



SHYC 2019 Junior Program Brochure: Sailing, Tennis, and Swimming



Program Dates: Sailing, tennis, and swim are offered as a 4-week Session or 8-week Full Season.


- **Session 1:** June 24 – July19
- **Session 2:** July 22 – Aug 15
- **Full Season:** June 24 to Aug 15

Online Registration for using EventBrite!

- [Click Here to Register Online](#) (Opens April 1st)
- **Late Registrations** (after 5/15/19) = \$100 late fee, per child

Questions: Whitney Peterson, 203.500.5111, petersonwhitney@gmail.com

2019 SHYC Sailing Program Highlights

<p>NEW BOATS: RS FEVA's</p> 	<p>For summer 2019 we will have 5 RS FEVAs to be used in our JR Programs. RS FEVAs are the fastest growing new fleet worldwide and are taking off in New England too! FEVAs are best for tweens/teens that are too small for 420s, for rec sailors looking for a fun boat, and for racing sailors looking to broaden their skills with a modern, fast, asymmetrical style boat. FEVAs are also a big hit with Opti sailors who want to sail with a friend! RS FEVA website and RS FEVA article about SHYC program. We will offer three FEVA options this summer:</p> <ul style="list-style-type: none"> • OPTI 2 with FEVA (AM): For our morning Opti 2 sailors who want to also sail FEVAs with a friend (ages 9-12) • FEVA BASIC: Intro to Doublehanded (AM) – For kids who want to focus on double-handed (ages 10-12) • FEVA/420 REC: Intermediate Doublehanded (PM) – Fun FEVA class, with some 420/Sonar (ages 11+)
<p>Teen/Tween SONAR Sailing <i>(pay by the class!)</i></p>	<p>New this year we have a Club Owned Sonar which our afternoon sailing classes will use to get keelboat experience. We are also offering a new Teen/Tween Sonar class on Thurs at 5:00-7:00pm for sailors 11yrs+. Each class is limited to 5 sailors, sailors can sign up by the class, no multi-week or multi-class commitment required. Interested sailors should sign-up for our new “Sonar Teen Program” to get on the list to select days/classes. This is a great way to learn lifetime sailing skills and/or the skills needed to join a member on their Sonar for occasion Saturday SHYC races!</p>
<p>Daily Sailing Program Curriculum Focus</p>	<p>A daily focus will be applied to each class in an age/level appropriate way. This exposes kids to all aspects of sailing.</p> <ul style="list-style-type: none"> • Monday – Skills: Building skills related to the development goals of the class level • Tuesday – Seamanship: Learn about boat care, rigging, safety, knots, navigation, charts, anchoring, rowing • Wednesday – Flex Day: Lessons will be tailored to the develop needs/interests of each class and the weather • Thursday – Games & Adventure Sailing: Sailing games and adventure sailing, all about on-the-water FUN! • Friday – AM Race Teams Practice: An extra practice for our racers and a chance to team-up with other racers
<p>REACH-STEM and Environmental</p>	<p>Modules from US Sailing's Reach and Sailors for the Sea will be incorporated into class on no wind and bad weather days. These modules utilize sailing and the ocean to incorporate STEM and environment awareness into classes.</p>
<p>Recreational (REC) Sailing</p>	<p>We offer a purely REC (recreational) sailing class in the afternoon for our tweens/teens that prefer not to focus on racing. REC and Adventure Sailing are among the fastest growing segments of youth sailing. REC/Adventure Sailing offers kids the opportunity to explore and sail in a non-competitive environment, while learning seamanship, life-long sailing skills, teamwork, and developing boating and personal confidence.</p>
<p>Private Lessons</p>	<p>Private sailing lessons available for sailors ages 6+ in Optis, BICs, FEVAS, or 420s. Private lessons must be billed/paid through SHYC for insurance reasons. Coordinate times with instructors. (Private or Semi-Private is \$45/hour/sailor.)</p>

2019 SAILING RACE TEAM HIGHLIGHTS & DETAILS:

We offer a variety of Racings options to align with the interests, skills, and development level of our sailors. Our goal is to offer flexible racing options that range from a casual “give it a try” team that you can “Add-On” to sailing class, up through Advanced Opti Race and 420 Travel Race Teams which are “Built-In” to race classes and include class time, dedicated coaches, structured debriefs, and regatta travel.

