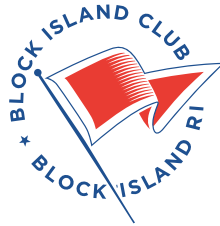




2009 Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
Sailing	9-10:30 Level 1 11-12:30 Level 2 1:30-4 Level 3	9-10:30 Level 1 11-12:30 Level 2	10:00-12 Advanced Sailing Clinic	9-10:30 Level 1 11-12:30 Level 2	9-10:30 Level 1 11-12:30 Level 2 1:30-4 Level 3
Tennis	9-10 Beginner (5-7) 10-11 Advanced (10+) 11-12 Advanced Beginner (7-9) 1-2 Intermediate (9+)	9-10 Beginner (5-7) 10-11 Advanced (10+) 11-12 Advanced Beginner (7-9) 1-2 Competitive* <i>Instructors' Discretion</i>	8-12 Women's Round Robin, sign up required in the Clubhouse.	9-10 Beginner (5-7) 10-11 Advanced (10+) 11-12 Advanced Beginner (7-9) 1-2 Competitive* <i>Instructors' Discretion</i>	9-10 Beginner (5-7) 10-11 Advanced (10+) 11-12 Advanced Beginner (7-9) 1-2 Intermediate (9+)
Swim- ming	9-10 Stokes (9+) 10-11 Intermediate (6-9) 11-12 Beginner (4-6) 12-1 Supervised Swim	9-10 Stokes (9+) 10-11 Intermediate (6-9) 11-12 Beginner (4-6) 12-1 Supervised Swim 1-2 Intermediate (8+)		9-10 Stokes (9+) 10-11 Intermediate (6-9) 11-12 Beginner (4-6) 12-1 Supervised Swim 1-2 Intermediate (8+)	9-10 Stokes (9+) 10-11 Intermediate (6-9) 11-12 Beginner (4-6) 12-1 Supervised Swim
Arts + Crafts	9-10 A&C II (6-8) 10-11 A&C I (4-6) 11-12 A&C III (8+)	9-10 A&C II (6-8) 10-11 A&C I (4-6) 11-12 A&C III (8+)	9-12 Fun and Games 2 Tickets Parent must be attending Women's Tennis or Advanced Sailing Clinic	9-10 A&C II (6-8) 10-11 A&C I (4-6) 11-12 A&C III (8+)	9-10 A&C II (6-8) 10-11 A&C I (4-6) 11-12 A&C III (8+)

If rain on any Monday, Tuesday, Thursday or Friday: Rainy Day Program
9-12 Games or Movie, 2 Tickets



Program Descriptions

Sailing

(Lessons are limited to 24 students per class. Must be 8 years of age and pass a swimming test to attend the program. Placement will be determined by the sailing staff with the student's skills, interest and safety as the primary factors.)

Level 1 Classes, *Beginner Opti*: for students who have little or no experience using a sailboat. The goal of the class is for the students to become comfortable in the Optimist ("Opti") and to gain confidence in the basics of sailing. This class covers: how to rig and de-rig the boat, capsize recovery, understanding tacking and gibing, introduction to the different points of sail and basic "rules of the road." Participants will generally sail with a partner. Note this class runs concurrently with Intermediate Opti.

Level 1 Classes, *Intermediate Opti*: for students who have demonstrated a good understanding of those concepts learned in the Level 1 Class. The goal of this class is to learn to sail an Opti comfortably on one's own. Students will work on the finer points of boat handling and will be introduced to racing through class drills and games. Points of emphasis will be correct upwind sailing and navigation around a course. Note this class runs concurrently with Beginner Opti.

Level 2 Classes, *Racing Opti*: for students who are skilled at boat handling, sailing a boat upwind proficiently and are now ready to race Opti's. The goal of this class is to help students continue to refine and develop their sailing skills as well as to become confident Opti racers. Students will spend time doing sailing drills as well as learning and practicing racing tactics and strategies. Note this class runs concurrently with Beginner 420.

Level 2 Classes, *Beginner 420*: Older students will be introduced to the Club's 420's with the goal of becoming comfortable sailing this boat. This process will include on-board teaching by sailing instructors until participants develop confidence and demonstrate the ability to sail with a partner on their own boat. This class does not require Level 1 experience. Note this class runs concurrently with Racing Opti.

