



Summer 2026 Program

Mark your calendars:


Sail Past - Saturday July 11th, 5pm * Bring anything that floats

July Regatta - Sunday July 19th

Aug Regatta - Saturday August 15th

BBQ & Awards - August 15th, at the pool after the regatta (approx 530pm), everyone is welcome

Free Sail/Paddle - Saturdays & Sundays 12-4

Sailing Programming		
<p>☆ Girls in Sailing Born 2017 or earlier Join your favourite coaches for a fun-filled drop-in session on the water. No experience required.</p> <p>July 11 & August 1. Free.</p>	<p> Sailing Orientation Never tried sailing before? Want to feel more comfortable when out with your kids for free sail? This short introductory course is for new sailors of all ages! (Kids born 2017 or earlier AND adults) Participants will be divided into groups of 2-3 to sail in a quest with a coach or leader. The course will teach students the very basics of CANSail level 1, enough to get skippering safely, and enjoy their time on the water.</p> <p>Sa/Su Weeks 1,4 (4-7pm)</p>	<p>Wednesday Night Sailing Minimum Age 19 Prerequisite: Basic sailing skills, 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.</p> <p>Week 1-4, 5-8 (6-8:30pm)</p>
<p>Sail Green Born 2015 or earlier Prerequisite: none Sail Green is the first course in our CANSail Program. Following CANSail levels 1 and 2, this fun introductory course will touch on safety, knots, basic sailing skills and maneuvers. With a high focus on safety, sailors will improve their sailing abilities while having fun in the course.</p> <p>Weeks 1-2,3-4,5-6,7-8 M-F (3-6pm)</p> <p>Need to master a few skills on your CanSail Checklist? 1 week lessons are available week 3 and week 7. 2 weeks is the typical time to complete CanSail 1, 4 weeks to complete CanSail 2.</p>	<p>Sail Gold Born 2014 or earlier Prerequisite: Sail Green (CANSail 2)</p> <p>Sail Gold students progress through 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 course is for those who are looking to expand on their sailing skills and knowledge and maybe even work towards joining our coaching staff.</p> <p>Weeks 1-2, 3-4, 5-6, 7-8 M-F (9am-12pm)</p> <p>4 weeks is the typical time to complete CanSail 3.</p>	<p>Chutes & Wires Born 2014 or earlier Prerequisite: Sail CANSail 3 (Sail Gold)</p> <p>Sailors will get the opportunity to apply many of the techniques taught in Sail Gold in a slightly more competitive environment, as well as learn how to use both the spinnaker & trapeze. Emphasis on boat rigging & trimming, race strategy, and tactics. The July and August regattas provide the ideal environment for sailors to implement their skills.</p> <p>Weeks 1&2, 5&6 M-F (12-3pm)</p>
<p>Junior Waterfront Sailing Born 2018-2019 Prerequisites: None, Recommend completion of Beginner Gliders.</p> <p>This program introduces our youngest sailors to open water and boating safety in a fun 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.</p> <p>4 classes - Weeks 1-2, 3-4, 5-6, 7-8 M/Th or Tu/F (1-2:30pm)</p>	<p>Junior Voyagers Born 2016-2017 Prerequisites: None</p> <p>This program follows the ICANSail curriculum from CanSail and introduces boating safety and basic sailing skills in a fun environment using Laser Bugs, a smaller, stable, beginner-oriented sailboat. The age specific curriculum covers how to sit, balance, and move properly in a boat with the goal of preparing sailors for our RS Quest fleet.</p> <p>8 classes - Week 1-4, 5-8 M/Th or T/F (10-1pm or 3-6pm)</p>	<p>Family Sail Prerequisites: None</p> <p>Born 2017 or earlier This is a course designed to introduce sailing in a family-oriented environment for those new to the sailing community. It 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.</p> <p>Week 1,2,3,4,5,6,7,8 M/Tu/Th/F (6:00-8:30pm)</p>

Sailing Programming Cont'd		
<p>Leaders Born 2011 or Earlier Designed for sailors who have completed CANSail 3 and are interested in becoming future CBSC sailing coaches. This course teaches the basics of lesson planning, coaching safety, class control and teaching lessons on and off the water. The program consists of 5 days of training (week 1) in addition to weekly meetings and volunteer work. Participants are encouraged to sign up for Sail Gold and Chutes & Wires.</p> <p>The leaders program is a prerequisite to joining the CBSC sailing staff.</p>	<p>Free Sail & Paddle (14, or 8 with an adult)</p> <p>Come out and enjoy a sail or paddle every Saturday and Sunday from 12-4pm! BYO life jacket (mandatory), pre-registration is not required.</p> <p>For Free Paddle, youth must have completed Paddle Board Orientation (or another set of Paddle Board Lessons).</p> <p>For Free Sail you must have completed a Family Sail, or Sail Green course to sign out sailboats.</p>	<p>Club Regattas</p> <p>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.</p> <p>July Regatta: Sunday, July 19th August Regatta & Awards BBQ: Saturday, Aug 15th</p>
SUP Programming		
<p>Paddleboard Orientation Born 2012 or Earlier or Age 8+ with an adult</p> <p>This 1 hour course provides members with the instruction needed to stay safe while paddleboarding in Crescent Beach. Upon completion of this introductory course, you will have access to sign out the CBSC paddleboards all summer during Free Sail.</p> <p>July 1st 11:00am-12:00pm</p>	<p>Stand Up Paddle Board Born 2014 or earlier (2015 w/ adult)</p> <p>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.</p> <p>Weeks 1-2, 3-4 M/Th 12:15-1:15pm OR 1:45-2:45pm Weeks 7-8 12:15-1:15pm OR 1:45-2:45pm</p>	<p>☆ Junior SUP Born 2014-2016 An introductory Paddleboard course for younger paddlers to explore Crescent Beach in a small group.</p> <p>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.</p> <p>Must have completed at least stokers 3 or equivalent and be comfortable swimming in the ocean.</p> <p>Week 3 Tu/F (12:30-130 or 2-3pm) Week 5 M/Th or Tu/F (12:30-1:30 or 2-3pm) Week 7 M/Th (12:30-1:30 or 2-3pm)</p>
<p>Teen Paddleboard Born 2014 or Earlier</p> <p>On Thursday, Friday AND Saturday 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.</p> <p>Thursday, Friday & Saturday evenings in July & August</p>	<p>Sunset Paddleboard Minimum Age 19</p> <p>This has historically been a very popular event! For 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.</p> <p>See ActiveNet for dates.</p>	<p>Tank Yoga Minimum Age 19</p> <p>Experience yoga in the most awe-inspiring location, on the CBSC tanks! Taught by a local certified yoga instructor, this class is for all levels from beginner to experienced.</p> <p>An 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.</p> <p>July 2, 16, 30, Aug 13 7:30-8:45am</p>