“ADD-ON” Travel and Non-Travel Race Teams for Developing Racers: We offer “ADD-ON” travel and a non-travel racing options for our developing OPTI sailors and our FEVA sailors. Our **“Non-Travel Teams”** offers a sailor a chance to learn to race without the added pressure of regattas and regatta travel/logistics. “Non-Travel Team” sailors will participate in our Friday Morning Group Race Team practices and will get coaching (and rigging support) from the SHYC Race Coaches for our Saturday SHYC morning club races/series. **“Travel Team Racers”** will also do the Friday Morning practices and receive Saturday morning coaching; additionally they will be provided with on the water support and coaching at designated SHYC Travel Regattas. If your sailor seems nervous about signing up for a Race Team we encourage you to start them with a Non-Travel Team. They are always welcome to switch to a Travel Team mid-summer. Both Travel and Non-Travel sailors will receive the SHYC Race Team swag (team shirt, bag, and race-pinnie).

- **OPTI Green Race Non-Travel:** One mid-week practice during class, Fri AM race class, Sat AM coached racing, SHYC team swag.
- **OPTI Green/White Travel:** One or more mid-week practices during class time, Friday morning race classes, Saturday morning coached racing, SHYC race team swag, AND coaching at designated SHYC travel Opti regattas.
- **FEVA Non-Travel:** Friday morning race classes, Saturday morning coached racing, SHYC race team swag.
- **FEVA Travel:** Friday morning race classes, Saturday morning coached racing, SHYC race team swag, AND the option to take a club owned FEVA to **one designated travel FEVA regatta** (tentatively scheduled to be the Niantic Bay Junior Olympics on July 18th).

“BUILT-IN” Advanced Race Class and Travel Team for 420 and Opti Racers (Race Class + Travel Team):

- **Why a “Built-In” Team & Class Offering?** In the past, we offered an Advanced Opti 3 Race Class plus a Travel Opti Team, and an Advanced 420 Race Class plus a Travel 420 Team, and sailors were asked to register for both the Class and Team. To simplify, we have rolled the Travel Teams into their respective Race Classes, for each boat type. This new offering includes daily practices, race coaching, debriefs, travel logistics support, on-the-water coaching at designated travel regattas, and team SHYC swag. *The 2019 price of this combined offering is LESS than total fee for class + team in 2018.*
- **Advance Opti Race Class & Travel Team:** This class/team offering also include ECSA Opti Team Racing (if ECSA offers), as well as daily classes, race focused coaching, and logistics support at SHYC designated Opti travel regattas (see Race Team Schedule).
- **420 Race Class & Travel Team:** This class/team offering also include ECSA Team Racing/Clinics as well as daily classes, race focused coaching, logistics support at SHYC designated 420 travel regattas, and the VOLVO Dinghy Race (see Race Team Schedule).

Friday Morning Race Team Practice for all Racers: Friday mornings (9am-noon) will be coached **SHYC Race Team Practices** for all our racers including: Opti Green/Beginner, Opti Adv, FEVA, and 420 Race Team sailors. Friday practices enable our sailors to build racing skills, work on tactics, foster teamwork, cross-train in other types of boats (for ex. Opti sailors in FEVAs, FEVA sailors in 420s) and work with talented coaches in a focused session. Our Non-Travel Team sailors will also participate in these practices.

