



**PACIFIC CORINTHIAN YOUTH FOUNDATION**

2600 S Harbor Blvd, Oxnard, CA 93035

Tel: (805) 974-0059

Federal Tax ID#: 77-0312074

*Pacific Corinthian Youth Foundation  
2025 Summer Sailing Program Guide*





**PACIFIC CORINTHIAN YOUTH FOUNDATION**

2600 S Harbor Blvd, Oxnard, CA 93035

Tel: (805) 974-0059

Federal Tax ID#: 77-0312074

## **2025 Summer Sailing Program Guide**

### **Table of Contents**

<b>Pacific Corinthian Youth Foundation .....</b>	<b>1</b>
<b>Registration for the Summer Sailing Program .....</b>	<b>1</b>
<b>Cancellation Policy .....</b>	<b>2</b>
<b>Beginning Sailing .....</b>	<b>3</b>
<b>Advanced Beginner Sailing .....</b>	<b>4</b>
<b>Intermediate Sailing .....</b>	<b>5</b>
<b>Advanced Sailing .....</b>	<b>6</b>
<b>Daily Preparation .....</b>	<b>7</b>
<b>Lunch .....</b>	<b>8</b>
<b>Daily Schedule.....</b>	<b>8</b>
<b>Thundering Thursday Evening Sailing .....</b>	<b>9</b>
<b>Annual Awards Luncheon .....</b>	<b>9</b>
<b>Pacific Corinthian Youth Foundation Fundraising.....</b>	<b>10</b>



## Pacific Corinthian Youth Foundation

The Pacific Corinthian Youth Foundation (PCYF) is a 501(c)(3) non-profit charitable organization that sponsors and instructs youth sailing in Channel Islands Harbor. PCYF was founded in 1992 by members of Pacific Corinthian Yacht Club (PCYC) and uses part of the grounds and the guest dock at PCYC to host its Summer Sailing Program. PCYF’s fleet includes Sabots, Optimists (“Optis”), Lasers, and Flying Juniors (“FJs”).

Goals of the program are to develop good sailing and seamanship skills, self-confidence, water safety awareness, and sportsmanship, while having fun and learning a potential lifetime sport. PCYF serves all of Channel Islands Harbor and its surrounding communities. The Board of Directors currently comprises representatives from Pacific Corinthian Yacht Club, Channel Islands Yacht Club, and Channel Islands Women’s Sailing Association with support from Anacapa Yacht Club, which hosts Thursday night races and postrace barbecues. The PCYF program is supported by grants from the California Division of Boating and Waterways as well as private donations and course enrollment fees.

### Registration for the Summer Sailing Program

- Sailing instruction is open to all interested 8 -18 year-olds who can pass a simple swim test (swim laps in a pool, tread water, and put on a life vest while in the water).
- Online Registration is available at <https://form.jotform.com/250171596637160> and through our website (<https://www.pcyfsailing.org>).
- Instruction at Skill Levels 1 – 4 will be available each week.

Week	2025 Dates
1	Jun 9 – Jun 13
2	Jun 16 – Jun 20
3	Jun 23 – Jun 27
4	Jun 30 – Jul 3*
5	Jul 7 – Jul 11
6	Jul 14 – Jul 18
7	Jul 21 – Jul 25
8	Jul 28 – Aug 1
9	Aug 4 – Aug 8
10	Aug 11 – Aug 15

Skill Level	Prerequisites
1 Beginner	8+ years old*, able to swim, no prior sailing experience
2 Advanced Beginner	8+ years old,* completed Level 1 or equivalent
3 Intermediate	Typically 10+ years old, completed Level 2 or equivalent
4 Advanced	Typically 13+ years old, completed Level 3 or equivalent

\*At least 8 years old in 2025, ie, born on or before 12/31/2017

- Enrollment fees are **\$350** per week for the first student-week and \$325 for additional students/weeks from the same household, payable *with no additional transaction fees* via Zelle, personal check, or cash (add \$10 per student-week for PayPal/Credit Card transactions). When available, early bird or other discounts will be noted in the online registration form.
- Details regarding payment and scholarship requests will be provided in the online enrollment form.



