

## 2023 HBSF SUMMER SAILING SESSIONS AND CLASS DESCRIPTIONS



### Beginning Sabots/Cubes AM (Ages 8 and up)

Prerequisite: Must be at least 8 years old  
**OR** about to enter 3<sup>rd</sup> grade

Schedule: 9:00AM-12:00PM  
Monday-Thursday

Dates: Session 1: June 26 - July 13\*  
Session 2: July 17 – August 3  
Full Summer: June 26 – August 3

\$395 per session  
\$620 full summer

(\*No class July 4 – makeup July 7)

This class is designed to teach the basics of sailing and to prepare your child to continue on to the next level. Sailors will learn how to rig and sail solo in a sabot or Cube, while learning about boat parts, wind direction, points of sail, cruising and the basics of racing.

### Teen Beginning Sabots/Cubes PM (Ages 11 and up)

Prerequisite: Must be age 12 and up

Schedule: 1:00PM-4:00PM  
Monday-Thursday

Dates: Session 1: June 26 - July 13\*  
Session 2: July 17 – August 3  
Full Summer: June 26 – August 3

\$395 per session  
\$620 full summer

(\*No class July 4 – makeup July 7)

This afternoon class is limited to older beginning sailors who, due to age and size, are better able to handle the stronger afternoon winds. Same instruction as AM class.

### Intermediate Sabots, BICs, Optimists (Ages 9 and up)

Prerequisite: Must have completed at least one season of beginning sailing

Schedule: 1:00PM -4:00PM  
Monday-Thursday

Dates: Session 1: June 26 - July 13\*  
Session 2: July 17 – August 3  
Full Summer: June 26 – August 3

\$395 per session  
\$620 full summer

(\*No class July 4 – makeup July 7)

This class is designed for sailors who have prior sailing experience and want to develop better sailing skills in stronger winds and improve their competitive racing techniques. Instruction will focus on developing the skills necessary to participate in outside regattas by the end of the summer.



### Introduction to Racing (Ages 9 and up)

Prerequisite: Intermediate sailing skills

Schedule: 1:00-4:00PM  
Monday-Thursday

Dates: Session 1: June 26 - July 13\*  
Session 2: July 17 – August 3  
Full Summer: June 26 – August 3

\$395 per session  
\$620 full summer

(\*No class July 4 – makeup July 7)

This class is for sailors with previous sailing experience. Sailors will learn advanced racing rules and tricks to improve boat speed in sabots **and** will have an opportunity to sail CFJs double-handed. This class is especially helpful for our sailors who wish to join high school/club teams and want some experience in racing both single-handed and double-handed boats. Students will be given the opportunity to participate in outside regattas with the full support of their coaches.