

GLPYC Class Descriptions - 2024

Sailing					
Department	Class Name	Class Time	Schedule	Ages	Description
Sailing	Seashells/Opti, C Class	8-9am	Mon-Fri	5-6	Sailors must be comfortable in the water wearing a personal floatation device. There are 2 children in each boat, a captain and one crew. The class works on familiarizing the children with basic sailing skills through the use of on-land drills and on-the-water practice sessions. This class meets at Seashell Beach off Pacific Street.
Sailing	Seashells/Opti, B Class	9-10am	Mon-Fri	6-7	For novice to intermediate sailors with 2 children per boat. Racing basics/fundamentals are taught, in addition to developing confidence on the water. Captains and crews work together to refine skills. B Class participates in races on Wednesdays and Saturdays and points are accrued for monthly trophies. Students can sail in either Seashells or Optimists in B Class. This class meets at Seashell Beach off Pacific Street.
Sailing	Seashells/Opti, A Class	10-11am	Mon-Fri	8-9	The most competitive class in the Inner Lagoon, with 1 sailor per boat, handling both helm and sail. A Class also competes in races on Wednesdays and Saturdays and accrues points towards monthly trophies. The curriculum focuses on improving sailing skills, racing strategy, improving starts, tactics and the rules of racing. Students can sail in either Seashells or Optimists in A Class. This class meets at Seashell Beach off Pacific Street.
Sailing	Seashells/Opti, A Class	11am-12pm	Mon-Fri	8-9	The most competitive class in the Inner Lagoon, with 1 sailor per boat, handling both helm and sail. A Class also competes in races on Wednesdays and Saturdays and accrues points towards monthly trophies. The curriculum focuses on improving sailing skills, racing strategy, improving starts, tactics and the rules of racing. Students can sail in either Seashells or Optimists in A Class. This class meets at Seashell Beach off Pacific Street.
Jr Sailing	Junior Sailing, Green Fleet	9-10:30am	Mon-Fri	9-15	Participants in this program must be 9-15 years old. The Optimist Green Fleet is a beginner level Optimist program designed to build on the skills learned in the Seashell Program. First year Optimist Sailors are placed in Green Fleet and are allowed coaching from instructors during races. After the first year, GLP Optimist Sailors compete in Opti Racing Fleet. Our Green Fleet sailors compete in weekly races, accruing points toward trophies and travel to compete in local regattas. The Optimist serves as a sturdy platform to improve lifelong sailing skills and racing technique. This class meets at Joe Devine Riviera at the end of Atlantic Avenue.

Jr Sailing	Junior Sailing, Opti Race Fleet	11am-1pm	Mon-Fri	9-15	Participants in this program must be 9-15 years old and have intermediate sailing abilities. GLP Optimist Sailors compete in Racing Fleet. Our Optimist sailors compete in weekly races, accruing points toward trophies and travel to compete in local regattas. The Optimist serves as a sturdy platform to improve lifelong sailing skills and racing technique. This class meets at Joe Devine Riviera at the end of Atlantic Avenue.
Jr Sailing	Junior Sailing, 420's	2-4pm	Mon-Fri	11+	420 sailors must be at least 11 years old and have knowledge of sailing along with racing skills. 420 sailors compete for GLP trophies and travel to local yacht clubs for inter-club regattas. This class meets at Joe Devine Riviera at the end of Atlantic Avenue.
Swimming					
Department	Class Name	Class Time	Schedule	Ages	Description
Swim	Youth Swimming Advanced	9-10am	Mon-Fri	5+	This class is designed to offer additional instruction for those who have successfully completed level six of Swim America program. This class will focus on advanced skill-set, refinement of stroke techniques, and also introduce basic lifesaving skills. Participants will engage in stroke drills to improve their technique and endurance as a swimmer. This class is open to all swimmers who have successfully completed level six (whether at GLPYC or elsewhere) but want to continue to improve their swimming. This class meets at South Beach.
Swim	Youth Swimming Level 3-6	9-10am	Mon-Fri	5+	Swimmers in levels 3-6 will be given goals to achieve skill mastery. Instruction will be flexible to allow progression in the program over the course of the summer. Swimming instruction will take place both in the water and on the beach. During first week of class, swimmers will be placed in the appropriate level based on skill. Although a participant may advance during the summer, the time of their class will not change. Different levels are offered simultaneously to allow movement and growth. This class meets at South Beach.
Swim	Youth Swimming Advanced	10-11AM	Mon-Fri	5+	This class is designed to offer additional instruction for those who have successfully completed level six of Swim America program. This class will focus on advanced skill-set, refinement of stroke techniques, and also introduce basic lifesaving skills. Participants will engage in stroke drills to improve their technique and endurance as a swimmer. This class is open to all swimmers who have successfully completed level six (whether at GLPYC or elsewhere) but want to continue to improve his/her swimming. This class meets at South Beach.
Swim	Youth Swimming Level 3-6	10-11am	Mon-Fri	5+	Swimmers in levels 3-6 will be given goals to achieve skill mastery. Instruction will be flexible to allow progression in the program over the course of the summer. Swimming instruction will take place both in the water and on the beach. During first week of class, swimmers will be placed in the appropriate level based on skill. Although a participant may advance during the summer, the time of their class will not change. Different levels are offered simultaneously to allow movement and growth.

