

CBSC Sailing Program 2020

Sail Gold

Born 2008 or earlier (11/12)

For sailors to learn CANSail levels 3-4. This course encourages sailors to integrate the fundamentals of boat handling with the tactics and strategy used in the racing environment. This is the ideal course for those who have completed their CANSail 2 and are looking to expand on their sailing skills and knowledge and maybe even work towards joining our coaching staff.

Fee: \$290 / Student

Length: 2 weeks / 10 sessions

Offered: Week 1-2, 5-6 (9:00-12:00)

Week 3-4, 7-8 (3:00 - 6:00)

Sail Green

Born 2009 or earlier (10/11)

For sailors to learn CANSail levels 1-2. This course is designed for young sailors who are looking for a fun introduction to the CANSail sailing program. This course will touch on safety, knots, and basic sailing skills, and maneuvers that are covered in the Sail Canada curriculum.

Fee: \$290 / Student

Length: 2 weeks / 10 sessions

Offered: Week 1-2, 5-6 (3:00 - 6:00)

Week 3-4, 7-8 (9:00 - 12:00)

Adult Sailing

Born 2000 or Earlier (19/20)

This course is for those interested in learning or expanding on their sailing knowledge in a relaxed social environment. Those of any sailing experience level are welcome to join us every Wednesday evening for 1.5 hours of optional sailing lessons and skill building and one hour of general sailing.

Fee: \$105 / Student (\$80 in July)

Length: 4 weeks / 4 sessions

Offered: Week 1-4, 5-8 (6:30 - 9:00)

Family Sail

Born 2011 or earlier (8/9)

This is a course designed to introduce sailing in a family-oriented environment for those new to the sailing community. This program will build confidence in the boats and basic sailing skills against some spectacular sunsets. There will be a maximum of 7 families in each course and each family will receive their own boat.

Fee: \$105 / Student

Length: 1 wk/4 sess. 2 weekend/4 sess.

Offered: Week 1,2,3,4,5,6,7 (6:00-8:30)

Week 3, 5 (12:15-2:45)

Weekend 1-2, 5-6 (9:30-12:00)

Stand Up Paddle Board

Born 2008 or earlier (11/12) (2011 w/ adult)

This is our introductory Paddle Board course where we explore Crescent Beach. In this course you will begin to understand the currents and tides at Crescent Beach, basic safety, right of way, self-rescue, paddle techniques and plenty of practice paddling in all weather conditions.

Fee: \$70 / Student

Length: 2 weeks / 4 sessions

Offered: Week 1-2, 3-4, 5-6, 7-8 (12:15 - 1:15 OR 1:45 - 2:45)

SUP Club

Born 2005 or earlier (14/15) (2011 w/ adult)

This course is for both beginners and experienced paddlers, eager to expand on their knowledge and technique. Join this group of passionate paddle boarders to meet people who share the common interest of the sport and to improve technique. Each session can be adapted to suit every individual's level of experience.

Fee: \$15 / Student w/ board rental...

free if you bring your board!

Offered: Tuesdays 6:30 - 8:30

Sailing Time Slots

	M	T	W	Th	F	Sa	Su
9:00-12:00							
12:15-2:45							
3:00-6:00							
6:30-9:00							

SUP Time Slots

	M	T	W	Th	F	Sa	Su
12:15-1:15							
1:45-2:45							
6:30-8:30							

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Paddleboard Orientation Born 2005 or Earlier (14/15)

This 1 hour course provides members with the instruction needed to stay safe while paddle boarding in Crescent Beach. Upon completion of this introductory course you will have access to sign out the CBSC paddleboards all summer.

Fee: \$15 / Student
Offered: July 8, 11, 15, 18, 5
(12:30 - 1:30)

Red Cross Standard CPR Born 2009 or earlier (10/11)

Comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to CBSC requirements or work requirements or who want more knowledge to respond to emergencies at home.

Fee: \$120 / Student
Offered: June 15/16 (9:00 - 3:00)

Red Cross CPR Recert. Born 2009 or earlier (10/11)

Red Cross first aid and cardiopulmonary resuscitation (CPR) recertification skills for those who need training due to CBSC requirements or work requirements or who want more knowledge to respond to emergencies at home.

one-day refresher

Fee: \$70 / Student
Offered: June 17 (9:00 - 3:00)

Sailing Leaders Born 2005 or earlier (14/15)

The Leaders Program is designed for sailing students who have completed their CANSail 3 and are now ready to start learning to be a sailing instructor. This course will fine tune our leaders sailing abilities as well as teaching the basics of lesson planning, coaching safety, class control and teaching sailing lessons. It is a prerequisite to joining the CBSC sailing staff and makes for an easy transition into the Fundamentals and Technical programs. The program consists of 5 days of training in addition to weekly meetings every Wednesday afternoon.

Fee: \$100 / Student
Offered: July 13-17 (3:00 - 5:00)

Teen Paddleboard Born 2008 or earlier (11/12)

For just two very special evenings this summer teens can hang out with their friends while having fun on the water with their Stand Up Paddleboards. After a short lesson, come back to our beloved CBSC Tank for a snack while watching the sun set.

Fee: \$20 (\$15 if you bring your own board)
Offered: July 17, 31 (7:45-9:45)
August 14 (7:00 - 9:00)