



SHREWSBURY SAILING & YACHT CLUB

SSYC Junior Sailing Program

Junior Sailing at SSYC has a rich tradition of junior sailing. We are happy to welcome your child to the SSYC junior program. Our summer program is for children ages 8-16. No experience is necessary, but comfort in the water and proficient swimming are required. At SSYC we focus on providing a nurturing and fun environment for sailors to grow and learn whether they wish to pursue sailing competitively or recreationally. We have a strong emphasis on safety and

Our Staff

Many of our staff are former graduates of our program. Safety is first and foremost on our minds and all staff are US Sailing Level 1 certified or higher, as well as CPR/First Aid and Safeport Certified.

Our Boats

We have a range of boats available for students to sail. Some are singlehanded, doublehanded, and triplehanded. Each boat lends itself to different sizes, skills and abilities. We teach sailing in Optis, 420s, and Flying Scots. Coaches will determine skipper crew combos to maximize performance and learning. Your sailor can expect to sail many different positions on the boat and will have turns teaming up with everyone in the class. This is the best way to develop not only as a sailor, but also interpersonally. If you do not own an Opti or 420, club boats are available for charter from SSYC for use in SSYC class. Part of our program is developing seamanship, which includes a responsibility and respect for the equipment we're using and the environment around us. Sailors will be taught to maintain the boats and will be expected to care for boats and equipment used.

Boat Charters

If you do not own an Opti or 420, club boats are available for charter from SSYC for the season.

Class Placement

We do not make exceptions for our program age requirements. While there are certainly children who do very well at sailing camp younger than 8, we have found this to be the most successful age to begin our program. Given program demand, we regret that we cannot make exceptions for this rule. After your child has completed a season in our beginner program, staff will determine their most appropriate placement for the following summer. Many factors go into this decision including size, focus, skill level, and goals (cruising vs racing). Sailing challenges sailors mentally and physically. Every sailor progresses at their own pace. It's common for sailors to stay in our beginner course for multiple seasons before proceeding to intermediate. This is normal - don't worry! There's plenty to work on within each level class. If you are not sure which class your child should be in, please reach out. We are happy to discuss your child's progress with you at any time.

Proficient Swimming

All sailors who participate must pass a swim check which will be held at the start of each session. The check involves a swim of 20 yards, treading water for 2 minutes. Even after passing the swim test, sailors are **required** to wear the proper Coast Guard Certified life jackets fastened properly when they are in or around the water.

Inclement Weather

Class runs rain or shine. We will not go on the water in thunder and lightning, and have covered space to do land-based activities. If extreme weather is forecast, we will email at least 90 minutes before the scheduled start time to cancel. Weather cancellations are accounted for in our pricing.

Sunday Racing

We invite all junior sailors who are members or involved with our junior program to come race with us on Sundays. Please check our calendar for dates. Optis race on their own course and 420s and Lasers race on our senior course. All races are volunteer run, so we ask if your child is racing that you volunteer to help out a few days - no sailing experience needed!