

EAST SAILING ACADEMY



Excellence in American Sail Training

Celebrating 29 years of Sailing Instruction!

Our teaching philosophy at the **EAST Sailing Academy** is “Patience, not pressure.” While many children seek to climb the ladder of ability rapidly, others are happier with a more relaxed pace of advancement. Instructors make sure that sailing fun is the first priority of every child.

The student to instructor ratio at the sailing school ensures a maximum of six students per instructor. Groups are formed by age and sailing experience.

EAST Sailing Academy students are aged 9-16.

Young sailors learn in three groups:

- **Mariners 9-11 yrs**
- **Explorers 11-13 yrs**
- **Voyagers 13-16 yrs**



24' Rainbow's allow our young sailors to sail under the guidance of an instructor as well as experience day trips to scenic areas of Haverstraw Bay.



The fleet of 420's provides an opportunity for sailing on a responsive boat.

Top Gun Program

Each week the best sailors are selected from each group to participate in spirited regattas (racing) aboard the East Sailing Academy's fleet of 420's.

Youth Program Fleet

Primary instruction is provided aboard 420's, 15' Cape Cod Mercury's, and 24' Rainbows. The EAST Sailing Academy is unique in its ability to offer both small and large boat experience.

Register Online at www.crotonsailing.com

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Ladder Standards

Participants in the youth program climb a ladder of ability divided into five ranks.

Our young sailors are encouraged to practice and master the abilities of the next level, yet the student's own pace is respected.

Each camper is given their personal log book in which to record their progress. The standards of various levels are as follows:

Second Mate * First Mate * Skipper * Racer * Salty Dog

What about safety?

All sailors are required to wear a Personal Floatation Device (PFD) at all times while on the docks or onboard the boats. Students may wear their own PFD's or one will be provided for them. Instructors are trained in sailing safety and safe sailing practices are stressed at all times.



Each week during our awards ceremony one sailor is awarded the Golden Rudder award for the camper with the best "sail-manship" & the Neptune award goes to the overall best skilled sailor that week.

Never sailed before?

Not to worry. Each group is mixed with a wide variety of experienced and beginner sailors. Our teaching philosophy of "patience not pressure" will develop your child's sailing ability.

2015

EAST Sailing Academy Instructors

We are grateful for the excellent work of our roster of instructors this year, and as usual most are experienced returning teachers.

Director: Meredith Vasta (University of South Carolina & Columbia Teachers College)

Senior Instructors: Emma Garschagen (Kenyon College), Jordan Mendelson (SUNY New Paltz), John Mason (Vassar College), Julia Miller (St. Thomas Aquianis), Grace Jennings (Middlebury College), Richard Leach (SUNY Maritime), Conor Mook (Williams College), Nola Donkin (Skidmore College), Sophia Sheng (Univ. of Chicago).

Come and join us. Let us share sailing with you!

Check out our **EAST Sailing Academy Facebook** page for session pictures & updates!

Call us today! (914) 271.6868

Register Online at www.crotonsailing.com



EAST SAILING ACADEMY

Theme Days

During each session we have a theme day at camp! Themes include Pirate Day, Olympic Day, and America Day. Look out for what theme day will happen in your session.

Day Trips

Each week groups will set sail to a scenic cove to anchor and eat lunch aboard their sailboat. Groups will spend time charting and navigating their day trip course to and from their destination. Popular day trip locations include Half Moon Bay, Black Beach, and Croton Landing.

2015 Rates & Schedules

Each sessions runs Monday-Friday from 9:00 a.m. – 3:00 p.m. with a half-hour lunch. Students may attend as many sessions as they wish, and sessions need not run sequentially. One and two week sessions offered in June, July and August.



Congratulations!

You are now a sailor!



Typical Day

9:00 AM: Campers Arrive & Meet with groups

9:30 AM: The fun begins! Enjoy a little "chalk talk" about a sailing topic.

9:45 AM: Go Sailing! While on the water practice your sailing skills towards making rank, participate in a regatta, or cool off with a "water war"!

11:30 AM: Head in for some lunch & fun afternoon lunch time games!

12:30 PM: Back to the water for some more sailing!

2:00 PM: Back on land to fold sails, put life jackets/ equipment away!

2:30 PM: Debrief how the day went with your group! Talk about fun theme days & day trips happening that week!

3:00 PM: Campers Leave

Call Us Today at (914) 271.6868



**Croton Sailing School
P.O. Box 620
Croton-On-Hudson, NY
10520**

One and two week sessions offered in June, July and August.



**Register Online today!
www.crotonsailing.com**

**Questions?
(914) 271.6868**

gosailing@crotonsailing.com