

CBSC Sailing Program 2019

Junior Navigators

Min Age 6 at course start

This beginner program is conducted by our senior coaches. It is designed to introduce our youngest sailors to open water safety, and boating safety, in a fun and safe learning environment. Whether they are on a short, fun sailing ride or having a sandcastle contest on the sandbar these young sailors will learn that being safe on the water is part of the fun. Recommend completion of Beginner Gliders.

Fee: \$100 / Student

Length: 1 week / 4 sessions

Offered: Week 1, 5 (12:15 - 2:45)

Junior Quest

Born in 2009 or earlier

This program is designed for youth aged 10-12. It introduces boating safety and basic sailing skills in a safe and fun environment. Our Junior Quest course teaches basic fundamental skills through guided discovery. Each class is tailored to suit every sailor's individual needs. This is the perfect starting point for someone who wants to begin sailing.

Fee: \$200 / Student

Length: 2 weeks / 8 sessions

Offered: Week 3-4, 7-8 (12:15 - 2:45)

Sail Green

Min Age 11 at course start

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: \$275 / 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

Min Age 19 at course start

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 2 hours of optional sailing lessons and skill building and one hour of general sailing.

Fee: \$100 / Student

Length: 4 weeks / 4 sessions

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

Parent and Child SUP

Min Age 8 at course start

Get some quality time with family members while learning Paddle Boarding from our coaches in a safe a fun environment. For 2019 coaches have been re-trained by a formally accredited Paddle Board coach and there will be a small course of floats by the Tank to hone the basics of this growing sport.

Fee: \$65 / Student

Length: 2 weeks / 4 sessions

Offered: Week 1-2, 3-4 (12:15-1:15)

5-6, 7-8 (1:45-2:45)

Junior Waterfront Safety

Min Age 7 at course start

Designed to be a subsequent course to our Junior Navigators, this course maintains our high coach to sailor ratio in order to ensure that each young sailor is engaged at all times throughout the course. This action-packed course will introduce open water safety, boating safety, and the most basic sailing skills in a fun and safe environment. Recommend completion of Beginner Gliders.

Fee: \$100 / Student

Length: 1 week / 4 sessions

Offered: Week 2, 6 (12:15 - 2:45)

Family Sail

Born in 2010 or earlier

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: \$100 / Student

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

Offered: Week 1,2,3,4,5,6,7 (6:30-9:00)

Weekend 1-2, 3-4, 5-6 (9:00-12:00)

Sail Gold

Min Age 12 at course start

For sailors to learn CANSail levels 3-6. 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: \$275 / 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)

SUP Basics

Min Age 14 (8 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: \$65 / 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

Min Age 15 (8 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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Sunset Paddleboard Min Age 19

This has historically been a very popular event and for 2019 for just two 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
Offered: July 24 (8:15-9:45)
August 7 (7:45-9:15)

Paddleboard Orientation Min Age 14 (8 w/ 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 3, 6, 10, 13, 31
(12:30 - 1:30)

Red Cross Standard CPR Min Age 14 (8 w/ Adult)

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: July 18-19 (9:00 - 3:00)

Red Cross CPR Recert. Min Age 14 (8 w/ Adult)

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: August 7 (9:00 - 3:00)

Sailing Leaders Born 2004 or earlier

This program is designed for those 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 teach the basics of lesson planning, briefing and debriefing students, 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. This course includes a Leader's T-Shirt.

Fee: \$100 / Student
Offered: July 1-5 (3:00 - 5:00)

Teen Paddleboard Min Age 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 26 (7:45-9:45)
August 13 (7:00 - 9:00)