

2020 membership purchase and course registration

Note, to access the Sailing School the Annual Sailing School Admin Fee of \$50/sailor will be added when ordering. This covers the Annual 2020 Sail Canada, Ontario Sailing and Checklick reporting fees.

FRIENDS & SUPPORTING MEMBER

We are still offering Friends & Supporting Memberships for \$25 annually. This assists in supporting our racing, fleet & docking repairs. It is also required if purchasing Adult lessons (by request)

DISCOUNTS:

SPECIAL- Introductory offer for 1st time sailors

Must be new to sailing and the LJYC sailing school. First year offer! Please email info@ljyc.ca or call Shelley at 416-414-2697 for **PROMO CODE** before ordering

MULTI-WEEK DISCOUNT PER SAILOR:

2+ weeks of sailing per sailor 5% discount will be automatically applied to your order during check out.

MUSKOKA AREA PUBLIC SCHOOL ATTENDANCE:

If your child is attending a Local Public school, please email info@ljyc.ca or call Shelley at 416-414-2697 for Details and **PROMO CODE** before ordering

2020 Program Description & Member Pricing

We are running 6 weeks of Sailing School this year.

Available Weeks: (We operate Monday-Friday 9am-4pm Full Days and 9am-12:30pm ½ days)

Week 1: July 6-July 10

Week 2: July 13-July 17

Week 3: July 20-July 24 (1/2 DAY FUN SAIL Fri) *

Week 4: July 27-July 31

Week 5: Aug 3- Aug 7

Week 6: Aug 10-Aug 14 (1/2 DAY FUN SAIL Fri) *

***Note, On the ½ day sails we will hold lessons in the morning and then head over to a nearby site for an afternoon of fun!!! Swimming, games and a treasure hunt!**

PROGRAM DESCRIPTION:

Wet Feet: Half Days \$225 Full Days \$325

Ages 5-8, one-week sessions Monday to Friday: Half Days 9:00am to 12:30 pm or Full Days 9:00am-4:00pm

This is an introduction to sailing for the young child with no previous experience. In stable, sturdy Oppi dinghies (designed specifically for beginners), sailors learn basic steering and sail control skills in a small-group environment. Off the water, instructors teach the points of sail, boat parts, and weather and safety information through games and interactive lessons. This program emphasizes safety, fun, and learning, and provides ideal preparation for the CANail 1 & 2.

CANSail 1 & 2: Half Days \$225 Full Days \$325

Prerequisite: Must be 9 years of age or older, no prior experience required. Program operates in one-week sessions Monday to Friday, Half days 9:00 am to 12:30 pm or Full Days 9:00am-4:00pm

This is a basic sailing course for new sailors or those with limited sailing experience. Sailors are introduced to the sport and learn the fundamentals while sailing in Lasers, Pico's & Open Bic's. Introduction to sailing.

CANSail 1 teaches sailors the fundamental sailing skills including basic sheeting, steering, and boat handling on all points of sail. Sailors can sail within defined boundaries set by an instructor.

CANSail 2 – Basic sailing. CANSail 2 teaches sailors to adjust their bodies and boats for changes in direction and wind speed while sailing, and to perform boat-handling manoeuvres in a controlled manner while in a controlled setting. Sailors also learn basic physical literacy through fun activities and sailing games. As in the Wetfeet Program, the emphasis is on safety, fun and teaching youth sailors to confidently handle a small dinghy. We recommend a min of 2 weeks of FULL Day classes for CANSail 1 and 3 weeks of FULL Day classes for CANSail 2. As each student progresses at their own rate it may take longer to attain the level.

Note: Participants in this program learn the vital Sail Canada safety skill of righting a capsized sailboat, so be prepared to get wet!!

CANSail 3-6 Full Days \$350

Prerequisite: Must be 12 years of age or older, Program operates in one-week sessions Monday to Friday, Full Days 9:00am-4:00pm

In double-handed 420s, sailors build on existing skills in all types of conditions and to a higher level of proficiency.

CANSail 3 – Intermediate sailing. CANSail 3 teaches sailors to integrate the fundamental boat handling manoeuvres and balance with basic tactics and strategy as well as applied sail trim. Sailors are exposed to a greater variety of conditions and participate in a club race or club training camp.

CANSail 4 – Advanced sailing. CANSail 4 teaches sailors to perform advanced boat handling manoeuvres in a variety of conditions. Sailors can successfully execute manoeuvres in competitive settings and for tactical and strategic purposes. Sailors participate in a one to two-day local regatta.

CANSail 5 – Basic integration of racing. CANSail 5 fully integrates boat handling with tactics and strategy. Sailors are also introduced to the concept of rig tuning and its relation to boat trim and conditions. Sailors participate in a one to two-day local regatta.

CANSail 6 – Full integration of racing. CANSail 6 fully integrates boat handling, sail trim, and rig setup with racing. Sailors train to perform all skills within a competitive race setting in order to achieve accurate sailing within a regatta and in all conditions. Sailors participate in a regional or provincial regatta (Cottage Club).

These programs emphasize high-performance sailing and basic racing and acts as a foundation for the Racing Team. Because of the more advanced nature of this program, sailors should be attending a min. of 2 weeks, however it is strongly recommended that a four-week + Full day commitment is made over the summer.