QUESTIONS ABOUT SAILING CLASSES & RACE TEAMS:


SHYC Junior Program Questions & Sailing: Whitney Peterson, SHYC JR Program Chair, 203.500.5111, petersonwhitney@gmail.com

SHYC Junior Race Questions: Stacey Smith, SHYC JR Race Coordinator, 860-460-5232, way2manysmiths@gmail.com

SHYC Co-Sailing Head & Head of Rec Programs: Amy Vinciguerra, 860-395-7625, amyvinci94@gmail.com

SHYC Co-Sailing Head & Head SHYC Race Coach: Griffin Pilz, 203-927-9688, grif@develup.com


Morning Sailing Classes – 2019 (9:00 a.m. -12:00 p.m.)

Name	Age	Description	Days and Time	Boat Ownership?	Cost
SEA SQUIRTS	6 and 7yrs (must be 6 by 12/31/19)	A fun introduction to sailing and boats. No experience is needed. This fun class exposes young children to boats, sailing, and SHYC. The children will participate in a variety of activities to help them become comfortable around boats. They will be introduced to parts of a boat, sailing vocabulary, boating safety, rigging, and knot tying. They will take part in rigging, sailing games, arts & crafts, towing, rowing, boat rides, sailing with a buddy, harbor cruises, launch rides, and having fun! STEM/REACH will be integrated.	9:00AM-12:00 (3 days: Tues, Wed, Thurs)	NO BOAT REQUIRED	\$500 per Session \$750 for Full Season
Opti 1	8 -10yrs (must be 8 by 12/31/19)	Sailors in Opti 1 will have fun learning all the basics of sailing. As sailors move through Opti 1 they will develop skills and confidence, make friends, and have fun in boats. Kids will learn wind direction, boat parts, sailing games, rigging, capsizes & recovery, seamanship, knots, points of sail, tacking, gybing, sailing to destinations, steering, docking, basic racing, and equipment respect. Adventure Sailing and STEM concepts will be integrated for variety. Sailors may spend more than one summer in Opti 1.	9:00AM -12:00 (4 days: Mon, Tues, Wed, Thurs) <i>*Racing Add-On Option available. See Racing Page</i>	Must BYO Optimist	\$550 per Session \$800 for Full Season
Opti 2 with FEVA!	9 -12yrs (must be 9 by 12/31/19)	Opti 2 class will build on Opti 1 and also include intro to double-handed with our FEVAs! In addition to working on mastering the skills that were introduced in Opti 1 (see above), sailors will also spend time each week sailing in FEVAs. FEVA sailing introduces kids to double-handed sailing, teamwork, and it is fun to sail with a buddy! Adventure Sailing and STEM concepts will also be integrated. <i>(Sailors may move between Opti 1 and Opti2/Feva mid-summer based on coach recommendation.)</i>	9:00AM -12:00 (4 days: Mon, Tues, Wed, Thurs) <i>*Racing Add-On Option available. See Racing Page</i>	Must BYO Optimist \$100 FEVA "access" fee for use of FEVAs in classes.	\$550 per Session \$800 for Full Season
FEVA BASIC: Intro to Double Handed	10-12yrs  RS FEVA learn more link . (must be 10 by 12/31/19)	Intro to Double Handed Sailing for younger sailors in RS FEVAS! This fun doubled handed class will use our 5 new leased RS FEVAS. The class is for intermediate sailors who are interested in focusing on double handed sailing. Sailors will further refine and build their sailing skills with a partner: tacking, gybing, roll-tacking, sail trim, asymmetric spinnaker handling, capsizes & recovery, steering, seamanship, STEM, heavy wind sailing, free style sailing, and equipment care. Sailors will take turns skippering and crewing. This class is all about building skills, gaining confidence, making friends, and having fun. <i>(This class builds on Opti 1 & 2; it is open to intermediate Opti level and above. This class is not appropriate for first year sailors.)</i>	9:00-12:00 (4 days: Mon, Tues, Wed, Thurs) <i>*Racing Add-On Option available. See Racing Page</i>	NO BOAT REQUIRED FEVA "access fee" applies (\$400/sailor) Limited to 8 sailors per session.	\$550 per Session \$800 for Full Season

Afternoon Sailing Classes – 2019 (1:00 p.m.- 4:00 p.m.)