**PACIFIC CORINTHIAN YOUTH FOUNDATION**

2600 S Harbor Blvd, Oxnard, CA 93035

Tel: (805) 974-0059

Federal Tax ID#: 77-0312074

- *Weekly preferences will be honored in order by date that either payment or scholarship request is received*
- Week 4 students will miss the fifth day of sailing camp for the July 4<sup>th</sup> holiday and may schedule a make-up day during another week
- Students may enroll for multiple weeks as space permits and the Student continues to demonstrate good attendance and behavior
- For more information send an email to [pcyfsailing@gmail.com](mailto:pcyfsailing@gmail.com) or leave a voice message at (805) 974-0059.

## **Cancellation Policy**

If you must cancel, please let us know by email at [PCYFsailing@gmail.com](mailto:PCYFsailing@gmail.com) or by phone at (805) 974-0059 as soon as possible. Staff scheduling is based on the number of Students registered for each week, and places held for late cancellations and no-shows are difficult to refill on short notice.

<b>Cancellation Date</b> (Days before Session Start Date)	<b>% Refund</b>
≥ 30 days before	100%
≥ 15 - 29 days before	75%
0 - 14 days before	50%
After Day 1	None



## Beginning Sailing

The primary focus of the Beginning Sailing course is to develop good safety habits as the Student learns the basics of handling a small boat in mild wind conditions. Instructors monitor that Students are appropriately dressed, hydrated, and protected from sun exposure.

- New Students begin with a simple swim test in the PCYC pool
- Students learn to sail in pairs on Sabots and Optis until they are ready to sail solo
- Wearing a PFD becomes an automatic, all-day routine
- Righting a capsized dinghy and recovering an item from the water become second nature
- Students learn how to *avoid* capsizing and collisions
- With improved boat-handling skills students build their self-confidence
- They learn basic Rules of the Road on the water and local hazards
- They learn how to:
  - Rig and unrig a Sabot and Opti
  - Tie important knots
  - Tack and jibe
  - Identify wind direction
  - Get out of irons
  - Sail upwind and downwind
  - Steer on all points of sail
  - Depart from and return to the dock
  - Stop the boat
- For fun and enhanced learning, the Beginning Sailing curriculum will include:
  - Boating safety-related STEM/STEAM learning, such as wind direction, wind speed, and buoyancy
  - Other boating and non-boating learning games

Most Students require longer than a week to master Beginning Sailing skills. Students may repeat this course if desired or as recommended by an Instructor.



**PACIFIC CORINTHIAN YOUTH FOUNDATION**

2600 S Harbor Blvd, Oxnard, CA 93035

Tel: (805) 974-0059

Federal Tax ID#: 77-0312074

## **Advanced Beginner Sailing**

The Advanced Beginner Sailing course builds on the Beginning Sailing course and reinforces its good safety habits, basic sailing knowledge, and boat handling skills. Students will continue to sail in Sabots and Optis as they Student learn new techniques for heavier wind conditions (>15mph).

As the wind increases, simple maneuvers - such as, tacking and jibing, righting a capsized dinghy, recovering an item from the water, and controlling boat speed when docking - become much more difficult, and the Students' actions must be executed more quickly and precisely.

For fun and enhanced learning the Advanced Beginner Sailing curriculum will include:

- Boating safety-related STEM/STEAM learning, such as weather signs, water conditions, and collision avoidance
- Other boating and non-boating learning games

Most students require longer than a week to master the Advanced Beginner Sailing skills. Students may repeat this course if desired or as recommended by an Instructor.

As they near mastery of Advanced Beginner skills, a few Advanced Beginner Students may be invited to participate in Thundering Thursday Evening Racing (page 9).



**PACIFIC CORINTHIAN YOUTH FOUNDATION**

2600 S Harbor Blvd, Oxnard, CA 93035

Tel: (805) 974-0059

Federal Tax ID#: 77-0312074

## **Intermediate Sailing**

Intermediate Sailing is for Students who are ready to expand their sailing knowledge and experiences on other types of boats and a variety of wind conditions. Intermediate Students learn more about:

- The combined influences of wind, current, and waves
- Tactical awareness of wind shifts, other boats, current, and laylines
- Use of all available controls for proper sail and boat trim
  - Sailing to windward, on a reach, and downwind
  - Sailing a Sabot or Opti on their own
  - Riding along on an FJ or Laser
- Introductory dinghy racing
- Navigational aids
- Distress signaling
- Boat maintenance
- Knots

The Intermediate Sailing course provides the Student with the additional knowledge and skills needed to handle a small boat safely and efficiently alone.

