



HENDERSON HARBOR WATER SPORTS PROGRAMS

a non-profit 501c3 educational organization

www.HHWSP.com

email: Info@HHWSP.com

Learning On and In the Water

**2018
Course Offerings**

Welcome Boaters, Sailors, & Swimmers!

There is something for everyone from age 3 through Adult at Henderson Harbor Water Sports Programs. With classes in NYS Safe Boating, Sailing, Swimming, STEM Camp, & Power-boating Operations, we hope you will find a reason to join us!

HHWSP is a non-profit 501c3 organization. All courses are open to members of the community. There is no membership requirement to participate in the programs.

Programs are operated out of the Henderson Harbor Yacht Club, where a sailing & swimming program has been in existence for over 50 years. Club members enjoy a 25% tuition discount on 6 week programs, but club membership is NOT a prerequisite for enrollment.

Discounts are available, for full 6 week programs, to local active duty military families and families enrolling more than 1 child.

Need based scholarships are available to year round residents of Jefferson County.

Instructors are US Sailing Level 1 or 2, US Powerboating, NASBLA, or Red Cross certified. All instructors have current CPR, First Aid, & CDC concussion training.

Sailboats used in youth programs are Blue Dragons, Optimist Prams, Club 420s, and Lightnings. Boating Operations classes are taught in our open coach boats. Adult Sailing classes use Club 420s, Lightnings, and Cape Dory Typhoons.

For more information about courses, volunteer opportunities, donations, or sponsorship opportunities, please email info@HHWSP.com or call Mary Hoffman, Executive Director, at 410-353-3109.

COURSE DESCRIPTIONS

See calendar for course dates

NYS Safe Boating \$10 facility fee
ages 10 years - adult
min. 8 - max. 25 students
8 hours classroom instruction plus exam
2 day course or 4 afternoon course (recommended for youth)

NYS requires anyone born after 5/1/1996, who operates a power driven vessel, and anyone age 14 or older who operates a PWC to successfully complete this, or a similar approved course. There is a NYS fee for processing adult paperwork & adding icons to driver's licenses. Textbooks may be accessed on-line at NYS website, or from the instructor.

Power Boat Operations Tuition & Materials: \$150
ages 10 years - adult
min. 3 - max. 8 students
2 day weekend course see calendar for dates

Successful completion of this US Powerboating course meets the NYS requirements listed above & provides hands on experience on our coach boats. Perfect for spouses, young operators, and new boaters! Learn by doing. Maneuvering, docking, anchoring, high and low speed operations, man overboard recovery, and much more are taught aboard HHWSP coach boats.

Sea Squirts 1 Tuition: \$190
ages 5 - 9 years
min. 6 - max. 12 students
6 week session - may join class during 2nd week but not after without permission
Tuesday & Thursdays 10 am - 12 noon

Introduction to sailing with emphasis on safety and fun. Students must be comfortable in the water & able to swim wearing a life jacket. Safety, seamanship, & basic sailing fundamentals are introduced. Students are in boats with instructors/ advanced students until confidence and skill levels (as determined by certified staff) are determined to warrant solo sailing. High level of staff supervision. Course may be repeated as recommended by staff. Sea Squirts 2 students may, with approval of head instructor, register for level 1 & 2 to practice skills and have more on-the-water time.

Sea Squirts 2 Tuition: \$190
ages 6 - 9 years
min. 6 students - max. 12 students
Prior Sea Squirts 1 & referral of instructor required
6 week session - students may join class during 2nd week but not after
Tuesday & Thursdays from 1 - 3 pm

A continuation of Sea Squirts 1. Must be comfortable enough to rig and skipper a Blue Dragon pram without help. Students build upon skills learned in Level 1 with an emphasis on independent recognition of wind direction, tiller skills, tacking, gybing, and points of sail.