Name	Age	Description	Days and Time	Boat Ownership?	Cost
FEVA/420 Recreational: Intermediate Double Handed	Age 11+ (by 12/31/19)	This fun, recreation sailing class will focus on FEVA sailing! This class is for intermediate sailors who want to build their sailing skills and experiences in double handed boats. Sailors will mostly sail FEVAs, however Sonars and 420s will also be sailed. A combination of fun activities and skill-building drills will be incorporated to develop a love of sailing and confidence in each sailor. Sailors will switch off skippering and crewing, and work on skills related to rigging, trim, boat handling, teamwork, maneuvering, seamanship, light and heavy-air sailing, spinnakers, asymmetrical sails, equipment care, keel boats, STEM, and 420 trapezes. Sailors will have lots of fun! <i>(This class is not appropriate for first year sailors.)</i>	1- 4 p.m. (4 days: Mon, Tues, Wed, Thurs) <i>*Racing Add-On Option available. See Racing Page</i>	NO BOAT REQUIRED FEVA/420 “access fee” applies (\$400/sailor)	\$550 per Session \$800 for Full Summer
Opti-3 Race Class & Travel Team (Advanced)	Age 11+ (by 12/31/19)	This advanced Opti class will have a Racing Focus. The TRAVEL OPTI RACE TEAM is now “Built-In” to this class. This class is for advancing Opti sailors who have passed out of OPTI-2 and want to focus on Racing Skills. This class will be taught by our Head Opti Race Coach, who will also be coaching our sailors at Travel Opti Regattas. Sailors will further refine their Opti sailing skills with a focus on racing, roll-tacking, gybing, fine sail trim, capsize & recovery, steering techniques, tactics, seamanship, sailing in all conditions, free style, racing strategy, rules, and equipment care. This challenging class will incorporate some FEVAS, Sonar, and 420 sailing for variety and cross training. Parents will need to help with carpooling, boat loading/unloading, and trailering. This class includes coaching at 5-7 designated travel regattas (see Race Team Calendar).	1-4 p.m. on Mon, Tues, Wed, Thurs 9-12 a.m. on Friday morning	Must BYO Optimist	PRICE BELOW INCLUDES THE TRAVEL RACE TEAM \$925 per Session \$1,225 for Full Summer
420 Race Class & Travel Team (Advanced)	Age 12+ (by 12/31/19) <i>Recommend to be 13yrs+ and 100+ lbs.</i>	This advanced 420 class will have a Racing Focus. The TRAVEL 420 RACE TEAM is now “Built-In” to this class. Sailors in this class will continue to build their 420 sailing skills with a focus on racing, roll-tacking, gybing, fine sail trim, capsize & recovery, steering techniques, tactics, trapeze skills, spinnaker skills, seamanship, sailing in all conditions, fleet racing, team racing, course strategy, starts, rules, STEM, and equipment care. This team will work with our dedicated Head 420 Race Coach in classes and he will travel with them to all travel regattas, clinics, and team-races. He will be using video and other technologies for teaching and debriefs. Parents will need to help with carpooling and RIB towing. Parents will need to arrange charter 420 boats at non-local regattas if sailors don’t own a 420. This class includes coaching at 5-7 designated travel regattas (see Race Team Calendar).	1-4 p.m. on Mon, Tues, Wed, Thurs 9-12 a.m. on Friday morning	NO BOAT REQUIRED 420 “access fee” applies (\$400/sailor)	PRICE BELOW INCLUDES THE TRAVEL RACE TEAM \$925 per Session \$1,225 for Full Summer

