



JUNIOR SAILING SUMMER 2018

KYC's Summer program for Juniors is the highlight of our year-round program. In an atmosphere of camaraderie and fun, Junior sailors learn the basics of sailing including all points of sail, knots, water safety, and seamanship while building confidence and developing organizational and social skills.

SESSION DATES

SESSION 1: June 4 – June 15

SESSION 3: July 2 – July 13 (4th off)

SESSION 5: July 30 – August 3

SESSION 2: June 18 – June 29

SESSION 4: July 16 – July 20

SESSION 6: August 6 – August 10

CLASS DESCRIPTIONS

SEA URCHINS – Ages 6-8 years old (no experience required). This is an introduction to sailing taught in a Cal 20 with an instructor on board at all times. Students become familiar with the boat and sailing in the bay. They will get hands on experience rigging, trimming sails and steering the boat. *Note: a minimum of 3 students per class required with a maximum of 5 students per class.*

AM BEGINNER TOPPER – Ages 9-18 years old (no experience required). Entry level class for primarily beginning sailors. This class is taught in Toppers and emphasizes knowledge of the boat, rigging, basics of sailing, water safety and building confidence in boat handling on all points of sail.

PM ACCELERATED TOPPER – Ages 9-18 years old (experience recommended). Students that have already taken the beginning sailing class (or who are currently enrolled) and wish to further develop sailing skills and get comfortable sailing on their own are eligible to take this class. Concepts learned in the beginning class are built upon in this class.

INTRODUCTION TO SINGLEHANDED SAILING – Designed for the Junior Sailor who has completed a beginner class but has not yet taken an advanced or racing class. Taught mostly in Open Bic and El Toro boats with emphasis on boat handling skills and racing tactics.

AM/PM RACING – Experience required. This is for the Junior who understands the basic fundamentals of sailing including: rigging, points of sail, docking and terminology. Sailors must be competent in capsized recovery and be able to sail a boat by themselves. Focus will be on training for upcoming regattas. Sailing will be in El Toros, Open Bics, Lasers, FJs 29ers and/or 420s, depending on what regatta the Junior is training for.

CLASS REQUIREMENTS

A Coast Guard approved life jacket (TYPE III) and reef walkers or closed toed shoes are required. These can be purchased at West Marine and Windward Boats (check for availability at Target and Costco). A hat, sunscreen, sunglasses, water bottle and change of clothes are recommended.

Students must be able to demonstrate the ability to swim two lengths of the swimming pool unassisted and without the use of flotation devices.

HOW TO REGISTER

Registration will be accepted during normal office hours at the KYC front office. All class sizes are limited and students will be accepted on a first come, first serve basis. The completed application including the signed Parent's* Consent (with liability waiver) and Concussion Awareness form must be submitted with full payment to register for the class. Class space will not be put "on hold". *A **Legal Guardian** may also sign the consent form.

MEMBER PRICING

| CLASS | TIME | SESSION 1 & 2 | SESSION 3 | SESSION 4, 5, 6 |
|-------------------------------|------------------|------------------------------|----------------------|----------------------------|
| SEA URCHIN CLASS | 1:30pm – 4:30pm | \$285 | \$256.50 | \$142.50 |
| AM BEGINNER TOPPER | 9:30am – 12:30pm | \$285 | \$256.50 | \$142.50 |
| PM ACCELERATED TOPPER | 1:30pm – 4:30pm | \$285 | \$256.50 | \$142.50 |
| INTRO TO SINGLEHANDED SAILING | 9:30am – 12:30pm | \$240 | \$261 | \$120 |
| AM RACING | 9:30am – 12:30pm | \$240 | \$261 | \$120 |
| PM RACING | 1:30pm – 4:30pm | \$240 | \$261 | \$120 |
| AM/PM TOPPER COMBO | 9:30am – 4:30pm | \$465 | \$418.50 | \$232.50 |
| AM/PM RACING/ADVANCED COMBO | 9:30am – 4:30pm | \$400 | \$360 | \$200 |

NON-MEMBER PRICING

| CLASS | TIME | SESSION 1 & 2 | SESSION 3 | SESSION 4, 5, 6 |
|-------------------------------|------------------|------------------------------|----------------------|----------------------------|
| SEA URCHIN CLASS | 1:30pm – 4:30pm | \$330 | \$297 | \$165 |
| AM BEGINNER TOPPER | 9:30am – 12:30pm | \$330 | \$297 | \$165 |
| PM ACCELERATED TOPPER | 1:30pm – 4:30pm | \$330 | \$297 | \$165 |
| INTRO TO SINGLEHANDED SAILING | 9:30am – 12:30pm | \$285 | \$256.50 | \$142.50 |
| AM RACING | 9:30am – 12:30pm | \$285 | \$256.50 | \$142.50 |
| PM RACING | 1:30pm – 4:30pm | \$285 | \$256.50 | \$142.50 |
| AM/PM TOPPER COMBO | 9:30am – 4:30pm | \$545 | \$490.50 | \$272.50 |
| AM/PM RACING/ADVANCED COMBO | 9:30am – 4:30pm | \$480 | \$432 | \$240 |

REFUNDS – Class fees may be refunded up to **7 days prior to the start of the session**. NOTE: No fees will be prorated for missed class time.

KYC PARKING: Parking is reserved for KYC members only. Non-members may come in to drop off/pick up children for class but if you need to park, please do so on the street and come to the pedestrian gate to be buzzed in.

