



2025 SHYC Women's Instructional Sailing Program (Join us for Tuesday evening sailing classes!)

Program Description: This year's SHYC instructional sailing program for women will offer a curriculum focused on teaching and practicing fundamental sailing skills, building confidence, and enhancing enjoyment of the sport of sailing. All skill levels are welcome. No prior sailing experience is required.

Time: Tuesdays, 5:30-7:30pm (arrive 15 min early to check-in)

Pre-program Instructional Session and Social: Thursday, June 12, at 6pm (open to all, no charge), Location TBA

Program Dates: The program will be offered in two sessions: Session I on July 1, July 8 and July 15 and Session II on July 22, July 29 and August 5. Sign up for one session or both!

Program Cost: \$180/sailor per session. No prorating or refunds. *(If you are unable to attend on any evening you must arrange for someone from our waitlist or another SHYC member to take your spot; otherwise, you will be charged the full program fee. Subs, if arranged, will be billed \$60 per evening. It is your responsibility to make sub arrangements.)*

Type of Boat: The program will use the club-owned Sonar and member-owned Sonars made available for our use through the generosity of their owners. (We may use other small keelboats if there is a need or interest from participants. 420s will not be used in Ladies Sailing.)

Requirements: Open to SHYC members, females ages 16+. Participants need to be able to swim, be comfortable getting wet, and be agile enough to climb in and around on a boat.

Gear: Sailors will need closed-toed shoes with non-marking soles, a properly fitting, Coast Guard-approved PFD (life jacket), and comfortable clothing. Sailing gloves are optional but recommended.

Maximum of 12 participants per session: 4 ladies needed to run each session. If a session is oversubscribed you may be put on a waitlist. Registration will open on May 24 at 12pm. [CLICK HERE TO SIGN UP](#)

Coaching: The program will be run by head coach Jamie Pullin, who is returning this summer for her third season at SHYC. Jamie will be assisted by other instructors from the SHYC Junior Sailing Program. We will have two coaches each week, and plan to add a third coach if we have more than 8 sailors.

Additional Practices & Group Chat: All our participants will be invited to join our SHYC Women's Sailing group text message chat to arrange additional sailing practices on their own and/or coordinate semi-private lessons with SHYC coaches.

Questions: If you have any questions about the program, please contact [Tracey Kammerer-Stelben](#), Sarah Lieponis, or our head coach, Jamie Pullin.

[CLICK HERE TO SIGN UP NOW](#)