

# CBSC Sailing Program 2021

## Subject to Change

### Junior Waterfront Sailing Born 2014 or earlier

This program is designed for youth aged 6-7 and is conducted by our senior coaches. It introduces our youngest sailors to open water 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: \$115 / Student  
Length: 1 week / 4 sessions  
Offered: Every Week (12:15-3:00)

### Junior Voyagers Born 2012 or earlier

This program is designed for youth aged 8-10. It introduces boating safety and basic sailing skills in a safe and fun environment with our new Laser Bugs, a smaller and beginner-oriented sailboat. The age specific curriculum introduces sailors to water safety along with how to sit, balance, and move properly in a boat with the end goal of preparing sailors for our RS Quest fleet.

Fee: \$115 / Student  
Length: 1 week / 4 sessions  
Offered: Every Week (12:00-2:45)

### Sail Green Born 2010 or earlier

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: 10 sessions  
Offered: Weeks 1-2, 5-6 (3:00-6:00)  
Weeks 3-4, 7-8 (9:00-12:00)

### Sail Gold Born 2009 or earlier

Sail Gold (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: 10 sessions  
Offered: Weeks 1-2, 5-6 (9:00-12:00)  
Weeks 3-4, 7-8 (3:00-6:00)

### Family Sail Born 2012 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, while experiencing some spectacular sunsets on the water. Each family will have their own boat and work closely with our CANSail certified coaches to have a fun and safe experience on the water.

Fee: \$250 / Boat (max 4 participants)  
Length: 1 week / 4 sessions  
Offered: Every Week (6:00-8:30)

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

### Junior Racing Born 2010 or earlier

New for 2021! This course is a more focused dive into the competitive aspects of sailing. Sailors will get the opportunity to apply many of the techniques taught in Sail Gold in a competitive environment, with an emphasis on boat rigging & trimming, race strategy, and tactics. Sail Green (CANSail 1 and 2) is a prerequisite for Weekend Racing. The July and August regattas follow the last class of each set, and is the ideal environment for sailors to implement their skills.

Fee: \$150 / Student  
Length: 5 sessions  
Offered: Weekends 1-3, 5-7 (9:00-12:00)

### Stand Up Paddle Board Born 2009 or earlier (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)

### Free Sail & Paddle (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. Covid-19 protocols in effect: 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. All sailors and paddle boarders bring their own lifejackets.

Fee: Free!

### Club Regattas

This summer, CBSC will be running two club regattas where sailors can demonstrate and implement the sailing skills they have been learning in their classes. It is also a great opportunity to meet other club members and spend some time on the water in Crescent Beach. We offer races for all sailing abilities, including races for advanced sailors, beginner sailors, families, and adults.

July Regatta: Sunday, July 25  
August Regatta: Sunday, August 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am							
12:00 pm							
12:00 pm							
3:00 pm							
3:00 pm							
6:00 pm							
6:00 pm							
9:00 pm							

for questions, email: [hcsailing@cbswimclub.ca](mailto:hcsailing@cbswimclub.ca)

# CBSC Sailing Program 2021

## **Paddleboard Orientation Born 2007 or Earlier 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 at Free Sail.

Fee: \$15 / Student  
Offered: July 7, 14, (12:15 - 1:15 or 1:45 - 2:45)  
July 10, 17, Aug 5 (12:15 - 1:15)

## **Tank Yoga Born 2001 or Earlier**

Experience yoga in the most awe-inspiring location, on the CBSC tanks! Taught by a local certified yoga instructor, this once-a-month event is for all levels from beginner to experienced. This invigorating stretch includes mindful breath, movement and meditation. Nothing could be better than to start your day outdoors on the water. Bring your own mat and towel. No experience necessary.

Fee: \$15 / Participant  
Offered: July 15 & Aug 12 (7:30 - 8:45 AM)

## **Teen Paddleboard Born 2009 or Earlier**

On Friday 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 9, 16, 23, 30 (8:00-9:30)  
August 6, 13, 20, 27 (7:30-9:00)

## **Leaders Born 2006 or Earlier**

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 and volunteer work.

Fee: \$100 / Student  
Offered: July 5-9 (3:00 - 5:00)

## **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 13, 27 (8:15-9:45)  
August 10,17 (7:45-9:15)

## **Red Cross Standard CPR Born 2007 or Earlier**

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: TBA

## **Red Cross CPR Recert. Born 2007 or Earlier**

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: TBA