Swim	Youth Swimming Advanced	11am-12pm	Mon-Fri	5+	This class is designed to offer additional instruction for those who have successfully completed level six of Swim America program. This class will focus on advanced skill-set, refinement of stroke techniques, and also introduce basic lifesaving skills. Participants will engage in stroke drills to improve their technique and endurance as a swimmer. This class is open to all swimmers who have successfully completed level six (whether at GLPYC or elsewhere) but want to continue to improve their swimming. This class meets at South Beach.
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Swim	Youth Swimming Levels 1&2	11am-12pm	Mon-Fri	4+	Swimmers in levels 1&2 will be given goals to achieve skill mastery. Instruction will be flexible to allow progression in the program over the course of the summer. Swimming instruction will take place both in the water and on the beach. During first week of class, swimmers will be placed in the appropriate level based on skill. Although a participant may advance during the summer, the time of their class will not change. Different levels are offered simultaneously to allow movement and growth. This class meets at Main Beach.
Swim	Youth Swimming Levels 3-6	11am-12pm	Mon-Fri	5+	Swimmers in levels 3-6 will be given goals to achieve skill mastery. Instruction will be flexible to allow progression in the program over the course of the summer. Swimming instruction will take place both in the water and on the beach. During first week of class, swimmers will be placed in the appropriate level based on skill. Although a participant may advance during the summer, the time of their class will not change. Different levels are offered simultaneously to allow movement and growth. This class meets at South Beach.

Sports

Department	Class Name	Class Time	Schedule	Ages	Description
Sports	Youth Sports	8-9am	Mon-Fri	7-9	The sports program focuses on a mix of cooperative and competitive games and activities. Sportsmanship and proper communication is emphasized and expected. This class meets at Coldwell (sports) Field on Atlantic Avenue.
Sports	Youth Sports	9-10am	Mon-Fri	10-12	The sports program focuses on a mix of cooperative and competitive games and activities. Sportsmanship and proper communication is emphasized and expected. This class meets at Coldwell (sports) Field on Atlantic Avenue.
Sports	Youth Sports	10-11am	Mon-Fri	5-6	The sports program focuses on a mix of cooperative and competitive games and activities. Sportsmanship and proper communication is emphasized and expected. This class meets at Coldwell (sports) Field on Atlantic Avenue.
Sports	Youth Sports	11am-12pm	Mon-Fri	13+	The sports program focuses on a mix of cooperative and competitive games and activities. Sportsmanship and proper communication is emphasized and expected. This class meets at Coldwell (sports) Field on Atlantic Avenue.

Tennis

Department	Class Name	Class Time	Schedule	Ages	Description
Tennis	Youth Junior Tennis	8-9am	Mon-Fri	9-12	Class builds on basic skills, including forehands, backhands, volleys, and serves, scoring games and sets as well as continuing to emphasize tennis etiquette. This class meets at the kiddie courts on West Shore Avenue.
Tennis	Youth Junior Tennis	9-10am	Mon-Fri	9-12	Class builds on basic skills, including forehands, backhands, volleys, and serves, scoring games and sets as well as continuing to emphasize tennis etiquette. This class meets at the kiddie courts on West Shore Avenue.
Tennis	Senior Youth Tennis	10-11am	Mon-Fri	12+	Class builds on the stroke development and emphasis on tennis etiquette from the Junior Tennis class, concentrating on serving, game play, and strategy for those age thirteen and over. This class meets at the kiddie courts on West Shore Avenue.
Tennis	Youth Beginner Tennis	11am-12pm	Mon-Fri	7-8	This class covers tennis basics including parts of the racket and tennis court, eye/hand coordination drills, proper tennis grip, and basics of forehands, backhands, and volleys. Instructors work with different ability levels as time and class sizes allow.
Tennis	Youth Intro to Tennis	12-12:30PM	Mon-Fri	5-6	This class provides instruction on elemental tennis strokes and basics of the game and court etiquette. This class meets at the kiddie courts on West Shore Avenue.
Tennis	Tennis Team	1-2pm	M,W	9+	The tennis team is for proficient players who can serve and maintain a rally, and are looking for more experience with match play and strategy. This team will play inter-squad matches (against themselves) to boost confidence, excitement, and skill. Fee includes a Yacht Club tennis team shirt. Tennis team meets at the kiddie courts on West Shore Avenue.
Tennis	Tennis Travel Team	2-3pm 1-3 Fridays	M,W,F	9+	The travel tennis team is for experienced players who possess the necessary competitive skills evaluated by the Tennis Staff to represent the Yacht Club in match play. This team will play inter-club matches both at home and away. Fee includes a Yacht Club tennis team shirt. Tennis team meets at the kiddie courts on West Shore Avenue. (All participants in this group will incur a nominal additional fee, charged once making the travel team.) All individuals who sign up for the tennis team will be evaluated and placed on the proper team during the first two sessions. Evaluation time- Monday and Wednesday of the first week of classes at 1pm.