KYC FACILITIES: KYC facilities, e.g. the pool, Gazebo, bar and tennis courts, etc. are for member use only.

POOL

Pool rules and the Lifeguard and/or KYC Staff are to be abided by. Children under the age of 10 must be, at all times, under the direct supervision of an adult who is specifically agreed to be responsible for their safety. The mere fact that other adults (including the Lifeguard) are in the vicinity of the pools does not satisfy this requirement.

Running, “horseplay”, ball playing or any other similar activity which is unsafe or detracts from the enjoyment of others using either pool is not permitted in or around the pool area.

Full Pool Rules can be obtained from the KYC front office. Please instruct your children of these rules if they will be swimming in the pool. Anyone who is in violation of Pool rules or who is, in the judgment of Club personnel, otherwise acting in an unsafe manner in the vicinity of the pools may be asked to leave the Club premises and may have all swimming privileges revoked on a temporary or permanent basis.



SUMMER 2018 JUNIOR SAILING PROGRAM

| | | | | |
|--|-----------------|---------------------------|----------------|-----|
| LAST NAME | | FIRST NAME | | AGE |
| HOME/CELL PHONE | HOME ADDRESS | | PARENT EMAIL | |
| MOTHER'S NAME | MOTHER'S CELL # | FATHER'S NAME | FATHER'S CELL# | |
| PERSON TO NOTIFY IN CASE OF EMERGENCY | | EMERGENCY CONTACT PHONE # | | |
| PLEASE STATE ANY MEDICAL CONDITIONS THE INSTRUCTOR MAY NEED TO KNOW ABOUT: | | | | |

CLASS REGISTRATION

PRICING IS PER CLASS / PER SESSION • ALL CLASSES RUN MONDAY - FRIDAY

*****A 10% discount is applied for students using their own boat and for siblings signing up at the same time*****

USING OWN BOAT YES SIGNING UP WITH SIBLING YES

SESSION 1: June 4 – June 15 SESSION 3: July 2 – July 13 (4th off) ***10% off** SESSION 5: July 30 – August 3 ***1/2 Price**
 SESSION 2: June 18 – June 29 SESSION 4: July 16 – July 20 ***1/2 Price** SESSION 6: August 6 – August 10 ***1/2 Price**

MEMBER **NON-MEMBER**

| CLASS | TIME | SESSION #s | OFFICE USE: PRICE x SESSIONS |
|--|------------------|------------|------------------------------|
| SEA URCHIN CLASS | 1:30pm – 4:30pm | | |
| AM BEGINNER TOPPER | 9:30am – 12:30pm | | |
| PM ACCELERATED TOPPER | 1:30pm – 4:30pm | | |
| INTRO TO SINGLEHANDED SAILING | 9:30am – 12:30pm | | |
| AM RACING | 9:30am – 12:30pm | | |
| PM RACING | 1:30pm – 4:30pm | | |
| <i>Discount for taking all day classes (excluding Sea Urchins)</i> | | | TOTAL DUE |

Payment in full is required for class placement. Class space will not be put "on hold". Fee will be refunded up to 7 days prior to start of the session. No fees will be prorated for missed class time.

KYC PARKING: Parking is reserved for KYC members only. Non-members may come in to drop off/pick up children for class but if you need to park, please do so on the street and come to the pedestrian gate to be buzzed in.

KYC FACILITIES: KYC facilities, e.g. the pool, are for member use only. Non-member parents waiting for their children are not allowed to swim in the pool or occupy the Gazebo.

PARENT'S CONSENT

I, _____, agree to hold Kaneohe Yacht Club ("KYC"), its officers, employees, and all committees concerned, harmless and free of liability, of any nature whatsoever, for any accident or injury to my child while participating in the 2018 Junior Programs, Regattas or boat rentals* (*members only). In addition, I agree that I will be financially responsible for any damage or loss to any property caused by this participant.

PARENT OR LEGAL GUARDIAN SIGNATURE

DATE

Please read & acknowledge the Concussion fact sheet on page 2.

OFFICE USE ONLY:

PAID: _____ CC#/CASH/CHK # _____ DATE: _____ REC'D BY: _____



CONCUSSION FACT SHEET FOR SAILORS

CONCUSSION DANGER SIGNS:

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A sailor should receive immediate medical attention if after a bump, blow or jolt to the head or body he/she exhibits any of the following signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

HOW TO RESPOND TO A REPORT OF A CONCUSSION:

If a sailor reports one or more symptoms of a concussion after a bump, blow or jolt to the head or body, he/she should be kept out of athletic play the day of the injury. The sailor should only return on the water with permission from a health care professional experienced in evaluating for concussion. During recovery, rest is key. Exercising or activities that involve a lot of concentration (such as studying working on a computer, or playing video games) may cause concussion symptoms to reappear or get worse. Sailors who return to regatta participation after a concussion may need to spend fewer hours at the event, take rest breaks, be given extra help or time, spend less time reading, writing, or on a computer. After a concussion, returning to sports is a gradual process that should be monitored by a health care professional. Remember: concussion affects people differently. While most sailors with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer. To learn more, go to: www.cdc.gov/concussion.

CONCUSSION AWARENESS

EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM

By name & signature below, I acknowledge that I have received the Concussion Fact Sheet for Sailors provided by the Hawaii Youth Sailing Association **and will explain this information to my Junior Sailor.**

Print Youth Sailor's Name

Print Parent/Legal Guardian Name

Parent/Legal Guardian **Signature**

Date