“ADD-ON” RACE TEAM OPTIONS

Name	Age	Description	Team Gear	Coaching Time	Cost
<p>Opti Green & White Race Team</p> <p><i>Select either: NON-TRAVEL or TRAVEL</i></p>	<p>Recommended for 9+ years old (by 12/31/19) and be registered for Opti 1, Opti 2, or FEVA.</p> <p><i>8yrs with coach recommendation</i></p>	<p>This team is for advanced-beginner Opti sailors who are interesting in learning to race. Practices will be held twice a week, typically Wed and Fri mornings. Sailors will work SHYC “Green/White” Race Coach to learn about racing, courses, rules, and starts. Coaching will be offered during Saturday morning SHYC Club Racing. This team is offered in a TRAVEL and NON-TRAVEL version.</p> <p>TRAVEL OPTI TEAM: SHYC’s “Green/White” Race Coach will support these sailors at 2 to 3 local regattas (see JR Race Calendar for dates). <i>Parents will be asked to help carpool, tow trailers, and chaperone sailors at regattas.</i></p>	<p>SHYC Race Team Sailing Shirt</p> <p>SHYC Team Gear Bag</p>	<p>Coaching on Wed AM 9-12, Friday AM race practice, SHYC Sat AM races, and SHYC Regatta (7/12).</p> <p><i>Plus coaching at designated “Travel Team Regattas” if select “TRAVEL”</i></p>	<p>NON-TRAVEL: \$175 per Session \$275 for Full Season</p> <p>TRAVEL: \$275 per Session \$375 for Full Season</p>
<p>FEVA Development Race Team</p> <p><i>Select either: NON-TRAVEL or TRAVEL</i></p>	<p>Must be 10+ yrs (by 12/31/19) and be registered for Opti 2, Intro FEVA, or FEVA/REC.</p> 	<p>Intro to Double-Handed FEVA Racing for developing sailors. Our FEVA In-Club Team is a development, non-travel team. The focus is on learning racing basics and learning to race in a doublehanded boat with an asymmetrical chute. Practices will be held on Friday mornings and coaching will also be provided during SHYC’s Saturday morning club races and also at the SHYC regatta (which will have a FEVA division). This race team is all about learning and practicing racing in our exciting new FEVAs! No travel required. <i>One Travel FEVA Regatta to the Niantic JOs on July 18th will be supported and the club FEVAs can be taken to this regatta (Select a TRAVEL option if interested).</i></p>	<p>SHYC Race Team Sailing Shirt</p> <p>SHYC Team Gear Bag</p>	<p>Coaching at Friday AM race practice, SHYC Sat AM races, and SHYC Regatta (7/12).</p> <p><i>Plus coaching at Niantic JOs (7/18) if select “TRAVEL”</i></p>	<p>NON-TRAVEL TEAM: \$150 per Session \$250 for Full Season</p> <p>TRAVEL (1 regatta): \$200 for Session 1 N/A for Session 2 \$300 for Full Season</p>

RACE TEAM NOTES:

- **“Add-On” Teams:** To be on a SHYC Add-On Race Team, sailors must ALSO be registered for a SHYC Sailing Class
- **“Built-In” Teams:** The Advanced OPTI Travel Team and the 420 Race Team are “Built-In” to the afternoon Opti and 420 Race Classes, respectively.
- **SHYC Race Team Gear:** All SHYC Race Team sailors (travel and non-travel) will receive a SHYC Race Team shirt and gear bag.
- **SHYC Team Pinnies:** Available for purchase for \$35 (design/colors are same as past years, sailors who are new to a SHYC Race team, or who lost their old pinnie, should contact Stacey Smith to order a new one.)
- **Boat Type/Team Flexibility:** Sailors that want to race more than one type of boat (Opti, 420, and/or Feva) should sign-up for the race team that best aligns with their age/skills/interests, and the coaches will work with these sailors to make multi-boat race options happen for them. Given our small race team sizes, we can easily offer flexibility and cross-training opportunities for our sailors that are the right age and weight to race a variety of boats.
- **SHYC Race Team Calendar** will provide details/dates on supported regattas with a SHYC Coach and Coach Boat. Two or more OPTI sailors must be signed-up for a regatta for an OPTI coach to travel to the event. Two or more 420s must be signed up for a 420 Coach to travel with the team. *Exceptions are possible with approval.*
- **Team SNAP (or similar app)** will be used to organize regatta logistics (parent of the regatta, cooler/water, driving, trailering, towing, times, etc.)

