

# CBSC Sailing Program 2022

## Junior Waterfront Safety Born 2015 or earlier

This program is designed for youth aged 6-8 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: \$90 / Student  
Length: 2 weeks / 4 sessions  
Offered: July, Aug , M&Th or Tu&F (9:00-11:00)

## Junior Voyagers Born 2013 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: \$250 / Boat  
Length: 1 month / 8 sessions  
Offered: July, Aug , M&Th or Tu&F (11-2 or 2-5)

## Sail Green Born 2011 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: \$320 / 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 2010 or earlier

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: \$320 / Student Length: 10 sessions  
Offered: Weeks 1-2, 5-6 (9:00-12:00)  
Weeks 3-4, 7-8 (3:00-6:00)

## Quest Racing Born 2010 or earlier

This course is a more focussed 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 Quest Racing. The July and August regattas provide the ideal environment for sailors to implement their skills.

Fee: \$320 / Student  
Length: 2 weeks / 10 sessions  
Offered: Weeks 3-4, 7-8 (12:00-3:00)

## Wednesday Night Racing Minimum Age 19

Beginners and experienced sailors are welcome. This course is for those interested in learning or expanding on their sailing and racing knowledge in a relaxed social environment. Sessions will begin with an optional lesson, and sailors will put their skills to the test in a fun racing environment.

Fee: \$115 / Student  
Length: 4 weeks / 4 sessions  
Offered: Wednesdays Week 1-4, 5-8 (6:00 - 8:30)

## Family Sail Born 2013 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: \$275 / Boat (max 4 participants)  
Length: 1 week / 4 sessions  
Offered: Every Week M, Tu, Th, F (6:00-8:30)

## Stand Up Paddle Board Born 2010 or earlier (2012 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: \$78 / 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. Please note, for Free Paddle you must have completed our Paddle Board Orientation (or another set of Paddle Board Lessons). Additionally you must have completed a Family Sail, or Sail Green course to sign out sailboats. It is mandatory that you bring your own life jacket.

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 24  
August Regatta: Saturday, August 20

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am							
10:00 am							
11:00 am							
12:00 pm							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							

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

# CBSC Sailing Program 2022

## **Paddleboard Orientation Born 2008 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: \$17 / Student  
Offered: Jul 6, 13  
(11:00-12:00 or 12:15-1:15 or 1:45-2:45)  
Aug 3 (12:15-1:15 or 1:45-2:45)

## **Tank Yoga Born 2002 or Earlier**

Experience yoga in the most awe-inspiring location, on the CBSC tanks! Taught by a local certified yoga instructor, this twice-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: \$17 / Participant  
Offered: July 14,28 & Aug 11,25 (7:30 - 8:45 AM)

## **Teen Paddleboard Born 2010 or Earlier**

On Thursday and 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: \$22 for 1 session (\$12 with your own board)  
Offered: July Thursday & Fridays (8:00-9:30)  
August Thursday & Fridays (7:30-9:00)

## **Leaders Born 2007 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: \$110 / Student  
Offered: July 5-9 (12:00-2:00)

## **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: \$45 for 1 session  
Offered: July 5, 19, 26 (8:15-9:45)  
August 16 (7:45-9:15)

## **Red Cross Standard CPR Born 2006 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: June 11-12 (10:00-5:00)

## **Red Cross CPR Recert. Born 2006 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: June 14 (5:00-9:00PM)