

# Youth Class Descriptions

The Yacht Club offers a variety of classes for youth participants. Descriptions of our major programs (sailing, tennis, sports, and swimming) plus other classes we offer are listed below, including days, times, and age ranges. Specific age requirements for classes are determined for participant safety so please do not request an exception to these rules. If your child is more advanced for their age in a particular class or you are looking for more structure/one on one instruction, you can consider hiring one of our instructors for private lessons outside of the normal class hours. A list of instructors who offer private lessons will be available in the office during the first week of class.

## Sailing

The GLPYC, traditionally a sailing club, offers classes for children from beginner level in the inner lagoon through competitive levels out in the open sound. The GLPYC does not own boats or provide rentals. Members must arrange ownership or rental of boats independently. Posting of boats for rent or purchase is made available on this site (click on "[INFORMATION, CURRENT EVENTS, AND FOR SALE ITEMS](#)")

### Seashells

SeaShells are 8-foot wooden dinghies with a single sail. These classes are held in the safety of the Inner Lagoon with instructor dinghies on the water for safety at all times. Students learn sailing technique, racing rules and basic knots in the security of an enclosed area. All students must wear life jackets. All classes meet at the inner lagoon.

**C Class** is for the true beginner. Sailors must be age 7 of and must be able to swim. Two to three children are in each boat, a captain and one or two crew. This class works on familiarizing the children with basic sailing skills through the use of on-land drills and on-the-water practice sessions. This class meets from 9:00 to 9:55 a.m. Monday through Friday.

**B Class** is designed for the novice to intermediate level sailors with two children per boat. Racing strategy is taught, in addition to developing confidence on the water. Captains and crews work together to refine skills. B Class participates in races on Wednesday and Saturdays and points are accrued for monthly trophies. B Class meets from 10:00 to 10:55 a.m. Monday through Friday.

**A Class** is for the most competitive of the Seashell levels, with one sailor per boat, handling both helm and sail. A class also competes in the Wednesday and Saturday races and accrues points towards monthly trophies. The curriculum focuses on racing strategy, improving starts, tactics and the rules of racing. A Class meets from 11:00 to 11:55 a.m. Monday through Friday.

### Junior Sailing

Our Junior Sailors have graduated from the enclosed Inner Lagoon (Seashell program) and now sail off Main Beach. Sailors must be at least 9 years of age and have intermediate sailing ability. All sailors must wear life jackets and foot covering during class. All classes meet on the back deck of the Casino to review the day's activities before going on the water.

**Optimists** (Optis) were added to junior sailing in 1998. Designed for one sailor, this 8-foot dinghy offers speed and quick response in an easily righted boat. Participants must be between the ages of 9 and 16 and have at least intermediate sailing abilities. First year Opti Sailors are placed in Green Fleet and are allowed coaching from instructors during races. After the first year, GLP Opti Sailors compete in Racing Fleet. The boats can be stored at the Devine Riviera during the season and launched at the Boat Ramp. The Opti class has over 130,000 boats worldwide. GLPYC Sailors compete in weekly races, accruing points toward trophies and travel to compete in local regattas around SE Connecticut. The Opti serves as a sturdy platform to improve lifelong sailing skills and racing technique. This class meets from 10:30 a.m. to 1:00 p.m. Mondays through Fridays.

**Blue Jays** have been part of the Yacht Club's program since the 1950s and some of our sailors have gone on to compete at national and international levels. Sailors participate in regattas around the region, and the more

experienced racers may go on to Larchmont Junior regatta and the Blue Jay Nationals. Sailors must be at least age 11 and with knowledge of sailing and racing skills. This class meets with the 420s from 2:00 to 5:00 p.m. Monday through Friday.

**420s** were added to our Junior Sailing Program in 2002. It is an easily righted fiberglass boat with jib, mainsail, spinnaker and a trapeze sailed by a skipper and crew. The 420 is sailed in high school and college programs and is fast, responsive, and a great platform to hone sailing skills. 420 sailors compete for GLP trophies and travel to local yacht clubs for interclub regattas. Our most skilled sailors are invited to travel to Larchmont for a major regatta in early July. This class meets with the Blue Jays from 2:00 to 5:00 p.m. Monday through Friday.