NEW SONAR OFFERING FOR TEENS & TWEENS *(Sign-up by the single class, no class commitment required.)*

New this year, SHYC has a club owned Sonar which was generously donated by Howard Tuttle. The club Sonar will both be used in junior classes when appropriate and be used for our new standalone Teen/Tween Sonar evening class on Thursdays (ages 11+). *There will also be new adult sailing offerings on the Sonar, contact Taylor North (tnorth1624@gmail.com) for details.*



Sonars are 23-foot keelboats that have a spacious cockpit and the boat can be sailed by a crew of 2 to 6 people with ease. Teens especially love sailing on Sonars. The boat is stable, easy to rig and fun to sail. Sonar's have been the SHYC club keelboat fleet for many years!

New Sonar Teen/Tween Sailing Class:

- **Ages:** Open to youth sailors ages 11-18 years old
- **Experience:** No keelboat or sailing experience required
- **Weekly Class Time:** Thursdays 5:00-7:00pm (sign-up with a group of kids or by yourself to make new friends)
- **Additional Class Times:** A group of 3 to 5 youth sailors can arrange for a different class time/day directly with coaches
- **Class Size:** Limited to 5 sailors per class (*minimum of 2 sailors per class for the class to happen*)
- **Class Sign-Up:** Sailors can sign-up by the class, no multi-week or multi-class commitment required. Interested sailors should sign-up for our new "Sonar Teen/Tween Program" to get on the email list to select their day/classes. *There is a \$25 one time registration fee for being part of this new Sonar offering.*
- **Coaches:** The class will be taught by our SHYC summer sailing staff (rotating)
- **Skills:** Students will learn a wide range of Sonar and keelboat skills including rigging, crew work, spinnakers, teamwork, problem solving, and skippering (and how to make a mooring landing and secure a sonar to a mooring).
- **Class Cost:** \$25/class/student for a 2 hour class

Suggestions on who should Sign-Up for this new fun class!

1. Teenagers who are not in the SHYC JR sailing program who want to get some sailing time/experience
2. Sailors interested in learning to race keelboats so they can join a Saturday SHYC Sonar team
3. Tweens in the sailing program looking for a fun activity to do with their friends (sailing is a lifetime sport!)
4. 420 Race Team sailors who want to do some sailing with their non-racing friends
5. Tweens/Teens looking to make some new friends
6. Organize a group of friends and pick a Thursday night to sign-up for this class together
7. Sign-up by yourself and meet some new people
8. Share the news about this new class with your friends and sign-up!!

Sailing and Teen/Tween Sonar Questions: Whitney Peterson, 203.500.5111, petersonwhitney@gmail.com



Tennis lessons are segmented by age, with class groupings further broken out by skill, age, gender, and social groupings. **We offer multiple levels of classes for red, orange, green-dot, and yellow-ball players.** Younger developing players will play Red Ball and work on hand-eye coordination, strokes, footwork and the fun of the game. Older, more experienced players will move into Orange, Green-Dot, and Yellow Balls. All players will work on strokes and footwork, while also building their speed, agility, and endurance; game-play will round out the curriculum. All lessons will be fun and incorporate a variety of fun drills and learning games. **Tennis will be scheduled to accommodate sailing classes, as best possible.**

***EXTRA Drop-In Class:** If your player would like to pick up an extra tennis lesson, they can join an additional lesson of their ball color at the alternative time, if they are Yellow or Green Ball, at \$20/class (they must be signed-up for a Session class already to take advantage of this offering).