Basic Sailing Tuition: \$375
ages 9 - 18
min. 6 students - max. 20 students
6 week session - students may join class during 2nd week but not after
Monday & Wednesdays from 9 am - 3 pm

Using age and size appropriate boats, students learn the fundamentals of sailing. Students must be comfortable in the water and able to swim in a life jacket. Skills learned include: safety, rigging, basic knot tying, points of sail, boat handling, capsize and recovery, boat care, and much more. Concepts are introduced and practiced on land and on the water. Students remain at this level until they pass a series of skills evaluations by senior staff and exhibit confidence and comfort. Advancement is based upon demonstrated skill level as determined by senior staff. Students in this class are encouraged to participate in Friday Night Junior Racing hosted by HHYC.\

Advanced Sailing Tuition: \$375
ages 11 - 18
min. 6 students - max. 20 students
6 week session - students may join class during 2nd week but not after
Tuesday & Thursdays from 9 am - 3 pm

Continuation of skills learned in Basic Sailing including: spinnaker sailing, recognizing weather conditions and prediction, science of sailing, sail shape and controls, body position and boat balance, towing, heavy air sailing. Class may be repeated. Students in this class are encouraged to participate in Friday Night Junior Racing hosted by HHYC.

Adult Sailing Tuition: \$190
ages 18 and up
min. 4 students - max. 12 students
6 week session
Mondays and Wednesdays from 5 - 7 pm

Have fun, get wet! Learn to sail, or enhance sailing skills in a fun, non-threatening environment. No experience needed. Concepts are practiced on land and in the water using 420's, Lightnings, and keel boats. Students progress at their own pace. Swim and capsize tests are required. Students should be comfortable in the water and be able to swim with a life jacket on. Course may be repeated indefinitely.

420 and Opti Race Program Tuition: \$375
ages 10 - 18 with recommendation of Senior Staff
6 week session
Monday, Tuesday, Wednesday, Thursdays from 9 am - 3 pm

Open to advancing students interested in challenging themselves and participating in competition. Participation in HHYC Friday night fun racing, Interclub Racing, & other regattas is expected. Racing students will join the advanced class for some activities while practicing racing concepts and techniques. Students are challenged, individually, to the best of their current abilities. Commitment by both student and parent/guardian is required. Opti parents are required to transport boats and students unless prior arrangements are made with other program parents. 420 program parents, with appropriate vehicles, are requested to help with transporting boats and students. While there is no increased tuition from above listed programs, students are expected to attend all days, set a good example for others, and to help those of lesser skill levels. Individual regatta fees, when required, are at the expense of each participant. Scholarships, for such fees, are available. Donations towards travel expenses will be collected for regattas requiring instructors to tow boats or transport students. Interclub regattas are normally held on Tuesdays for 420s and Wednesdays for Optis. Locations can include Skaneateles, Ithaca, Rochester, and more. Students are not required to attend all Interclubs. Coaches, parents, & students will make regatta decisions based upon availability and comfort levels. Centrals Regattas and Junior Olympics require participants, parents, and coaches to either tent or stay at a hotel. Parent chaperones are required for those events.

Pre-Season Sailing**Tuition: \$125****ages 10 - 18****min. 6 students - max. 20 students****1 week session****Monday, Tuesday, Wednesday, Thursday from 9 am - 3 pm**

Get your feet wet with an extra week of sailing prior to the 6 week session! Open to students of all ability levels, this is a great way to learn some sailing basics, review skills previously learned, or just get back on the water sooner. Students must be comfortable in the water & be able to swim in a life jacket.

Post Season Sailing Basic/Advanced**Tuition: \$75****Post Season Sailing Adult****Tuition: \$75****ages 10 - 18 and adult****minimum class size 6 - maximum class size 20****1 week session****Same days/times as 6 week sessions****STEM Camps for Kids****Tuition: \$20 per week****Elementary Camp - ages 8 - 11****Monday & Wednesday from 3:15 - 4:45 pm****Middle - High School Camp - ages 12 - 17****Tuesday & Thursday from 3:15 - 4:45 pm****min. 5 students - max. 15 students****6 week sessions - may participate weekly****Must pre-register, no drop-ins allowed**

Have you ever wanted to know: What makes the boat float? Why is hull shape important? What is wetted surface and why does it matter? What shape are sails and why? How do you calculate sail area? Why do boats have all these ropes and pulleys, & what do they do? What are the physics principles behind those machines? What is happening in the water out there? How can you calculate current? How does marine debris get in the water and where does it go? What kinds of algae are in the water? How clean is the water? How does geometry affect my sailing? Why does the wind change as the day progresses? How is wind used as power? Learn about saving and protecting our marine environment. This is the place to find out! Each week, instructors and students will explore age appropriate subjects from Science, Technology, Engineering, and Math using classroom time, hands on time, experiments, and practical application.