## Tennis

Our youth tennis program includes classes for participants aged six and up. Classes do include a variety of ability levels. For the Pre-Beginner Tennis, instructors try to work with different levels as time and class sizes allow. Participants in Junior and Teen Tennis are divided into levels for the different weekday schedules on the first day of classes. All classes meet at the kids' courts (closer to the Casino). We also have a tennis team for those aged nine and up, plus a series of youth tournaments on weekday afternoons. Check the Yacht Club calendar for tournament details.

**Pre-beginner Tennis** (age 6-8) covers tennis basics including parts of the racket and tennis court, eye/hand coordination drills, proper tennis grip, and the basics of forehands, backhands, and volleys. The class meets Monday through Thursday from 8:00 to 8:30 a.m. or from 8:30 to 9:00 a.m. at the kids' tennis courts (closer to the Casino).

**Junior Tennis** (age 9-12) builds on basic skills, including forehands, backhands, volleys, and serves, adding scoring games and sets as well as continuing to emphasize tennis etiquette. The class meets from 9:00 to 9:55 a.m. or from 10:00 to 10:55 a.m. either Monday, Wednesday, Friday or Tuesday, Thursday, Friday. Participants will be assigned to the appropriate class by the tennis staff the first day of classes.

**Teen Tennis** (age 13+) builds on the stroke development and emphasis on tennis etiquette from the Junior Tennis class, concentrating on serving, game play, and strategy for those age thirteen and over. The class meets either Monday, Wednesday, Friday or Tuesday, Thursday, Friday from 11:00 to 11:55 a.m. Participants will be assigned to the appropriate class by the tennis staff the first day of classes.

**Tennis Team**: The tennis team is for experienced players who can serve and maintain a rally, and includes match play and strategy. The team meets on Monday and Wednesday, and plays both home and away matches with other local yacht clubs and recreational organizations. Practices at the GLP courts are held on non-match days. Please sign up for the appropriate age level: 12:00 to 1:30 for those thirteen and over, 1:30 to 3:00 for those ages nine through twelve. Tennis team meets at the kids' courts.

## Swimming

We offer a number of different levels of swimming classes, based on the Red Cross classifications. The descriptions included here are guidelines to help you determine what class level your child should enter. Once swim classes start, our swim instructors will evaluate the participants to determine the appropriate class level for each child and make appropriate changes. Children will learn some or all of the items listed under each level depending on their ability, class size and ocean conditions during the month. Classes meet daily with levels one and two meeting for half an hour each, and levels three through six meeting for an hour each. Many classes are offered at more than one time—please check the schedule for exact times. All participants should

meet at South Beach the first day of classes each month. Those in classes that meet at Main Beach will then be accompanied by their instructors to this location where they will meet for the rest of the month.

**Level One: Water Exploration:** The only objective of Level One is to help students feel comfortable in the water and to enjoy the water safely. Students will learn elementary water skills.

**Level Two: Primary Skills:** The goal of level two is to give students success with fundamental skills and learn to float without support. Other skills include:

- 1 - Fully submerge head (hold 3 seconds)
- 2 - Retrieve objects in chest deep water
- 3 - Front and back float unsupported
- 5 - Unsupported back float or glide (5 seconds)
- 6 - Leveling off from a vertical position
- 7 - Rhythmic breathing (bob 10 times)
- 8 - Flutter kick on front/back
- 9 - Turning over front/back, back/front
- 10-Float in life jacket (1 minute, face out of water)

**Level Three: Stroke Readiness:** Students learn to coordinate front and back crawl and are introduced to the elementary backstroke and fundamentals of treading water. Students also work on:

- 1 - Retrieve object, eye open, no support
- 2 - Bob and submerge head completely
- 3 - Jump into deep water from dock
- 4 - Front/Back glide w/ push off (2 body lengths)
- 5 - Coordinate arm stroke for crawl
- 6 - Coordinate back crawl
- 7 - Elementary back stroke
- 8 - Tread water
- 9 - Jump into deep water wearing life jacket
- 10- Reverse direction while swimming on front/back

**Level Four: Stroke Development:** Level four develops confidence in strokes learned thus far and improvement of other aquatic skills including:

- 1 - Deep water bobbing
- 2 - Experiment with buoyancy and floating position
- 3 - Rotary breathing
- 4 - Elementary backstroke
- 5 - Front/back crawl
- 6 - Basics of Breaststroke
- 7 - Basics of Sidestroke
- 8 - Tread water with modified scissors and rotary kicks

