



## ***LEARN TO SAIL IN ATLANTIC HIGHLANDS!***

### **Novice Sailing Class (Youth Aged 8-15)**

This is a two-week introduction to sailing for individuals with little or no sailing experience.

### **Intermediate Sailing Class (Youth Aged 8-17)**

This is a two-week skills improvement program for individuals with sailing experience or who have graduated from the Novice Sailing Class.

### **Advanced Sailing Class (Youth Aged 13-17)**

This is a two-week advanced sailing program for those who have successfully completed the intermediate sailing program. 420's, Lasers and Opti's are available depending on sailor's size, age and ability. There are 10 spots on the 420's.

### **Summer 2014 Class Schedule**

*Enrollment Deadline for core classes - June 15<sup>th</sup>*

*Weekdays, June 23 – July 3*

**Novice / Intermediate - Session 1:** 9am to Noon - \$315\*

**Novice / Intermediate / Advanced - Session 2:** 1pm to 4pm - \$315\*

\*pro-rated – no classes on July 4th

*Weekdays, July 7 – 18*

**Novice / Intermediate - Session 3:** 9am to Noon \$350

**Novice / Intermediate / Advanced - Session 4:** 1pm to 4pm - \$350

*Weekdays, July 21 - August 1*

**Novice / Intermediate Session 5:** 9am to Noon - \$350

**Intermediate / Advanced - Session 6:** Weekdays, 1pm to 4pm - \$350

### **Junior Sweepstakes Regatta (Open to current AHSEP students)**

Four days of racing on the Shrewsbury and Navasink Rivers. Boats (Opti's and 420's) are provided, but parents are needed to help with boat transport. Lunch is also provided each day.

**Monday through Thursday, August 4 - 7, all day \$250 (includes race and instructor fees)**

### **Sailing Adventure Week (Intermediate and Advanced Sailors)**

This is a one week session concluding the summer. Instead of racing, the focus will be on enjoying sailing in other ways. Weather permitting; we plan to have activities such as sailing to a beach for a picnic, a pirate treasure hunt, and sailing games. On the final day of the class, students have the opportunity to crew on a large sailboat. Bring a bag lunch and snack.

**Monday through Friday, August 11 - August 15, 9am to 2pm \$250**

Courses are conducted by the Atlantic Highlands Sailing Education Program. We have certified US Sailing Instructors and use course materials supplied by US Sailing. Students learn to be skipper and crew, get classroom training and valuable on-the-water experience. We teach sailing safety, basic and advanced sailing skills, person overboard recovery, knots, and lots more.

**If you have questions regarding these programs, please contact :**

**Beth or Mike Fortier 732-291-7230 or Greg Pollack 732-872-7326**

**Email [AHSEP01@gmail.com](mailto:AHSEP01@gmail.com) for details and enrollment forms.**



**Space is limited, don't delay, enroll today!! Forms are available at [www.ahsep.org](http://www.ahsep.org).**