

# EAST Sailing Academy



*Excellence in American Sail Training*

*Celebrating over 30 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](http://www.crotonsailing.com)**



# EAST Sailing Academy



## Ladder Standards

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

Participants are encouraged to practice and master the abilities of the next level, but the student's own pace is respected.

Each student 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?

Program participants 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 get each sailor safely sailing.

## 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 (7th Grade Teacher - Byram Hills Central School District)

**Senior Instructors:** Grace Jennings (Middlebury College), Nick McDonough (RPI), Amanda Patterson (Yale), Laura Oliverio (Syracuse), Anna Grunes (UVM), Trevor Robohn (UMiami), Jason Robohn (Drexel), Matt Barry (Binghamton), Giulia Cancro (Kenyon College), Patrick Hodgson (Williams College) Adam Szpiczynski



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

**Call us today! (914) 271.6868**

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

**Register Online at [www.crotonsailing.com](http://www.crotonsailing.com)**





# EAST Sailing Academy

## Theme Days

During each session we have a themed day at camp!

Themed days 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.

## Rates & Schedules

Each sessions runs Monday-Friday from 9:00 a.m. – 3:00 p.m. with a half-hour supervised 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.



## 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



**Congratulations!**

**You are now a sailor!**

**Call Us Today at (914) 271.6868**



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

Sailor Name:

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



**Register Online today!  
[www.crotonsailing.com](http://www.crotonsailing.com)**

**Questions?  
(914) 271.6868**

**[gosailing@crotonsailing.com](mailto:gosailing@crotonsailing.com)**



# 2018 EAST Sailing Academy Rates and Schedules

Schedule	Length	Rate
Session 1 June 11 – 15	One week	\$ 415
Session 2 June 18 – 22	One week	\$ 415
Session 3 June 25 – July 6	Two Weeks	\$ 675
<b>(No Camp 7/4)</b>		
Session 4 July 9 – July 20	Two Weeks	\$ 745
Session 5 July 23 – August 3	Two Weeks	\$ 745
Session 6 August 6 – August 17	Two Weeks	\$ 745
Session 7 August 20 – August 24	One Week	\$ 415
Session 8 August 27- August 31	One Week	\$ 415

## Multiple Session discounts:

Additional one week session – \$330

Additional two week session – \$715

You may move your child into a different session provided there is space available. There is a \$25 transfer fee for changing sessions.

Discounts are available for Croton Village Residents. At online registration check out use the following coupon codes:

One Week Session use code: CROTONONE

Two Week Session use code: CROTONTWO