

Kids Dinghy Programs

11 years and under.

Opti Wetfeet

Prerequisites - Ages 5 through 7

A CANSail course for young children. Aimed at familiarising children with being around, on and in the water while maintaining a supportive and fun environment. An Active Start on physical literacy focusing on water, dock and boat safety. Students will sail in an Optimist Dinghy and we teach using fun games and activities.

Opti Basic - Level 1

Prerequisites - Over 7 to Under 12

This CANSail program teaches students the fundamentals of sailing in a fun and comfortable environment. With 2 sailors per boat children work together on balance, steering and making their boat move using the sails. Sailors also learn physical literacy and communication skills through fun activities and games.

Opti Advanced - Level 2

Prerequisites - Under 12 & Opti Basic Level 1

This second level CANSail Optimist course introduces sailors to sail on their own. As we develop on the skills learned in Level 1 and introduce more advanced skills the sailors start to become comfortable on the water and able to control their own boat.

Opti Fast - Level 3

Prerequisites - Under 12 & Opti Advanced Level 2

CANSail Level 3 Optimist sailing introduces advanced sailing and racing skills. We introduce competition, fair play and sportsmanship while learning how to sail fast.

Opti Performance Camp. (Opti Pro)

Prerequisites - 8 through 12 + CANSail level 3

This Opti Camp gives sailors a taste of race teams and training camps, integrating fun with fast sailing and high performance skills and racing basics.

Youth Dinghy Programs

12 – 19 Years

Cansail Level 1 & 2

Prerequisites – 12 – 19 Years of age.

An introductory course for new sailors or those with limited sailing experience. Sailors learn the fundamentals of sailing with a partner and work as a team. The Level 1 training focuses on safety, balance, steering, sail trim and seamanship while the Level 2 training concentrates more on refining the basic skills needed to advance to levels 3 and 4.

CANSail Levels 3 & 4

Prerequisites – 12 – 19 & CANSail level 2

Build on existing skills, working towards skill proficiency in a variety of conditions and situations. Sailors are introduced to concepts such as reading the wind and waves, advanced boat handling, beginner racing skills, racing rules and sportsmanship. Plan on competing in a local regatta to complete levels.

420 Performance Camp. (420 Pro)

CANSail Levels 5 & 6

Prerequisites – 12 – 19 & CANSail level 4

This 420 Camp gives sailors a taste of race teams and training camps, integrating fun with fast sailing and high performance skills. Focus is on advanced boat handling and racing basics including race preparation, strategy and tactics.

Junior Membership (Under 19)

By becoming a junior member of Nanaimo Yacht Club you will benefit from – Access to our Opti and 420 race teams; discount on ALL junior courses plus free access to our kayaks, paddle boards and dinghies during organised weekly sessions or by email booking any weekday during July and August. There's also an active social membership and junior bridge, have a say in what your club does and get involved with running activities.

Adult Dinghy Programs

Adult CANSail Levels 1 & 2

Prerequisites – 19 & Over.

An introductory course for new sailors or those with limited sailing experience. This is a highly popular course taught by certified Sail Canada Instructors and leads to a CANSail level 1 or 2 certification.

Internationally Certified Yachting Courses

Prerequisites – Over 16 for our crew training & over 19 for all other courses.

International Yacht Training (IYT) certified yachting courses are recognised around the world and taught in over 56 countries.

From novice to Yachtmaster training we have the instructors to suit everyone.

Book as an individual on our pre programmed courses, take a course on your own boat, book as a group of friends or choose one of our family sailing options.

See - nycsailingschool.com for details.

Keelboat Courses

Our Keelboat Courses are a great way to learn how to sail, a step up from the dinghy courses in size of boat but still not as intimidating as a larger yacht. From beginner to new skipper level these courses cover the basics of sailing to more advanced skills. All the fun and knowledge of our dinghy sailing course but without the risk of capsizing.

"Try It" Sailing Sessions

Prerequisites – Over 8 years old

Not sure if you want to commit to a full program? Come along to one of our TRY IT sessions and get a taste of dinghy sailing with one of our experienced instructors. We have 4 sessions from May through June, booking is essential as they fill up quickly.

Paddle Canada Basic Kayak Courses

Monday evenings and full day courses from June through September.