Most students need longer than a week to master Intermediate Sailing skills. Students may repeat this course if desired or as recommended by an Instructor.

Intermediate Sailing Students may be invited to participate in Thundering Thursday Evening Racing (page 9). A few Intermediate Students may be considered for future Assistant Instructor (“Point 5”) status.



## **Advanced Sailing**

The goal of the Advanced Sailing curriculum is to build on Students' previous good safety habits and small boat handling skills, introduce them to sailing different and more competitive boats, and prepare them to teach others and become an Assistant Instructor/ Instructor in the PCYF Summer Sailing Program.

In this course Students will:

- Sail more competitive small sailboats, such as FJs and Lasers
- Learn about more complex STEM concepts -- aerodynamics, hydrodynamics, heel control, sail shape and controls, as well as the combined influences of wind, current, and waves -- by seeing and feeling their effects on boat speed and heeling angle in real time
- Learn more about weather, basic local navigation and navigational aids, distress signaling, and boat maintenance.
- Advanced Sailing Students have typically excelled throughout their Beginner, Advanced Beginner, and Intermediate Sailing course work. Most want to sail faster, and some want to prepare for local, collegiate, and national sailing competitions.

This course includes a limited introduction to sailboat racing as a "Boating-Related Learning Game." Racing creates opportunities for Students to:

- Understand the rules of the road through the Racing Rules of Sailing
- Develop more precision in their boat handling skills during a race start, mark rounding, and finish
- Optimize sail trim - on their own or by copying a faster boat
- Continue to develop their tactical awareness of wind shifts, current, and laylines

Students may repeat this course if desired or as recommended by an Instructor. Students may be invited to participate in Thundering Thursday Evening Racing (page 9).

Advanced Sailing graduates may choose to teach small boat sailing, pursue dinghy racing or daysailing, learn to sail or race bigger boats, multihulls, or foiling boats, and perhaps become a lifelong sailor, long-distance racer/cruiser, or a professional sailmaker or sailor.





**PACIFIC CORINTHIAN YOUTH FOUNDATION**

2600 S Harbor Blvd, Oxnard, CA 93035

Tel: (805) 974-0059

Federal Tax ID#: 77-0312074

## Daily Preparation

For safety and comfort on and off the water, we recommend that Students bring the following items to class every day:

- Personal floatation device (PFD), non-inflating, inherently buoyant vest-type\*
- Hat with tether
- Sunglasses, with a tethering system, such as “Croakies”
- Sunscreen, waterproof and SPF15 or greater
- Non-slip water shoes or sandals **with toe protection**
- Personal water bottle with plenty of water
- Lunch and snacks for all day; pocket money for donuts or pizza purchase
- Quick-dry, sun-protective shirt and shorts/pants
- Towel and extra set of clothes (Students get wet!)
- Medications, if any, with written instructions provided to the Instructor
- Any other personal needs

All personal items should be labeled with the Student’s name. Students are responsible to dispose of their own trash and reclaim their personal belongings each day.

On their first day, Beginning Students may also wish to bring a bathing suit for the swim test in the PCYC pool. A towel and change of clothes are also nice for all to have after sailing all day.

To better prepare our Staff and Students for any emergency, surprise drills of the PCYF Emergency Action Plan may be held during the season. Students will be informed whether emergency activities are a drill or a true emergency and may opt out if their parent/guardian submits a request in advance.

---

\* A limited number of daily/weekly loaner PFDs may be available



**PACIFIC CORINTHIAN YOUTH FOUNDATION**

2600 S Harbor Blvd, Oxnard, CA 93035

Tel: (805) 974-0059

Federal Tax ID#: 77-0312074

## Lunch

Students should bring their own water bottle, drinks, lunches, and snacks for all day in a “sea-gull proof” container, such as a cooler bag or zippered pouch.

