



CONANICUT YACHT CLUB  
JUNIOR SAILING

**First Mates & Afternoon Adventures**

**Information:** First Mates and Afternoon Adventures is an introductory program designed to introduce children ages 5-7 to sailing, and to help them learn to be comfortable on boats and in the water. We offer two sessions, a morning session that runs from 9 am to 12 pm, followed by an afternoon session from 1 pm to 4 pm. Students will sail with an instructor on board, and participate in land and water based activities that will teach them the basics of sailing, safety, and seamanship. Sessions may also include kayaking or stand up paddleboarding. Activities will include knots, parts of the boat, nautical crafts, beachcombing, crabbing, games and adventures on land and by water. All water activities will be dependent on weather as it can get quite windy and safety is our #1 priority. Participants are NOT required to do the swim check.

Children must be 5 years old before the class date. Classes are limited to 10 participants.

**\*\*\*Cannot combine morning and afternoon sessions in the same week, no exceptions.\*\*\***

**Dates:** July 2 – August 22 (8 weeks)

**Schedules:** One-week sessions that meet Tues, Wed, and Thurs.  
First Mates - morning session: 9 am - 12 pm  
Afternoon Adventures - afternoon session: 1 – 4 pm

**Cost:** \$150/child/week  
\$200/child/week for grandchildren of members and guests (*Includes Limited Member Fee*)  
(Member and grandparent accounts will be charged. Guests must pay by credit card.)

**Registration:** Will be online with a link to a Jot Form on the First Mates page on the CYC website. Registration will open March 4th at 9 am.

**Refund Policy**

Cancellations before June 1 will be granted a refund minus a \$35 administrative fee. Cancellations made June 1 and after will not receive a refund. Thank you.

**Schedule:** **March 4-18:** Registration for **CYC members only.**  
*There is unrestricted registration for CYC members*  
**March 19-April 2:** **Grandchildren of CYC members** are invited to register  
*(Limit of three morning and three afternoon sessions for each grandchild.)*  
*Registration remains open for members.*  
**April 3:** **Registration open for all** - members, grandchildren of members, and guests.



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**Schedule for 2024**

**Week 1: July 2-4**

9 am – 12 pm, First Mates

1 – 4 pm, Afternoon Adventures

**Week 2: July 9-11**

9 am – 12 pm, First Mates

1 – 4 pm, Afternoon Adventures

**Week 3: July 16-18**

9 am – 12 pm, First Mates

1 – 4 pm, Afternoon Adventures

**Week 4: July 23-25**

9 am – 12 pm, First Mates

1 – 4 pm, Afternoon Adventures

**Week 5: July 30-August 1**

9 am – 12 pm, First Mates

1 – 4 pm, Afternoon Adventures

**Week 6: August 6-8**

9 am – 12 pm, First Mates

1 – 4 pm, Afternoon Adventures

**Week 7: August 13-15**

9 am – 12 pm, First Mates

1 – 4 pm, Afternoon Adventures

**Week 8: August 20-22**

9 am – 12 pm, First Mates

1 – 4 pm, Afternoon Adventures



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**Equipment To Bring**

All First Mates must bring their own life jacket. Life jackets are to be worn at all times when on a boat, on the water, on the pier, and on the docks. Fit is important, so please choose the appropriate size for THIS summer. Please review the recommended list below and make sure to label gear with your name.

**ADDITIONALLY, CHILDREN SHOULD HAVE THE FOLLOWING:**

- A life jacket
- Hat
- Sunglasses
- Sunscreen
- Closed-toed boating shoes (bare feet not allowed)
- A snack (no food is provided)
- A Towel
- A change of clothes
- Layers in case it is cold or raining. (It is always cooler on the water, and sailors will sail in the rain. Children will NOT sail if there are thunderstorms or thunderstorms are within a 20 mile radius. Classes will be held, regardless of the weather.)
- A water bottle. In order to reduce the number of plastic cups used for water, sailors are required to bring their own water bottles. Refill stations are available in the junior room.

For information please contact the Director of Sailing, [jessica@conanicutyachtclub.org](mailto:jessica@conanicutyachtclub.org)