NANAIMO YACHT CLUB



2017

Public Sailing Programs

NYSailingSchool.com

sailtraining@nanaimoyc.ca

250-754-7011



Opti Wetfeet - 5 day \$140, 4 day \$115

9 - noon or 1 - 4pm

OW1 pm: July 4 - 7 (4 day)

OW2 am or pm: July 10 - 14 (5 day)

OW3 pm: Aug 8 - 11 (4 day)

OW4 am or pm: Aug 28 - Sept 1 (5 day)

Opti - Level 1 through 3.

Junior Members Price - \$250;

Non Members - \$280;

All Classes 9 - 4pm

O1: July 10 - 14

O2: July 17 - 21

O3: July 24 - 28

O4: July 31 - August 4

O5: August 14 - 18

O6: August 21 - 25

O7: August 28 - September 1

Opti Performance Camps Level 3

Junior Members Price - \$200;

Non Members - \$230;

(4 days); All Classes 9 - 4pm

OP1: July 4 - 7

OP2: Aug 8 - 11

Opti & Cansail Day Camps - \$50/day

Mid Week 9am - 4pm

July 4, 5, 6 & 7

August 8, 9, 10 & 11



Cansail Level 1 through 4

Junior Members Price - \$250;

Non Members - \$280;

All Classes 9 - 4pm

C1: July 10 - 14

C2: July 17 - 21

C3: July 24 - 28

C4: July 31 - August 4

C5: August 14 - 18

C6: August 21 - 25

C7: August 28 - September 1

Cansail Level 5 & 6

Junior Members Price - \$260;

Non Members - \$290;

All Classes 9 - 4pm

CA1: July 10 - 14

CA2: August 21 - 25

CA3: August 28 - September 1

420 Performance Camp; Level 4+

Junior Members Price - \$200;

Non Members - \$230;

(4 days); All Classes 9 - 4pm

OF1: July 4 - 7

OF2: Aug 8 - 11

IYT Keelboat Courses; Ages 15 to 19

All - \$300; (4 days); All Classes 9 - 4pm

Keel1: July 4 - 7

Keel2: Aug 8 - 11

Day sailing & TRY IT Sessions.

(Booking is essential)

Adults \$65, Juniors \$45; 9am - 4pm

May 27; June 3, 18 & 24 - ages 8 +

July 4, 5, 6 & 7 - ages 8 to 19

August 8, 9, 10 & 11 - ages 8 to 19

Adult Courses

CANSail Dinghy

Weekends 9.30am - 4.30pm

AD1 June 3, 10, 17 & 24 - \$230

IYT Keelboat Training

(1 evening in classroom; 2 days on water)

Evening 6 - 9pm; Days 9am - 4pm

Crew Course \$250 (Max 4)

(\$750 for 1 couple course. By request.)

AKC1: May 25, 27 & 28

AKC2: June 8, 10 & 11

AKC3: July 13, 15 & 16

AKC4: August 17, 19 & 20

Skipper Course - \$300 (Max 3)

AKS1: June 22, 24 & 25

AKS2: September 7; 9 & 10

Internationally recognised Yacht Courses; Advanced Keelboat & Family Sailing weeks-

See our website - nycsailingschool.com for dates and prices.



Paddle Canada Basic Kayak Courses

8hr kayak course; see our website for details

Private lessons are available by request

\$60/hr, min 2 hours and max 2 students or

\$80/hr min 2 hours and max of 4 students

Junior membership-

Allows access to - program discounts; free practice sessions (Thursdays June 22 to Sep 14); kayaks; SUP's & race development

teams. There's also opportunity to get

involved on the junior bridge.

SAILING PROGRAM SAIL-E-BRATION GAMES, FUN REGATTA & BBQ

August 26, 12.30 till 4.30pm-\$10 entry

Booking deadline 1pm August 22.

(No drop ins)

Free burger or hotdog.

Open to all who have taken a level 1-6 dinghy course with us in 2017.

Discounts.

-A 10% discount on the second course when booking two or more courses for the same person. (Courses must be booked at the same time).

Cancellation Policy: A cancellation fee of \$50 plus transaction fees will be charged on ALL cancellations up to 14 days before the scheduled course start date. No refunds will be made for cancellations made less than 14 days before course start date. Courses re scheduled within 14 days of start date **will not** be eligible for refund. All courses & Program Regatta are subject to minimum enrollment numbers. (4 & 15 respectively).