

SHYC Jr. Programs



Tennis

SHYC tennis is off to a strong start. The main focus of this session is working on overhand serves. Students are also learning how to get into a ready position in between volleys, how to play tie-breakers, and how to have a good follow through. Tennis team is excited for their first match this Friday. Go SHYC!

Swim

The first session of swim lessons was a success! All the swimmers had a blast.

The older kids got very comfortable swimming laps and playing fun games. The younger kids improved tremendously, becoming comfortable in the water and practicing the fundamentals of swimming. Can't wait for more fun!



Sailing - Sea Squirts

Instructor: Claire

The sea squirts have had an adventure-filled start to the summer! Learning about the club, our favorite ocean animals, and natural occurrences, we have made countless crafts and super fun memories! The sea squirts have also discovered a love for crab and sea glass hunting on the rocks, exploring their adventurous side (while wearing life jackets of course). Some of our favorite activities have included making our very own narwhal horns, a mini volcano, and painting seahorses in their habitats. Next session we will continue learning about our favorite animals, and tackle topics like the food chain and weather.



Sailing - OPTI I

Instructors: Una and Milly

Opti 1 have been working hard both on land and on the water. They can rig and completely set up their boats on their own. Week 1, due to the lack of wind, we resorted to practicing some alternative sailing techniques such as capsizing, swimming and “on-land sailing.” Week 2, we have been able to get out on the water. We got a chance at practicing our upwind sailing, downwind sailing, and getting out of irons (lots!). Opti 1 can proudly say they have independently sailed a sausage course, completed an excursion to Joshuas Cove, and even sailed towards the red bell. Next session, beginners will advance onto a triangle course, continue to practice their different points of sailing, and most importantly, have fun!



Sailing - OPTI II

Instructor: Jamie

Opti 2 had a great first session! They practiced some lightwind sailing during Week 1, and promptly activated their heavy-air skills during Week 2. Opti 2 sailors practiced their kinetics, de-powering, safety position, and Port Triangle courses. There were some “accidental falls” into the water when sailors got exceptionally hot, and coaches were graced with some soggy swimmers in the coach boat. How lucky!



Sailing - OPTI Race

Instructor: Brooks



This week the opti race team was faced with some great challenges... lack of wind... but we still managed to make it on the water to work on our light air boat handling. During the days we had breeze, we were able to lock in on our boat speed and pointing skills. Sailors also got a little taste of some big boat sailing with the sonar - learning how to work as a team on and off the water is a key part of this sport. Can't wait to continue to push the limits!



Sailing - Afternoon Adventure

Instructors: Brooks and Jamie



The afternoon adventure class spent time on the Sonar and Feva this session, and also took a trip to the Thimbles with the race class!



The afternoon adventure *and* race classes aptly named themselves the "Sea Squids" during their Sea-Squirt style adventures while enduring the low breeze days. The Sea Squids cooled off with some ice cream from the Thimbleberry to beat the heat!

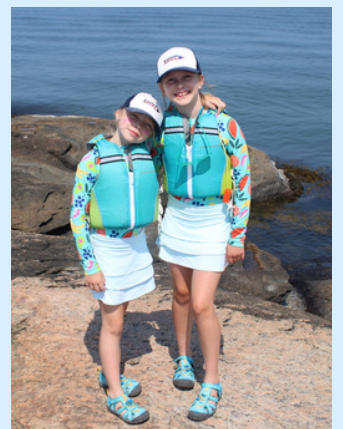
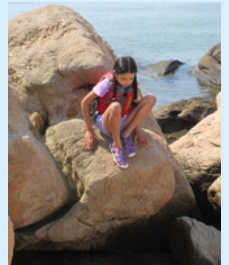
Sailing - Afternoon Race

Instructors: Una and Claire



Afternoon race battled some light air days during Week 1, and joined the adventure class for some fun, splashing, and ice cream. Week 2 they buckled down to work on their starts and body position. Afternoon race has been honing their skills in the Sonar, 420s, fevas, *and* Optis!

Fun Day Friday Gallery



Build-a-Boat Gallery