On occasion, Instructors may announce plans for the group to sail around the harbor for pizza or donuts. Students who wish to participate should sign up and give their money to the Lead Instructor at morning check-in **before** leaving the dock.

## Daily Schedule

Students are expected to check-in at the entry gate (to the left of PCYC’s front doors) between 8:45AM and 9:00AM, Monday - Friday. They will break for lunch around noon and be ready for check out and pickup at 4:00PM.

### Typical Daily Schedule

8:45 - 9:00AM	Check in, stow gear
9:00 – 9:15AM	Daily briefing, warm-up exercise
9:15 - 10:00AM	“Chalk talks” and land demonstrations by skill groups, launch and rig boats
10:00AM – 12:00PM	Instruction on the water
12:00 - 12:45PM	Lunch break (off the water)
12:45 - 1:00PM	“Chalk talks” and land demonstrations by skill groups
1:00 - 3:30PM	Instruction on the water
3:30 - 4:00PM	Return to PCYC dock, unrig, stow boats and gear
4:00PM	Check out and Student pick up



**PACIFIC CORINTHIAN YOUTH FOUNDATION**

2600 S Harbor Blvd, Oxnard, CA 93035

Tel: (805) 974-0059

Federal Tax ID#: 77-0312074

## **Thundering Thursday Evening Sailing**

A small number of Advanced, Intermediate, and Advanced Beginner Students may be invited to participate in evening dinghy races planned for *Thursdays, June 19, July 17, and August 14, 2025*. Interested family members and friends are welcome to watch, and directions to a viewing area will be provided upon request.

- Student-racers will have access to PCYF equipment with no race entry or boat charter fees
- Those invited to race should confirm their intent with the Lead Instructor no later than morning check-in
- Student-racers should report to PCYF by 5:00PM to rig their boats
- Races are scheduled to start at 5:30PM in the turning basin of Channel Islands Harbor
- Dinghy racing follows a 3-minute starting sequence followed by one or more laps around temporary racing buoys
- The last race will finish by 7:00PM
- Immediately after racing, Students, their families, and friends are invited to Anacapa Yacht Club (AYC), 2810 Harbor Blvd, Oxnard, CA 93035, for post race awards
- Each Student-racer will receive 2 coupons for complimentary barbecued hamburgers or hot dogs, chips, and soft drinks. Additional plates may be purchased at AYC

## **Annual Awards Luncheon**

The Summer Sailing Program concludes with an annual awards luncheon on Sunday afternoon, August 17, 2025, in the PCYC Dining Room.

- Students from all sessions are invited
- Festivities include photo and video highlights from the summer, awards for all levels, and presentation of Perpetual Awards
- Each registered Student may bring one guest at no charge; additional dinner tickets will be available for purchase
- Further details will be provided approximately August 1

## **Perpetual Awards**

- *Junior Seamanship* is awarded to the Student who has demonstrated the greatest knowledge of the seas, wind patterns, rigging, and boat handling
- *Junior Achievement* is awarded to the Student who has demonstrated the highest achievement in sportsmanship on and off the water
- *Junior Racer* is awarded to the Student aged 13 and under who has demonstrated the highest achievement in racing
- *High Points* is awarded to the Student aged 14-18 who has demonstrated the highest achievement in racing



**PACIFIC CORINTHIAN YOUTH FOUNDATION**

2600 S Harbor Blvd, Oxnard, CA 93035

Tel: (805) 974-0059

Federal Tax ID#: 77-0312074

## **Pacific Corinthian Youth Foundation Fundraising**

Each year PCYF receives dozens of requests from Students whose families are unable to afford tuition for sailing camp. PCYF relies on grants from the California Division of Boating and Waterways as well as donations from individuals, associations, trusts, and community fundraising efforts to provide scholarships to Students in need.

Please consider making a tax-deductible donation to PCYF, a 501(c)(3) non-profit organization, to provide an opportunity to more youngsters to experience the joy of sailing, build their self-confidence and sportsmanship, and develop water safety awareness and seamanship skills while having fun and learning a lifetime sport.

Contact us at [pcyfsailing@gmail.com](mailto:pcyfsailing@gmail.com) or (805) 974-0059 to donate to PCYF and to be notified of upcoming fundraising events.