



LEARN TO *SAIL*!

In Atlantic Highlands

Novice Sailing Class (Youth Aged 8-15)

A two-week introduction to sailing for individuals with little or no sailing experience

Two Sessions are available. Choose one:

Session 1: Weekdays, July 21-August 1, 9am to Noon

Session 2: Weekdays, August 11-August 22, 9am to Noon

Intermediate Sailing Class (Youth Aged 8-17)

A two-week skills improvement program for individuals with sailing experience or who have graduated from the Novice

Sailing Class -- Two Sessions are available. Choose one:

Session 1: Weekdays, July 7 – July 18, 9am to Noon

Session 2: Weekdays, August 11- August 22, 1pm to 4pm

Advanced Sailing Class (Youth Aged 13-17)

A two-week advanced sailing program for those who have successfully completed the intermediate sailing program—Two sessions are available based upon boat choice. Smaller and younger sailors should choose Optimist.

420: Weekdays, July 21 – August 1, 1pm to 4pm

Optimist: Weekdays, July 7 – July 18, 1pm to 4pm

Open Sailing / Skills and Thrills (Available to all current AHSEP students)

These nights are packed with fun and excitement. What about a sailing scavenger hunt, learn new sailing tricks, Opti-Ball, water balloon tag, and meet new friends? This program is to hone your sailing skills while having lots of fun. Parental participation is appreciated. Tuesday evenings, July 8 - August 19 (excluding August 5). 5:30 pm to 8:00 pm

AHSEP Racing Program (Open to current ASHEP students)

Students will work with a race coach to develop and fine-tune competitive racing skills in the Optimist or 420. Race team will meet on Thursday nights with the coach and will have the opportunity to compete in selected regattas at local clubs throughout the season.

Coaching nights: Thursdays, July 10 – August 21, 5:30- 8:00 pm

Feature Event: Junior Sweepstakes Regatta (open to any AHSEP student) The Junior Sweepstakes Regatta consists of 4 days of racing: The first 2 days will be sailed at SSYC on the Shrewsbury River (the South Shrewsbury Regatta), and the following 2 days will be sailed at Monmouth Boat Club on the Navesink River (the North Shrewsbury Regatta). Parental participation is necessary for boat transport.

Monday through Thursday – August 4 through August 7, all day

Sailing Adventure Week (Intermediate and Advanced Sailors)

This is a one week session concluding the summer. Instead of racing, the focus will be on enjoying sailing in other ways.

Weather permitting, we plan to have activities such as sailing to a beach for a picnic, a pirate treasure hunt, and sailing games.

August 25-August 29, 9am to Noon

Courses are conducted by the Atlantic Highlands Sailing Education Program. We have certified US Sailing Instructors and use course materials supplied by US Sailing. Students learn to be skipper and crew, get classroom training and valuable on-the-water experience. We teach sailing safety, basic and advanced sailing skills, person overboard recovery, knots, and lots more.

If you have questions regarding these programs, please contact :

Mike Fortier 732-291-7230 OR Becky Sodon 401-368-5324

See our website for details and **enrollment forms**. **Space is limited, don't delay, enroll today!!**

www.ahyc.net/ahsep