Swimming Programs**Tuition: \$70****ages 3 years and up****max. class size 8**

All classes taught in Henderson Harbor, by a qualified instructor with a certified lifeguard present. Classes meet two times per week on Mondays and Wednesdays. Parents of students in Level 1 must remain on-site at the swimming area. Levels 1 and 2 meet for 30 minutes per session. Levels 3 and higher meet for 45 minutes per session.

Level 1: Water Exploration: 11 - 11:30 am

Level 2: Primary Skills: 11:45 am - 12:15 pm

Level 3: Stroke Readiness: 1 - 1:45 pm

Level 4: Stroke Development: 2 - 2:45 pm

Level 5: Stroke Refinement: 3 - 3:45 pm

Level 6 & 7: Advanced Swim: 4 - 4:45 pm

Private Instruction: Powerboat Operations, Swimming, & Sailing

Cost: \$50 per hour

Private instruction is available, based upon availability of staff. There is a materials fee for Powerboat Operations certification.

Call program director to schedule.

Social Events held during the 6 week program include: HHYC sponsored Friday Night Junior Fun Races, Annual Benefit Auction and Gala, Long Distance Sail & Overnight, Build-a-Boat Race, and Awards Program & Cook-out.

Discounts Multi-family, Active Duty Military, and HHYC member discounts are available for full 6 week sessions. Please contact us for more information. Tuition will be prorated for families who are not able to attend full 6 week sessions.

Scholarships are available, based upon financial need, to qualifying year round residents and active duty military families. Please e-mail info@hhwsp.com, or call the program director at 410-353-3109 for more information.

Registration is available on a first come, first served basis. To register, please complete the attached form and return with a check for \$50. **NYS Safe Boating registrants must return form with the facility fee of \$10 per person.** Outstanding balances must be paid by the start of the program.

POLICIES

- ~ Full day programs: NO ARRIVALS AFTER 10 AM
- ~ Students walking, or riding bikes submit a letter from parents.
- ~ Students arriving by boat must have permission of program director

DRESS CODE: Students without required items may not be allowed to participate in class.

SAIL & BOATING OPERATIONS STUDENTS MUST HAVE:

- **USCG approved, correct size, PFD, (NOT INFLATABLE).
- **Whistle, plastic preferred, on a lanyard.
- **Closed toe and heel, positive closure, non-skid footwear. Students should bring a spare pair of dry shoes to wear at lunch.
- **Clothing that allows for ease of movement without getting caught in rigging
- **Rain jacket or windbreaker
- **Sunscreen applied, 20 minutes prior to class, & brought to class to reapply
- **Hats and sunglasses with floating 'leashes' are recommended
- **Refillable Water Bottle

SAIL STUDENTS

- **Helmets required at the discretion of senior staff, HHWSP has loaners

SWIM STUDENTS

- **Water shoes, that fit.
- **Long hair must be tied back or put up.

ALL STUDENTS

- **Bikinis are NOT recommended.
- **A dry change of clothing is recommended.
- **Bath or Beach Towels are recommended.
- **Cell phones & electronic devices are not to be used during classes or at lunch. Staff will collect devices being used for any reason other than calling parents/rides.

CLASS OBSERVATION

Parents, family members, & care givers are welcome to enjoy the beautiful HHYC grounds and clubhouse during class times. Parents of Level 1 swimmers are required to be present during the class. Please do not interrupt instruction as this is a distraction & safety issue for staff.

LUNCHES

Students must provide their own lunches. Notice will be given if lunches are available. Students are not allowed to leave premises during the lunch break.

STUDENT ABSENCE

We count on your student being present. In case of illness, or absence, PLEASE notify an instructor or the program director as soon as possible.

STORMS & RAIN DAYS:

~ Staff is trained to monitor weather forecasts, recognize warning signs, and err on the side of safety first. At the first signs of storms, swim areas will be immediately cleared and sailors will immediately return to shore, or not venture out.

Students will engage in inside activities until the weather has cleared, or class time has ended.

~ In case of rain, classes will be held. Rainy day activities include STEM activities, crafts, sailing movies, racing videos, games, and the like. If you make the decision to keep a student home on a rainy day, **please** let us know!

IN CASE OF AN ACCIDENT:

~ In the event a student is injured, they will be brought to JYC, by a staff member. Injuries will be assessed. Basic first aid (cleansing of cut or scrapes) will be administered.

~ If a concussion is likely, parents will be called, student is to be picked up, and seen by medical professionals before returning to class.

