

NANTUCKET YACHT CLUB JUNIOR SAILING PROGRAM



SUMMER 2026



Dear Sailing Parents:

This brochure outlines and summarizes the sailing lesson program offered at the Nantucket Yacht Club. Our mission is to teach sailing and seamanship in a fun, safe environment while inspiring a lifelong love for our Nantucket waters and the Corinthian spirit. Our world class instructors hold US Sailing Level 1 certification, and are First Aid / CPR / AED and SafeSport certified. This summer we are offering an nine-week lesson program beginning June 22nd and ending August 20th. Please note that all students must wear a Coast Guard approved personal flotation device (PFD) and closed toe shoes at all times.

Registration opens March 2nd. Please register prior to the May 31st deadline. Member registrations received after May 31st cannot be guaranteed space in the sailing program. Registrations received after May 31st will incur a \$50 late fee.



We ask that children sail with us for a minimum of two weeks, in order to get the most benefit from the program. These weeks do not need to be consecutive.

During Race Week the Mates, Mariners, Whalers, Teen Green & 420 Blue students will have opportunities to experience a variety of boats from Rhodes 19's to 12 Meters.

During Week 9, the 420 Race, 420D, and Opti Race teams will not meet, but team members are expected to help decommission their training boats during the week. All other classes will meet Monday - Thursday in Week 9 (class will not be held Friday). Other opportunities for sailing may be available.

Most programs use birth year for eligibility, meaning sailors who are turning the minimum age during the calendar year may enroll. MiniMates is the exception: sailors must have already turned 4 by the start of the session to participate.

Junior Sailing Guests are welcome at the Nantucket Yacht Club. In order for guests to register for the NYC Junior Sailing Program, they must be sponsored by a Nantucket Yacht Club member. See page 5 of this brochure for information on the Junior Sailing Guest program.

Justin Assad
NYC Sailing Master
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JUNIOR SAILING CLASSES & COURSE DESCRIPTIONS

MINI-MATES AGE 4-6

TUES & THUR; 9:30AM – 11:30AM

COST: \$225/WEEK

Mini-Mates is designed to give 4-6 year olds a taste of being on the water and the tradition of the Nantucket Yacht Club Junior Sailing experience! Our main goal will be to build confidence on the water while introducing key elements of safety and fun! Our little sailors will learn parts of the boat, fundamentals of points of sail and maneuvers, and will get to go sailing with our instructors in Prams, RS Quests, and Rhodes 19s. Additionally, we hope to teach them some of our classic NYC name games and lawn games! Four-year olds will need to be accompanied by a caregiver, but five and six-year olds will be able to attend on their own. **Sailors must have already turned 4 by the start of the session to participate.**

MATES AGE 7-9

TUES & THUR; 9:00AM – 12:00PM

COST: \$225/WEEK

A class designed to introduce young children to sailing. Students will sail in a 14-foot sailboat, with three to four other children and one instructor. The class is a fun introduction to sailing with the goal of having students become comfortable in small boats. Specific skills include basic concepts of sail trim, steering and overall safety. Sailors who are turning the minimum age during the calendar year may enroll. Parents of children who are six years old that are interested in Mates should contact Justin or Lydia to see what options exist.



MARINERS AGE 8-12

THREE OPTIONS:

1) MON, WED, FRI; 9:00AM – 12:00PM

COST: \$270/WEEK

2) MON – FRI; 9:00AM – 12:00PM

COST: \$390/WEEK

3) MON, WED, FRI; 1:00PM – 4:00PM

(11-12 MARINERS*)

COST: \$270/WEEK

This class is taught in Rhodes 19's, RS Quest, and Optimists. Mariners is designed to give the sailor a strong fundamental base of sailing skills such as rigging, tacking, gybing, sail trim, hiking, and some advanced boat handling. The overall goal is to make the sailor comfortable on the water in varying conditions, while eventually becoming proficient sailing alone in the Opti. Inside the Mariners class, we typically divide into three color groups: Forest Green (Novice), Lime Green (Intermediate Mariner), and Army Green (Advanced Mariner). As the child improves, they will advance through the groups until they are ready for Whalers. Sailors who are turning the minimum age during the calendar year may enroll. **Please note that the 11-12 Mariners class is for children aged 11-12.*

WHALERS AGE 10-13

1) TUES, WED, THURS; 1:00PM – 4:00PM

COST: \$270/WEEK

2) MON – FRI; 1:00PM – 4:00PM

COST: \$390/WEEK

Whalers will focus on more advanced boat-handling skills and will also introduce sailors to racing. Specific skills include the basics of upwind sailing, performance boat-handling, and the introduction of some basic racing techniques. As with Mariners, students are broken up into 3 groups: Sky Blue, Burgee Blue, and Sky Quest. Sky Quest is for our adventure track sailors and focuses primarily around skills proficiency and point to point sailing around the harbor without instructors in the boat whenever possible. We will have an occasional "Quest Race Day" with all of our Whalers together! Our Burgee Blue students are encouraged to participate in All-Island racing such as the GHYC Jobson Cup, Nantucket Junior Race Week, and weekly All-Island afternoon racing.

