



HENDERSON HARBOR WATER SPORTS PROGRAMS

a non-profit 501c3 educational organization

www.HHWSP.com

email: Info@HHWSP.com

Learning On and In the Water

**2019
Course Offerings**

Welcome Boaters, Sailors, & Swimmers!

Are you, or your family members, age 3 through Adult?
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 any of our programs.

Programs operate out of the Henderson Harbor Yacht Club,
where a sailing & swimming program has been in existence for
over 50 years; but, club membership is NOT a prerequisite for
enrollment.

Discounts are given on tuition of 6 week programs, paid in full,
prior to June 1, and for families enrolling more than 2 children.

Need based scholarships are available to year round residents
of Jefferson County and active duty military families..

Instructors are certified according to the curriculum they teach.
Sailing Instructors are US Sailing Level 1 or 2, US
Powerboating, NYS Safe Boating, or NASBLA certified. Swim
Staff are current Red Cross Waterfront Life Saving certified. All
instructors have current CPR, First Aid, Safe Sports, & CDC
concussion training.

Sailing is taught in a variety of dinghy & keelboats. Boating
Operations classes are taught in our open coach boats.

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 \$100**
ages 10 years - adult
min. 3 - max. 8 students
See calendar for dates

In an emergency, could you take control of the vessel you are on? Can you
dock, anchor, recover someone who has fallen over? If not, this course is for
you. Learn by doing. Taught in our open coach boats. Must have NYS
Boating Safety certificate if born after 1996.

PB&J Sailing **Tuition: \$75**
ages 4 - 10 years
Min. 6 - max. 20 students accompanied by a parent
4 session course - see calendar for dates
10 am - 12 noon

A introductory 'Learn to Sail' class, with 3 rules — Have fun! Wear a PFD!
Listen to the coaches! —that keeps things very simple. The goal is to get kids
comfortable on the water and familiarize them with the most basic concepts
of sailing. Parents learn along with kids, and help set up and breakdown
boats. Depending on skills & desire, parents can also help with coaching.

Sea Squirts

Tuition: \$200

ages 5 - 9 years

min. 6 - max. 12 students

**6 week session - may join class, with prior approval, after 2nd week
Tuesday & Thursdays 10 am - 12 noon OR 1-3 pm**

Introduction to sailing with emphasis on safety and fun. Students must be comfortable in the water & able to swim wearing a life jacket. Basic sailing fundamentals are introduced through games and activities. Students double up in boats until confidence and skill levels are determined to warrant solo sailing. Course may be repeated as recommended by staff.

Basic Sailing & Advanced Sailing

Tuition: \$400

ages 9 - 18

min. 6 students - max. 20 students

6 week session 9am - 3 pm

may join class, with prior approval, after 2nd week

Basic Sailing - Monday & Wednesday

Advanced Sailing - Tuesday & Thursday

Taught using US Sailing curriculum. Emphasis on safety and fun. Classes are taught mainly in age and size appropriate dinghies. Curriculum will include a variety of adventure sailing and fun sailing activities. Keel boats will be introduced. Concepts are introduced and practiced on land and on the water. Advancement is based upon demonstrated skill level as determined by US Sailing standards. Must be comfortable in the water and able to swim in a life jacket. Students in these class are welcome to participate in Friday Night Junior Fun Racing. Tuition includes annual individual youth membership in US Sailing and family access to the US Sailing evaluation App.

Adult Sailing

Tuition: \$200

ages 18 and up

min. 4 students - max. 12 students

6 week session

Mondays and Wednesdays from 5 - 7 pm

Learn to sail, or enhance skills. You progress at your own pace. No experience needed. 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.

Race Program

Base Tuition: \$400

ages 9 - 18

6 week session

Monday through Thursday from 9 am - 3 pm

**Regatta fees of \$20 fee per Interclub and \$30 fee per weekend.
Regional/National Regatta fees vary by event.**

Like to compete and travel? Then racing may be for you. Participation in Friday night fun racing, Interclub Racing, & other regattas is expected. Students join the advanced class some skills & adventure activities. Racing rules and techniques are introduced and practiced. 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. Students are expected to attend all days. Need based scholarships are available for regatta fees. Interclub regattas are normally held on Tuesdays for 420s and Wednesdays for Optis. Locations can include Skaneateles, Cazenovia, Ithaca, Rochester, Sodus, and more. 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. Tuition includes annual individual youth membership in US Sailing and family access to the US Sailing evaluation App.

Pre-Season Sailing

Tuition: \$150

ages 10 - 18

min. 6 students - max. 20 students

1 week session see calendar for dates

Monday, Tuesday, Wednesday, Thursday from 9 am - 3 pm

Great way to 'Try Sailing' or brush up skills! Open to students of all ability levels. Students will learn or review sailing basics through a variety of skills building activities and games. Advanced students are expected to take on leadership roles. Students must be comfortable in the water & be able to swim in a life jacket.

STEM Camps for Kids **Tuition: \$20 per week**
Elementary Camp - ages 7 - 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

Hands on exploration of Science, Technology, Engineering, Math as relate to the marine and boating environments. Build, create, explore, collaborate. Subjects can include: our impact on the environment; sailors & science; microscopic mysteries; extreme weather; geology of our Lake; and more. Fun, hands on, learning.

