



SHYC Jr. Programs

Tennis

SHYC tennis had another successful session! Tennis students continued to practice their serves. They also focused on match play and volleys, emphasizing the importance of footwork - both moving backwards and forwards. The tennis team was off for the 4th of July, but they are excited to resume Friday matches.



Swim

The swimming program has seen significant advancements across all skill levels in the first two sessions. The beginner class has started learning freestyle, with progressions that include using kickboards, blowing bubbles, and beginning to swim with their faces in the water. They have also discovered a love for jumping into the water, especially cannonballs. The intermediate and advanced classes concentrated on improving all four strokes, perfecting their streamlines, and underwater kicking. Additionally, they began mastering the steps of a shallow dive. In addition, the energy has been high and positive through every class making the pool an environment where the kids can cool off, learn, and have fun with their friends.



Sailing - Sea Squirts

Instructors: Claire and Milly

The sea squirts have continued to explore the world around them with the utmost enthusiasm! Our lessons centered around the food chain, outer space, and, most excitingly bubbles! We took plenty of swim breaks with our super cool bubble machine. We also discovered a new love for playing capture the flag, with coach Claire's shoes being the favorite "flag" to steal. We are so excited to continue having fun next session!



Sailing - OPTI I

Instructor: Emma



Opti 1's had an awesome session B! Our class continued to focus on the basics to get our sailors comfortable and confident in the boat. The lessons focused primarily on the motions and maneuvers that are necessary to sail safely by yourself like steering, tacking, and pulling in the mainsheet. By the end of the session, all sailors were able to sail a figure 8 course by themselves! Even though we didn't have the most wind, we did have the most fun and made some great progress on our solo sailing skills!

Sailing - OPTI II

Instructor: Una

This session OPTI 2 got to fine tune some of the skills they learned in OPTI 1. This included rigging for specific weather conditions, sailing around a triangle, learning about the forecast and lots and lots of knots! Unfortunately our wind conditions have been not quite as satisfactory as we would have liked! So some days we have resorted to swimming and practicing towing! Next session we're hoping to continue to practice our sailing skills and we're optimistic for more wind next week!



Instructor: Jamie

OPTI II's had a great session B. We worked on refreshing our racing skills and ran some class races. We reviewed points of sail and practiced effective upwind sailing with good sail trim and an efficient path. The OPTI II's spent a whole day in the classroom learning about advanced sail controls, twist and draft, and using telltales -- with "brain breaks" as necessary. A highlight of our session was learning about and practicing depowering and safety position in our (finally) heavier wind while sailing a triangle course. Can't wait for more fun next session!



Sailing - OPTI Race

Instructor: Brooks

Session B was action packed, with winds ranging 0-18kts. We focused on getting our boats off the start with good speed and a clean lane. We also worked on our skills with the hiking bench.... everyone's favorite! We all started out at 1 minutes and by the end most of the class got to 5 minutes!



Teen Boating Skills

Instructor: Emma

Teen boating skills had a great session B! Our class covered a lot of ground, including but not limited to general powerboat driving, docking in various winds and currents, picking up moorings, setting an anchor, driving in waves and at various speeds, and towing. We went over charting and navigation as well as weather and weather forecasts. To put our navigational skills to the test our students navigated through the thimbles and got to enjoy a swim at outer island. We even picked up over 10 balloons from the water, taking trash out of our LIS ecosystem!



Sailing - PM Race

Instructors: Una and Claire



The afternoon race class killed it this session! On the few breezy days they flew around the race course in Fevas showing off their spinnaker skills. Plenty of no wind days provided opportunities to practice roll tacking and kinetics. These racers are excited for the regatta season to come.

Sailing - PM Adventure

Instructor: Brooks



Afternoon Adventure had an exciting session B. They did lots of Sonar captaining, feva manuevering, and swimming. They took a few long distance sails towards Falkners Island, the Red Bell and the Thimble Islands. Sailors also practiced seamanship skills like mooring (and snacking). There were even some spinnakers up in Adventure this session! Finally, students did plenty of swimming off their boats and the dock to keep cool.

SHYC Regatta Gallery