Golf

Department	Class Name	Class Time	Schedule	Ages	Description
Golf	Beginner Golf	3-4pm	M,W	8+	Beginner Golf is for those with little to no golf experience, and covers basic golf skills including chipping and putting along with golf etiquette. This class meets at the GLP putting green on North Street. Children bring their own putter.
Golf	Intermediate Golf	4-5pm	M,W	8+	Intermediate Golf is for those who have mastered basic swings and are able to hit the ball with some accuracy. This class builds on those skills and includes further instruction in chipping and putting, and emphasis on golf etiquette. This class meets at the GLP putting green on North Street. Children bring their own putter.

Club 4/5

Department	Class Name	Class Time	Schedule	Ages	Description
Club 4/5	Club 4/5	9-10am	Mon-Fri	4-5	Club 4/5 is a recreational program for four and five year olds. Activities include age-appropriate crafts, games, stories, and occasional "field trips" to the beach or for a walk. This class meets in Clark Hall.
Club 4/5	Club 4/5	10-11am	Mon-Fri	4-5	Club 4/5 is a recreational program for four and five year olds. Activities include age-appropriate crafts, games, stories, and occasional "field trips" to the beach or for a walk. This class meets in Clark Hall.
Club 4/5	Club 4/5	11-12am	Mon-Fri	4-5	Club 4/5 is a recreational program for four and five year olds. Activities include age-appropriate crafts, games, stories, and occasional "field trips" to the beach or for a walk. This class meets in Clark Hall.

The Arts

Department	Class Name	Class Time	Schedule	Ages	Description
Arts	Youth Crafts Intro	3-4pm	Mon	5-8	Participants will develop projects from various materials and supplies that can be found around the house, expressing their creativity in a fun way. Projects such as kite making, duck tape crafts, jewelry making, mosaics, coiled baskets, paper mache, sand art, etc. will be incorporated into the classes depending on the ages and interests of participants. No prior experience is necessary. This class meets in Clark Hall.
Arts	Youth Crafts Advanced	4:30-6pm	Mon	9+	Participants will develop projects from various materials and supplies that can be found around the house, expressing their creativity in a fun way. Projects such as kite making, duck tape crafts, jewelry making, mosaics, coiled baskets, paper mache, sand art, etc. will be incorporated into the classes depending on the ages and interests of participants. No prior experience is necessary. This class meets in Clark Hall.
Arts	Youth Fine Arts Intro	3-4pm	Wed	5-8	Fine art classes will focus on the various types of art and the artists that have defined them over time. Projects will involve various types and aspects of art in today's society including drawing, painting, sculpting, and photography. Depending on the age group, participants might be doing photography or self-portrait drawing, watercolor fish, ceramics, three-dimensional design, print-making, and color pencil designs. No prior art education or experience is necessary. This class meets in Clark Hall.
Arts	Fine Arts Advanced	4:30-6pm	Wed	9+	Fine art classes will focus on the various types of art and the artists that have defined them over time. Projects will involve various types and aspects of art in today's society including drawing, painting, sculpting, and photography. Depending on the age group, participants might be doing photography or self-portrait drawing, watercolor fish, ceramics, three-dimensional design, print-making, and color pencil designs. No prior art education or experience is necessary. This class meets in Clark Hall.
Arts	Fine Arts Advanced	4:30-6pm	Wed	9+	Fine art classes will focus on the various types of art and the artists that have defined them over time. Projects will involve various types and aspects of art in today's society including drawing, painting, sculpting, and photography. Depending on the age group, participants might be doing photography or self-portrait drawing, watercolor fish, ceramics, three-dimensional design, print-making, and color pencil designs. No prior art education or experience is necessary. This class meets in Clark Hall.
Arts	Dance 1	2-3pm	T,TH	5-7	In Dance 1 dancers will work on a variety of beginner dance skills such as jumps, leaps, and turns. Students will also participate in dance games. Prior dance experience is not required. This class meets in Clark Hall.

Arts	Dance 2	3-4pm	T,TH	8+	Dance 2 will focus on the fundamentals of dance for beginners, including choreography work, acro, movement across the floor, in addition to jumps, leaps and turns. Prior dance experience is not required. This class meets in Clark Hall.
Arts	Theater	4-5:30pm	T,TH	8-12	This class provides a fun introduction to acting and theater basics for participants, culminating in a full-length performance at the end of each month. This class meets in Clark Hall.

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