Swimming Programs **Tuition: \$80**
ages 3 years and up
max. class size 8
Monday & Wednesday

Classes are taught in Henderson Harbor, by a qualified instructor with a certified lifeguard present. Classes meet twice weekly 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

Social Events held during the 6 week program include:
Family Sail Nights, Fun Races, SS Movie & Pizza Night, Annual Benefit Auction & Dinner, Long Distance Sail & Overnight, Build-a-Boat Race, & Awards Program cookout.

Payments: Tuition, for 6 week programs, paid in full by June 1 is subject to a 20% discount. Families enrolling 3 or more children receive a 10% discount -does not apply in case of early payment discount.

Scholarships are available, based on financial need, to qualifying year round Jefferson County residents & active duty military families. For info and forms, e-mail info@hhwsp.com, or call the Executive Director: 410-353-3109

Registration is first come, first served. Please complete the attached form and return with a check for at least \$50. NYS Safe Boating registrants pay fee of \$10 per person. All fees must be paid by the start of programs.

POLICIES

- ~ Full day programs: NO ARRIVALS AFTER 10 AM
- ~ Students walking, or riding bikes need permission letter from parents.
- ~ Students arriving by boat must have permission of program director.
- ~ Students must stay until their boat is properly derived and stowed.

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 attached to PFD.
- **Closed toe and heel, positive closure, non-skid footwear. (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 staff, HHWSP has some 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 to be stowed & used only, with staff permission) to contact parents. Staff will collect devices being used for any reason & will be returned, to parent/guardian, at end of day.

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 and PB&J Sailing are required to be present during the classes.

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:

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

~ 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 AN ACCIDENT:

~ In the event a student is injured, they will be brought to JYC, by a staff member. Injuries will be assessed. If minor, basic first aid (cleansing of cut or scrapes) will be administered. Parents will be informed at end of day.

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

~ In the unlikely event of serious injury, staff will call 911 & parents. Appropriate first aid, CPR or AED will commence until arrival of EMS.

DISMISSAL OF STUDENTS:

The executive & program directors reserve the right to dismiss any student for behavioral problems, bullying, use of profanity, intentional damage to property, non-payment of fees, or failure to abide by program policies.

STUDENT PICK-UP

~ **No pick-ups during on the water time.**

~ 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, parent must provide 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 OR ANYONE NOT ABLE TO PROVIDE ID.

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

HHWSP - CALENDAR 2019

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| June 14/15 | NYS Safe Boating | Fri 5-8 pm, Sat 9 am - 3 |
| Course will be held at the Henderson Community Building | | |
| June 22 | Try Sailing -- 2 hour intro -- no fee, donations accepted -- | reservations required. Sessions starting at 9 am, 12 noon |
| June 22 | On Site Registration | 10 am - 1 pm |
| June 24/25 | Powerboat Operations | 4:30 - 7:30 pm |
| June 24 - 27 | PreSeason Sailing | See Brochure |
| June 24 - 27 | NYS Safe Boating | 4 - 6 pm |
| June 24 - 27 | PB&J Sailing | see brochure |
| June 29 | On Site Registration | 9 am - 2 pm |
| July 2/3 | 420/Opti Interclub Regatta Skaneateles | |
| July 7 | Parent Orientation | 7 pm |
| July 8 | 6 week programs begin | |
| July 12 - 14 | Centrals Regatta | |
| July 16 | 420 Interclub Regatta Fairhaven | |
| July 17 | Opti Regatta 1,000 Island Park | |
| July 19 | Friday Fun Races HHYC | 4:30 rigging |
| July 20 | Auction and Dinner | |
| July 23 | Family Sail Night | TBD |
| July 23/24 | 420/Opti CanAm Regatta Youngstown | |
| July 26 | Friday Fun Races HHYC | 4:30 Rigging |
| July 30/31 | 420/Opti Interclub Regatta Willow Bank | |
| July 30 | Sea Squirts Movie Night | 6 - 8 pm |
| August 2 - 4 | Junior Olympics Rochester | |
| August 2 | Junior Hospice Regatta HHYC | 4:30 Rigging |
| August 6/7 | 420/Opti Interclub Regatta Ithaca | |
| August 8/9 | Long distance sail & camp out | |
| August 9 | Build-a-Boat Challenge | 3:00 pm |
| August 9 | Friday Fun Races HHYC | 4:30 Rigging |
| August 12 - 16 | CORK Regatta Kingston ON | |
| August 16 | Friday Fun Races HHYC | 4:30 Rigging |
| August 18 | Awards Program HHYC | 6 pm |
| August 19/20 | Powerboat Operations | 4:30 - 7:30 pm |

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 to HHWSP - Box 405 ~ Henderson Harbor, NY 13651
Include a non-refundable check, made payable to HHWSP, for \$50
Safe Boating Registrants include a \$10 check

An invoice will be sent upon receipt of this form.
All fees must be paid by the start of programs.

Full set of required forms can be found on our website

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: _____

Course(s) Attending: _____

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