Level 3 Classes, *Racing 420*: for students who are skilled 420 sailors. The goal of this class is to prepare students for regattas and to learn more advanced techniques using spinnakers and trapezes. Team racing will be a focus of the class. Instructors will sail alongside with the students.

Advanced Sailing Clinic (Wednesday mornings): for students of all ages (including adults) who are skilled 420 sailors. The goal of this class is to prepare students for regattas and to learn more advanced racing techniques such as starting, roll tacking, and mark roundings. Team racing will be a focus of the class. Instructors will sail alongside with the students.

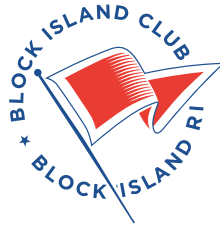
Adult Sailing Classes (Saturday mornings): for adults with a wide range of abilities from beginner sailors in need of learning the basics, to those who have some experience sailing but prefer to sail under the supervision of a Club instructor. Beginner sailors will have on board instructors whenever possible.

Thursday Night Racing takes place on the Great Salt Pond every Thursday night. Club members may use the Club's boats to compete in the races, which start at 6:00 pm. Members must possess the skills to handle the Club's boats and one member of the sail team must be at least 15 years old unless an exception is made by the Head Sailing Instructor. Members are encouraged to come to the Club to view the races from land. The Club will host one organized picnic during and after one of the Thursday Night Races (see calendar). The race/picnic participants are responsible for all set up and clean up of any planned activities.

Two or more sailing regattas at the Block Island Club and on the Mainland will be held this summer. Please check the website or contact the Club if you are interested.

Sailing clinics or special sailing classes may be available during the summer. Watch for details.

Private sailing lessons are also available and can be arranged with individual instructors.



Program Descriptions (Continued)

Tennis

Lessons are limited to 24 students per class. Must be at least 5 years of age to participate. Parents, please do not place your child in classes that are inappropriate for their skill level.

Beginner Classes will introduce forehand and backhand strokes as well as volleys at the net. Warm up and coordination exercises are included in the lesson. Ages 5-7

Advanced Beginner Classes continue on beginner fundamentals while adding the fundamentals of game play. Ages 7-9

Intermediate Classes will work on the techniques of singles and doubles play as well as perfecting strokes. Movement around the court will be stressed along with developing accuracy of strokes. Ages 9+ or at the discretion of the instructor.

Advanced Classes will focus on perfecting techniques of singles and doubles play, teamwork and sportsmanship. Ages 10+ or at the discretion of the instructor.

Competitive Classes are for our most experienced players. At the discretion of the instructor.

These are general guidelines for age and skill level.

Please equip your child with a tennis racquet and tennis shoes. A hat and sunscreen are also recommended. The head tennis instructors can assist in determining the appropriate level for a child.

Private tennis lessons are available and can be arranged directly with the instructors.

Swimming

Lessons are limited to 24 students per class. Parents, please do not place your child in classes that are inappropriate for their skill level.

Beginner Classes will address getting children comfortable in the water, submerging their face in the water for several seconds, blowing bubbles, demonstrating supported kicking on front and back and bobbing to chin level. Water games will be played to make this class fun. Ages 4-6

Intermediate Classes will work on floating independently, swimming on front and back, submerging the head for several seconds, jumping in the water, kicking and the use of arm action for the front and back crawl. Ages 6-9

Strokes Classes will work on front and back crawl, rhythmic breathing, elementary backstroke, diving from kneeling or compact position, treading water for endurance, distance swimming and stroke refinement. Ages 9+

Supervised Swim will provide lifeguard supervision of children while in the water.

Children are not supervised at any other time but during classes or during Supervised Swim.

Private lessons are available and can be arranged directly with the instructor.

Arts & Crafts

Beginner Classes are geared primarily to younger children between the ages of four and six. The children will work on a variety of arts and crafts projects.

Intermediate Classes are geared to children between the ages of six and eight.

Advanced Classes are geared toward children eight years of age and older. They will work on a variety of projects that require a higher level of skill and dexterity.

Fun and Games

This program is offered every Wednesday for children whose parents are participating in the Ladies Round Robin or Advanced Sailing Clinic. The children will participate in a variety of games and activities.

Rainy Day Program

In the case of rain, the Club may declare a Rainy Day Program in the place of lessons. All aged children will meet in the Clubhouse for board games and movies. Parents may call the Club or check the website to determine if a Rainy Day has been declared.

Varied special programs will be offered throughout the summer. Watch for posting of information on the website and at the Clubhouse.