



SUMMER 2024

ILCA

With a focus on fine-tuning racing techniques, mastering boat handling skills, and implementing advanced strategies, our high-performance sailing coaching empowers participants to excel in competitive sailing events.

PROGRAM DATES

Month	Week	Days / Week	Details
June	Week 1	01 Sat - 02 Sun	Seahorse Regatta @LYC
	Week 2	24 Mon - 25 Tue - 26 Wed - 27 Thu	Home Training
July	Week 3	01 Mon - 02 Tue - 03 Wed - 04 Thu - 05 Fri	Home Training
	Week 4	09 Tue - 10 Wed - 11 Thu - 12 Fri - 13 Sat - 14 Sun	Home Training + TSA Texas Youth Race Week @Houston Yacht Club
	Week 5	16 Tue - 17 Wed - 18 Thu - 19 Fri	Home Training
	Week 6	24 Wed - 25 Thu - 26 Fri - 27 Sat - 28 Sun	Home Training + TSA Rockin Rockport Regatta @Rockport Yacht Club
July & August	Week 7	30 Tue - 31 Wed - 01 Thu - 02 Fri	Home Training

PROGRAM FEES	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	FULL PROGRAM PRICE WITH DISCOUNT
OPTIMIST RWB WEEKLY MEMBER PRICE	\$125.00	\$335.00	\$420.00	\$420.00	\$335.00	\$355.00	\$335.00	\$1980.00
OPTIMIST RWB WEEKLY NON MEMBER PRICE	\$157.00	\$420.00	\$525.00	\$525.00	\$420.00	\$445.00	\$420.00	\$2470.00

- Sailors must have their own boat.
- Lakewood Yacht Club's ILCA Team encourages sailors to compete and travel at TSA and National Regattas.
- Daily schedule other than home training days will be announced individually.
- Registration is also available on a weekly basis.
- We recommend that all sailors attend the whole program.



Home Practice Hours

12:30 PM - 06:00 PM