~ In the unlikely event a serious injury occurs, a staff member will remain with the student while 911 and parents are called.

DISMISSAL OF STUDENTS:

The program director has the right to dismiss any student for behavioral problems, persistent use of profanity, intentional damage to property and boats, non-payment of fees, or failure to abide by program policies.

STUDENT PICK-UP

~ **No pick-ups after students are on the water.**

~ If anyone other than a parent is picking up a student, HHWSP must have a written note, from the parent, stating who the appointed pick-up person is. THAT PERSON MUST BE ABLE TO PROVIDE IDENTIFICATION. For car-pooling, HHWSP must have a written note, stating who and when is providing transportation. STUDENTS WILL NOT BE RELEASED TO ANYONE WHO IS NOT APPOINTED (THROUGH WRITING) TO COLLECT A STUDENT.

~ If everyone co-operates and does their assigned jobs, students should be ready to leave at the stated class end time. Please be prepared to pick students up at that time. **Please do not expect, or ask, the staff to provide after care for your students.**

~ Learning to take care of, and store, equipment properly is a vital component of the programs. Time is allowed, at the end of classes, for students to clean & stow equipment. Any student who has not completed clean up & stowing tasks as directed by staff, will be required to stay until those jobs are properly completed.

HHWSP - CALENDAR 2018

June 15 - 16	NYS Safe Boating	Fri 5 - 7 pm, Sat 9 am - 3 pm		
June 23	Try Sailing -- 2 hour intro -- no fee, donations accepted --			reservations required. Sessions starting
	at 9 am, 12 noon, and 3 pm			
June 23	On Site Registration	9 am - 3 pm		
June 25-28	PreSeason Sailing	See Brochure		
June 30	On Site Registration	9 am - 2 pm		
June 30-July 1	Powerboat Operations	Sat 9 am-5 pm, Sun 9 am-4 pm		
July 2-6	No Programs			
July 7-8	Powerboat Operations	Sat 9 am-5 pm, Sun 9 am-4 pm		
July 8	Parent Orientation	7 pm		
July 9	6 week programs begin			
July 9 - 12	NYS Safe Boating	4 - 6 pm		
July 13	Junior Racing	4:30 pm		
July 20	Junior Racing	4:30 pm		
July 21	Water Sports Gala & Auction	5:30 pm		
July 27-29	Junior Olympics	RochesterYC		
July 27	Junior Racing	4:30 pm		
Aug 3	Junior Hospice Regatta	4:30 pm		
Aug 9-10	Long distance sail, picnic & overnight			
August 10	Build A Boat Challenge	3 pm		
August 10	Junior Racing	4:30 pm		
August 16	6 week programs end			
August 17	Junior Racing	4:30 pm	August 19	Awards Program for 6 week
programs	5 pm			
August 20	Post Season Sailing Programs begin			

To Be Scheduled: Sea Squirts & Family Movie Nights

Additional Racing Opportunities for Advanced Sail and Adult students:

Tuesday Night Typhoon Racing followed by pot-luck supper at HHYC

Sunday Afternoon Lightning Racing

STUDENT REGISTRATION FORM

if registering more than one student please number students and information within each category.

The full set of required registration forms can be found on website.

Return with \$50 deposit check to HHWSP - Box 405

Henderson Harbor, NY 13651

STUDENT NAME(s): _____

Date of Birth: _____ Height: _____ Weight: _____ Sex: M/F

Custodial Parent Name(s): _____

Non-Custodial Parent Name(s): _____

Home Address: _____

Home Phone: _____ Local Phone: _____

MOM Cell: _____ e-mail: _____

DAD Cell: _____ e-mail: _____

Local Address: _____

Class(es) Attending: _____

HHWSP reserves the right to make the final decision, on class enrollment, based upon skill level & Class Standards recommended by USODA & Club 420.

SPECIAL CIRCUMSTANCES: Please list any allergies, learning disabilities (including processing & verbal issues), vision issues (glasses or contacts, binocular vision issues, vision therapy), hearing issues, physical disabilities, emotional issues, and mental health concerns. Please list what, if any, medication needs to be given. If medication is needed you will need to provide the medication in a zip-loc bag labeled with your name, the students name, and including a letter from your physician stating dosage and special circumstances.

In order to provide a safe environment & the best possible learning experience for your student, it is very important that we have this information. Please use another sheet if more room is needed.