

# 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 - CANSail 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 - CANSail Level 2

**Prerequisites - Under 12 & Opti Basic Level 1**

This CANSail Optimist course introduces sailors to sail on their own. 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 - CANSail 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.

### Race Team & Development Training

**Prerequisites - 8 + years old & Cansail Level 2**

Spring training is on a Saturdays between 9.30am & 1pm from mid April to Late June.

Summer training is on Monday evenings from 4.30 to 7 until mid Sept. - Open to all & spaces are limited; see our website for more details.

# 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.

### 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.

### Water Sport Weeks. Minimum age - 14

Spend 4 or 5 days dinghy sailing, keel boating, kayaking and paddle boarding. Non certified fun activity days on the water discovering the beaches around Newcastle Island, sailing around Snake and Five Fingers, try all four sports in a safe and fun environment.

### Drop In Lessons, Minimum age 15

2.5 hour lessons in our 420 dinghies or keelboats. Lessons run from 0930 & 1300.

# Adult Dinghy Programs

### Adult CANSail Levels 1 & 2

**Prerequisites – 19 & Over.**

An introductory course for new sailors or those with limited sailing experience. This course is taught by certified Sail Canada Instructors in our 420 dinghies 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.

See - [nycsailingschool.com](http://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.

See our website for details on 2.5hr drop in group lessons during June and August.

See [nycsailingschool.com](http://nycsailingschool.com) for more details.

### Paddle Canada Basic Kayak Courses

Full day courses from June through September.

### Junior Membership (Under 19)

By becoming a junior member of Nanaimo Yacht Club you will benefit from – Discount on ALL junior courses plus free access to our kayaks, paddle boards and dinghies during organised weekly sessions during July and August. There's also an active social membership, have a say in what your club does and get involved with running activities.

# NANAIMO YACHT CLUB



**Summer 2018**  
**Public Sailing Programs**  
**[NYCSailingSchool.com](http://NYCSailingSchool.com)**

**[sailtraining@nanaimoyc.ca](mailto:sailtraining@nanaimoyc.ca)**

**250-754-7011**





## Opti Wetfeet - 5 day \$150, 4 day \$125

9 - noon or 1 - 4pm

OW1 pm: July 3 - 6 (4 day)

OW2 am or pm: July 9 - 13 (5 day)

OW3 pm: Aug 7 - 10 (4 day)

OW4 am or pm: Aug 27 - 31 (5 day)

## Opti - Level 1 through 3.

**Junior Members - \$250;**

**Non Members - \$280;**

All Classes 9 - 4pm

O1: July 3 - 6 (4 day LEVEL 1 & 2 ONLY - \$225)

O2: July 9 - 13

O3: July 16 - 20

O4: July 23 - 27

O5: July 30 - August 3

O6: August 7 - 10 (4 day LEVEL 1 ONLY - \$225)

O7: August 13 - 17

O8: August 20 - 24

O9: August 27 - 31

## Race team & Race development team. Minimum Cansail Level 2, 8+ years old.

### Spring training

**Junior Member price \$300**

**Non-member price \$395**

9 Saturday morning sessions - 0930 to 1330. -  
April 21 to June 23 no session on May 19.

### Summer training

**Junior Member price \$190**

**Non-member price \$290**

7 Monday evening sessions - 1630 to 1930 -  
July 8 to August 27 no sessions August 6 stat day.



All Classes 9 - 4pm

## Cansail Level 1 through 4

**Junior Members - \$250;**

**Non Members - \$280;**

C1: July 3 - 6 (4 day LEVEL 1 & 2 ONLY \$225)

C2: July 9 - 13

C3: July 16 - 20

C4: July 23 - 27

C5: July 30 - August 3

C6: August 7 - 10 (4 day LEVEL 1 & 2 ONLY \$225)

C7: August 13 - 17

C8: August 20 - 24

C9: August 27 - 31

## Cansail Level 5 & 6

**Junior Members - \$260;**

**Non Members - \$290;**

CA1: July 9 - 13

CA2: August 20 - 24

## Water Sports Weeks

**Junior Members - 4 day - \$215; 5 day - \$265**

**Non Members - 4 day - \$245; 5 day - \$295**

WS1: July 3 - 6 (4 day)

WS2: August 7 - 10 (4 day)

WS3: August 13 - 17 (5day)



## Adult Courses

### CANSail Dinghy

**Weekends 9.30am - 4.30pm**

AD1 June 3, 10, 17 & 24 - \$245

### IYT Keelboat Training

2 day, 7 hrs a day. We start each day with a little theory in the classroom before heading out onto the water. 9am - 4pm  
**(\$750 for 1 couple course. By request.)**

### Beginner/Crew \$250 (Max 4 per boat)

BK1: June 16 & 17

BK2: July 21 & 22

BK3: August 11 & 12

BK4: August 25 & 26

### Intermediate Course \$250 (Max 4)

IK1: June 16 & 17

IK2: July 21 & 22

IK3: August 11 & 12

IK4: August 25 & 26

### Advanced Course - \$300 (Max 3)

AK1: July 28 & 29

AK2: August 18 & 19

**Drop in Lessons. Prerequisites - 15+**

**Daily August 7-19 & selected dates in June.**

**2.5 hour group lessons in our 420 dinghies and keelboats. 2.5 hour \$55 or two lessons on same day \$100, Start time is 9.30am and 1pm. Booking recommended, places close 20 mins before start time. No Exceptions.**



## Internationally recognised Yacht Courses & Family Sailing weeks-

See our website - [nycsailingschool.com](http://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 7 to August 30); kayaks; SUP's & race development teams. There's also opportunity to get involved on the junior bridge.

### 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. All courses are subject to minimum enrollment numbers. Courses rescheduled within 14 days of start date will not be eligible for refund if cancelled later. Sessions will be pulled within 14 days of start date should we not reach minimum numbers of 4.