Members</u> | <u>Jr. Members</u> | <u>Non-members</u> |
|--------------------------------|----------------|--------------------|--------------------|
| Any 2hr day Monday to Saturday | \$330 | \$390 | \$410 |
| Any 3hr day Monday to Saturday | \$410 | \$460 | \$475 |
| Saturday / Sunday 4rs training | \$475 | \$490 | \$510 |

RACE Coaching \$25/day – Includes after racing snacks! (Green fleet coaching is free)

Team RHADiCal packages:

-10% off when signing up for two sessions per week.

-25% off when signing up for two 2hrs. lessons (or more) + Saturday or Sunday

Registration: Registration opens August 28th.

Payment: Full payment is required before the beginning of the program.

Cancellations: There will be no refunds after September 9th. If there is a medical reason the sailor can no longer participate, they will be allowed to carry over a credit for unused lessons onto the next term. We will charge \$50 for a processing fee. There are no refunds nor make-ups for inclement weather.

What should I wear / bring? Long sleeved top and shorts, hat, bathing suit, closed-toe shoes, lifejacket, water bottle, sunscreen (on), towel, spray top or rain jacket, **mandatory change of clothes including shoes. We recommend the purchase of a spray top and boots as the water may get cold some days.** For more information please call or email us.

Contact us to know which is the best option for you:

sailing@rhadc.bm

Register online:

www.rhadc.bm

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