TEEN & RACE SAILING COURSE DESCRIPTIONS

TEEN GREEN AGE 13-16

MON, WED, FRI; 9:00AM – 12:00PM

COST: \$270/WEEK

This class is for sailors who have outgrown the Opti in either Whalers or Opti Race, or for older sailors who are learning how to sail. This class is primarily in RS Quests and Club 420s, but Rhodes 19s may also be used based on the skill level of the participants, the weather on any given day, with the goal of maximizing learning in the most advantageous platform. Teen Green focuses on boat handling, including tacking, acceleration, trapeze basics, and general sail trim on all points of sail. Sailors will be introduced to basic concepts for racing, but the primary focus will be to establish the fundamentals of boat handling, seamanship, and general proficiency on the water – and to have fun!

420 BLUE AGE 13-16

MON, WED, FRI; 9:00AM – 12:00PM

COST: \$270/WEEK

420 Blue is the first step in our 420 Racing track. Participation in this class is by invitation only, and participants are typically invited from Teen Green, Whalers, and Opti Race. 420 Blue is a great option for kids who are beginning their journey in racing, or for older kids who want to keep developing their racing skills but only want to sail three days a week, only want to sail in the mornings, or would prefer not to race off-island. The skills taught are similar to those in 420 Race Development and 420 Race, but the pace of learning is a little less rapid and the commitment is much more flexible.



OPTI RACE TEAM AGE 9-15

MON - FRI; 1:00PM – 5:00PM

JUNE 22 - AUGUST 14

COST: \$2,355/8 WEEKS OR \$390/WEEK
(4 WEEK MINIMUM)

The Opti Race team is the most advanced program for young optimist sailors. Members are selected by the race team coaches. The team is reserved for those sailors who want to really improve their racing skills. Skills include performance boat handling, intricacies of rigging and tuning, and advanced racing topics such as starting, strategy, and tactics. Once on the Opti Race team, sailors are strongly encouraged to continue in the Opti until they “age out” or “weight out,” meaning they either turn 16 or weigh over 125 pounds. **Costs listed above do not include regatta expenses.*

420 DEVELOPMENT AGE 13-16 (RACE DEVELOPMENT TEAM)

MON - THURS; 11:00AM – 5:00PM

JUNE 22 - AUGUST 14

COST: \$470/WEEK

420 Race Development Team, or “420 D,” is a class for our most committed 420 Blue sailors who are interested in moving to the 420 Race Team. Enrollment in this class is by invitation only, and sailors are picked directly from 420 Blue and Opti Race. 420 D practices during the afternoon, while the 420 Race Team is also practicing, and the two groups will train together on occasion. 420 D sailors are considered to be part of the racing program, so we expect them to attend every practice while they are on island.

420 RACE TEAM AGE 13-18

MON - THURS; 11:00AM – 5:00PM

JUNE 22 - AUGUST 14

COST: \$2,830/8 WEEKS OR \$470/WEEK
(4 WEEK MINIMUM)

The 420 Race Team is the most advanced program for junior sailors. Sailors are taught the fundamentals of sailboat racing, including but not limited to boat speed, boat handling, strategy and tactics, and team racing. Training as a team is strongly stressed. The team is reserved for those sailors who want to really improve their racing skills, and are selected by the race team coaches. **Costs listed above do not include regatta expenses.*



2026 SCHEDULE

WEEK 1: JUNE 22- JUNE 26

WEEK 2: JUNE 29 - JULY 3

WEEK 3: JULY 6 - JULY 10

WEEK 4: JULY 13 - JULY 17

WEEK 5: JULY 20 - JULY 24

WEEK 6: JULY 27 - JULY 31

WEEK 7: AUGUST 3 - AUGUST 7

WEEK 8*: AUGUST 10 - AUGUST 14

WEEK 9: AUGUST 17 - AUGUST 20

All courses, except for race teams, will be offered Monday - Thursday in Week 9. No class Friday, August 21st.

* Race Week

REGISTRATION:

Registrations must be made on the [Nantucket Yacht Club website](https://www.nantucketyachtclub.org) (requires login). All class fees must be charged to an audit number. Registration opens March 2nd.

We welcome Junior Sailing Guests at the NYC, as long as they are sponsored by a NYC member. Applications are accepted beginning April 15th and classes will be confirmed June 1st. Guests must submit membership fees (\$725 per child per season) along with the Member / Sponsor form, before a guest will be confirmed in a class. Once confirmed, payment for the balance of the class will be charged to the Guest audit number on a monthly basis. The Member sponsor should contact Lydia Brown for information on the Guest program.

For questions regarding class placement, please contact Justin Assad at justin@nantucketyachtclub.org or Lydia Brown at lydia@nantucketyachtclub.org

www.nantucketyachtclub.org

