



Expectations & Goals

- Continue building confident & capable sailors who respect and love sailing as a lifelong sport
- Consolidating our Learn to Sail Programs as a feeder program for Racing and the Coconut Grove Sailing Club at large
- Expect sailors to represent CGSC everywhere they go with dignity and respect

Meet Alex Valdes-Pages



Alex Valdes-Pages is another product of the Coconut Grove Sailing Club. A sailor since the age of 5, he started sailing at Coconut Grove Sailing Club and went up through the opti class and later on into the Laser Team. His passion for sailing took him to University of West Florida where he majored in International Business. Alex now attends Nova Southeastern University pursuing his Masters Degree and has come onboard as the Head Learn to Sail Program Coach where he will pass on his passion for the sport of sailing to our new sailors.



Fall Program Schedule



LEARN TO SAIL PROGRAM INTRODUCTION

Optimist – Saturdays 10-4pm

Our Learn to Sail Optimist class is sailed on Opti sail cubes, a roto-molded plastic version of an Optimist dinghy, and Optimists. Sailors will learn to leave and return to the dock, basic sailing maneuvers, sailing on all points of sail, and how to right a boat from a capsize. Every sailor, regardless of experience, will have to pass a swim and capsize test the first day of the season

Intermediate Opti - Saturdays 10-4pm

This program focuses on a more advanced curriculum appropriate to age and skill level, teaching basic knots, rigging, basic maneuvers, right of way concepts, and more. Each sailor must pass a swim and capsize test the first day of the season, regardless of sailing experience.

Science of Sailing (STEM program) – Saturdays 10-4pm

This class is for those kids who are fascinated by all the systems involved in sailing from how sails work to how thunderstorms form. We have partnered with Wanderlust, a purpose-driven brand that creates:

1) environmentally responsible products to support marine science research and education, and 2) media to inspire scientific curiosity and an adventurous spirit. Sailors will be, aside from sailing, learning key topics involving:

Sailing systems: the nuts and bolts of a sailboat

Biscayne Bay: Exploring the waters of South Biscayne Bay, from Rickenbacker Bridge to the start of the Biscayne Bay National Park Reserve

Ocean Conservation: The effects of human presence on the ecological chain of Biscayne Bay

Intermediate to Advanced Sailing: How to sail a crewed boat (4+ sailors)

It is highly recommended your child has some sailing experience before joining this group. AGES 12-17

Adventure Sailing - Sundays 10-4pm

This program is designed around the older kids, from ages 13-17 teaching basic knots, rigging, basic maneuvers, right of way concepts, and more. If your teenager has no sailing experience, this is the group they will be in. Each sailor must pass a swim and capsize test the first day of the season, regardless of sailing experience. If your sailor has gone through the beginner level, they can move onto the Beginner Laser or Intro to Dinghy Sailing classes.

Beginner Laser Sailing – Sundays 10-4pm

Once your sailor has mastered the basics of basics, they will move into this group. This is where they will get a taste of the Olympic Laser, which is an agile and demanding boat. Sailors who demonstrate an ability to sail a racing course will be invited to join our Racing Teams. Each sailor must pass a swim and capsize test the first day of the season, regardless of sailing experience.

List of Required/Suggested Equipment

- Everyday Items
 - Hat
 - Sunglasses
 - Sunblock
 - Type 3 USCG lifejacket
 - Gear bag
 - Refillable water bottle
 - Lunch

Whitecaps Marine Outfitters



- 10 % of sales from our club website go to the CGSCIC and you receive a 10% discount
- Gear for kid sailors and onshore crew gear for parents

Important Dates

- Oct 28-29 – No Practice Halloween Howler VI
- Nov 22-24 – No Practice Thanksgiving