Tennis Clothing/Footwear Requirements: SHYC Junior Tennis kids should BYO tennis racket and **wear appropriate tennis clothing:**

- Tennis sneakers with socks (no running shoes, Crocs, Texas, sailing shoes, etc.)
- T-shirts or sports shirts (no bathing suits)
- Shorts or skirts with pockets that can hold a tennis ball (no bathing suits)
- Water bottle, hat, visor, and/or sunglasses

INTERCLUB SHYC TRAVEL TENNIS TEAMS = Monday Practices and Friday Interclub Matches:

The SHYC Tennis Team is for those Orange, Green, or Yellow-Ball players wishing to improve their match play and game strategy, along with playing weekly matches on Friday afternoons against clubs in the area (Interclub Matches).

- **Requirements/Ages:** 8+yrs, able to serve, keep score, and rally; Orange Ball or higher
- **Team Gear:** All SHYC team players will receive a white dry-fit SHYC tennis shirt
- **Two practice options:** Mondays from 1-2:30pm or 10:30-12noon (depending on age & sailing class schedule).
- **Matches:** Friday afternoons from approximately 1-4 p.m.
- **Cost:** \$175 for Full Summer

Tennis Questions:

- **Elisa Milano**, Parent Coordinator, elisa.milano0520@gmail.com, shyctennis1@gmail.com, 203-499-7855
- **Steve Godiksen**, Head Tennis Coach, stevegodiksen@yahoo.com, 203-215-6197

	Costs	Time (and days) of Classes
RED BALL: 4-6 years old <i>(Age – Must be 4 by 8/31/19)</i>	\$225 per Session \$300 for Full Summer	1:00-1:45 (Tues & Thrs)
Orange BALL: 7-10 years old	\$300 per Session \$375 for Full Summer	2:30-3:30 (Tues, Wed, Thrs)
*Green-DOT: 10+ years old	\$300 per Session \$375 for Full Summer	9:15-10:30 (Tues, Wed, Thrs) 1:00-2:15 (Tues, Wed, Thrs)
*Yellow Ball: 13+ years old	\$300 per Session \$375 for Full Summer	10:45-12:00 (Tues, Wed, Thrs) 4:15-5:30 (Tues, Wed, Thrs)
Interclub Travel Teams	\$175 for Full Summer	10:30-12:00 (Mon Practice) & Friday Afternoon Matches 1:00-2:30 (Mon Practice) & Friday Afternoon Match



SHYC Junior Swimming Lessons:



Swimming lessons are offered for children 4 to 13 years old. Lessons/groups will be assigned by age, experience, gender and/or social groupings. Lessons will be offered by the session (4 weeks) or for the Full Summer (8 weeks). We will work to accommodate sailing and tennis times. Class groupings, pool locations, and times will be emailed to all parents in June and posted at the club for Opening Day.

New "Pool Games Tween Swim Class" offered for kids ages 10+ who are interested in a fun hour-long swim session focused on playing fun, active pool games! This class will run **Tues, Wed, Thurs, from 11-12 noon** (scheduled to work best for our morning Green Ball Tennis players). *Sign-up for Swim Lessons using the only registration and we will put your child in this class.*

Equipment: Students should come to lessons with their bathing suits, towel, and goggles, with sunscreen pre-applied.

Pool/Lesson Locations:

- **Tuesday** at D'Albert, 131 Uncas Point Road
- **Wednesday** at Maguire, 160 Uncas Point Road
- **Thursday** at Hyman/Forbes Cockell, 315 Old Sachems Head Road

Swim Questions:

- **Catherine Greenman**, Parent Coordinator, catherine.greenman@gmail.com, 917-346-9099
- **Emily Thomas Farnsworth**, Head Swim Teacher, ethomas72683@gmail.com

	Days a Week	Costs
Lessons for 4 –6 yrs	Tuesday, Wednesday & Thursday (45 min)	\$200 per session \$300 for full Season
Lessons for 7-13 yrs	Tuesday, Wednesday & Thursday (45 min)	\$200 per session \$300 for full Season
Tween Pool Games!	Tuesday, Wednesday & Thursday (60min)	\$200 per session \$300 for full Season