

CBSC Sailing Program 2020

Sail Green

Born 2009 (Age: 10/11)

Sail Green is the first course in our CANSail program. Sail Green is designed for young sailors who are looking for a fun introduction to the CANSail levels 1 and 2. This course will touch on safety, knots, basic sailing skills, and maneuvers that are covered in the Sail Canada curriculum. With a high focus on safety, sailors will improve their sailing abilities while having fun in the course.

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)

Sail Gold

Born 2008 or earlier (Age:11/12)

Sail Green (CANSail 1 and 2) is a prerequisite for Sail Gold. This course is designed 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 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)

Adult Sailing

Minimum Age 19

Beginners and experienced sailors are welcome. 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 an optional brief sailing lesson every week. Optional sailing races are offered for more experienced sailors.

Fee: \$105 / Student

Length: 4 weeks / 4 sessions

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

Family Sail

Born 2011 or earlier (Age: 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 3 – 4 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)

Free Sail & Paddle (Minimum age 14, or 8 with an adult)

Come out and enjoy a sail or paddle every Saturday and Sunday from 12:00 – 4:00pm every weekend. Pre-registration is not needed for Free Sail, but the number of boats available will be limited. Due to Covid-19, Free Sail will be looking different this summer, with the following changes taking place:

- A detailed sign in recording the sailors' name, phone number, email, boat #, and time in/out. This helps us with a contact tracing plan.
- Boats will get sanitized immediately after each use.
- There will be no waiting on the tank for boats. Sailors waiting must wait on shore, and will only be ferried over when a boat is sanitized and ready.
- There will be a 45 minute time limit for sailing and paddle boards in the situation where there is a lineup.
- Coaches will have personal protective equipment readily available to react in an emergency situation where they need to get within 6 feet of a sailor (first aid).
- It is mandatory that all sailors and paddle boarders bring their own lifejackets

Fee: Free!

Stand Up Paddle Board

Born 2008 or earlier

(Min Age: 11/12) or (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

(Min Age: 14/15) or (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. With fun and safety being the number one goal of this course, 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							
12:00-4:00							
3:00-6:00							
6:00-8:30							

SUP Time Slots

	M	T	W	Th	F	Sa	Su
12:15-1:15							
12:00-4:00							
1:45-2:45							
6:30-8:30							

for questions, email: sailing.cbcs@gmail.com

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Paddleboard Orientation Born 2006 or Earlier

(Age: 13/14) or Age 8+ with an adult

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, Aug 5 (12:30 - 1:30)

Paddleboard Yoga Born 2000 or Earlier (Age: 19/20)

Calling all CBSC adults! This course is for both beginners and experienced paddlers, eager to try Paddleboard Yoga. The program will be taught by a certified local yogi guru. Experience yoga in the most awe-inspiring location, next to the CBSC tank! You'll be so rejuvenated and relaxed you will never want to leave! Warning: Your new summer saying will be..."Namaste at the Tank". Participants are required to bring a life jacket equipped with a whistle.

Fee: \$40 for 1 session (board & anchor provided)

Offered: Saturdays July 11, 25, Aug 22
(9:30-10:45 AM)

Teen Paddleboard Born 2008 or Earlier (Age: 11/12)

For just three 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 for 1 session

Offered: July 17, 31 (8:00-9:30)
August 14 (7:30-9:00)

Leaders Born 2005 or Earlier (Age: 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) and each Wed at 1:00

Sunset Paddleboard Minimum Age 19

This has historically been a very popular event and for 2020 for just a few very special evenings this summer you can enjoy a guided evening paddle while watching a phenomenal CBSC sunset. This is a perfect way to spend an evening out in Crescent Beach with friends, or to make some new ones. To finish off this evening there is a relaxing surprise courtesy of the CBSC sailing committee.

Fee: \$40 for 1 session

Offered: July 15, 29 (8:15-9:45)
Aug 12, 19 (7:45-9:15)

Red Cross Standard CPR Born 2006 or Earlier (Age: 13/14)

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 2006 or Earlier (Age: 13/14)

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)

for questions, email: sailing.cbsc@gmail.com