**Level Five: Stroke Refinement:** Coordination and refinement of key strokes, introduction of the butterfly, and increasing swim distances are all goals of level five. Other areas of focus include:

- 1 - Alternate breathing
- 2 - Stride jump entry
- 3 - Beginning diving progression
- 4 - Breaststroke (10 yards)
- 5 - Sidestroke (10 yards)
- 6 - Underwater swimming (3 body lengths)
- 7 - Elementary backstroke (15 yards)
- 8 - Butterfly Dolphin Kick (10 yards)

9- Front/back crawl (50 yards)

10- Open turn on front/back

**Level Six: Skill Proficiency:** The objective of level six is to polish strokes so students swim with more ease, efficiency, power, and smoothness over greater distances. This includes:

1 - Front/back crawl (100 yards one turn minimum at wall)

2 - Breaststroke (25 yards)

3 - Sidestroke (25 yards)

4 - Butterfly (10 yards)

5 - Approach stroke (25 yards)

6 - Breaststroke turn

7 - Sidestroke turn

8 - Flip turn for front crawl

9 - Alternate kicks for treading water (3 min., 1 minute - no hands)

## Sports

The sports program is similar to many physical education activities held in schools, focusing on a mix of cooperative and competitive games and activities. These classes are separated by age for purposes of physical development, coordination abilities, and safety. Sportsmanship and proper communication is emphasized and expected at all levels. All classes meet at the sports field.

**Ages 5-6** start with parachute games, playing cat and mouse and popcorn to more advanced sports like basketball and football where drills will be run to teach basic skills, followed by playing games. Other activities include t-ball, soccer, obstacle courses, kickball, “Nukem” and new games such as “Shrek.” This class meets from 10:00 to 10:55 a.m. Monday through Friday.

**Ages 7-9** include more advanced game playing where sportsmanship and teamwork are emphasized. Sports played at this level include soccer, baseball, dodgeball, Kickball, and flag football, along with games such as tag, freeze tag, “Capture the Flag,” “Suicide,” and “Nukem.” This class meets Monday through Friday from 11:00 to 11:55..

**Ages 10-12** places more emphasis on rules while maintaining a sense of companionship and sportsmanship; developing skills, and having fun while making lifelong friends. Sports and games are similar to those in the 7-9 age group, with more attention to rules and sports etiquette. This class meets from 9:00 to 9:55 a.m. Monday through Friday.

## Other Classes

We offer a number of other classes and activities for all ages.

### **Club 4/5**

Club 4/5 is a recreational program for four and five year olds meeting for an hour and a half three mornings per week. Activities include age-appropriate crafts, games, stories, and occasional “field trips” to the beach or for a walk. The class meets Monday, Wednesday, and Friday in Clark Hall at either 8:30 to 10:00 a.m. or 10:30 a.m. to 12:00 p.m.

### **Teen Crafts**

Designed for participants aged 11 and up, this class meets Wednesday in Clark Hall from either 5:00 to 6:00 or 7:00 to 8:00 p.m., and includes a variety of craft projects of interest to tweens and teens. Past examples include picture frames, jewelry, decorative boxes, and note cards. All supplies and materials are included.

### **Golf**

**Beginner Golf** is for those with little to no golf experience, and covers basic golf skills including chipping and putting along with golf etiquette. This class meets at the GLP putting green from 3:00 to 4:00 p.m. on Tuesday and Thursday. Children must bring their own putter.

**Intermediate/Advanced Golf** is for those who have mastered basic swings and are able to hit the ball with some accuracy, and builds on those skills including further instruction in chipping and putting, and emphasis on golf etiquette. This class meets at the GLP putting green from 4:00 to 5:00 p.m. on Tuesday and Thursday. Children must bring their own putter.

### **Theater**

This class provides a fun introduction to acting and theater basics for participants age eight to twelve and is lead by a professional theater teacher. The class culminates in a full-length performance at the end of each month. The class meets Tuesday and Thursday from 4:30 to 6:00 p.m. in Clark Hall.

### **Art**

**Ages 6-12** includes a different project each week using a variety of media and age-appropriate artistic techniques. This class meets from 3:00 to 4:00 p.m. Monday in Clark Hall.

**Ages 13+** participants (which can include adults) will use a variety of media to complete a different project each week. Projects are based both on different subjects matter as well as the work of famous artists. Held in Clark Hall, this class meets from 4:15 to 5:15 p.m. on Monday.