

## 2010 Junior Training Program



Royal Vancouver Yacht Club's Sailing Program for youth is second to none in North America.

Our energetic and creative instructors provide a non-stressful, fun and healthy learning environment that fosters enthusiasm among participants. Whether novice sailors or returning trainees, students are challenged and rewarded on an individual basis throughout the course.

Our curriculum is based on the globally-recognized Canadian Yachting Association's (CYA) Learn-to-Sail Program.

Classes have excellent student-to-coach ratio allowing for a better learning environment.

**Our Small Class Sizes allow for Superior Instruction**

## 2010 Junior Training Program

### Cancellations/Waitlist:

(PLEASE READ CAREFULLY)

- » Without exception, **NO REFUNDS** will be given for cancellations made 14 days or less prior to the start of a course.
- » All accepted registrations are subject to a cancellation fee of \$50 before July 1 and \$100.00 after July 1 .
- » If placed on a waitlist, interest in enrolment is assumed unless RVYC is notified otherwise. When a vacancy arises, automatic enrolment in the course occurs and cancellation rules, as outlined above, take effect.

### Please Note:

- » All sessions run Monday to Friday. Course fees include CYA certification (if applicable). **Statutory holidays do not affect classes.** Participants should notify the head instructor if they will miss class time due to holidays.
- » Sailors must bring their own **Government-approved P.F.D. (lifejacket)** and appropriate clothing, including at least one change of clothes and soft-soled footwear (**NO flip-flops**), as well as lunch and a lock for day lockers. Please do not bring clothing items that can't get wet! Wetsuits/drysuits aren't required, but some participants find wearing one more comfortable
- » Please do not bring valuables such as personal electronics. RVYC will not be held responsible for theft or loss.
- » Prices include participant insurance provided by BC Sailing.
- » RVYC Members have priority until midnight May 1, 2010. Non-Member applications will be accepted before this date and prioritized according to date of receipt.
- » RVYC reserves the right to reassign sailors at the discretion of the Senior Sailing Coach.
- » Participants are responsible for damage to Club equipment caused by recklessness, carelessness and/or willful misconduct.



Royal Vancouver Yacht Club

**Junior Training Program 2010**



**RVYC membership not required.  
Everyone is welcome!**

For Information:

**JTP Registration Coordinator  
ATTN: Nicci Dusa**

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## Course Descriptions

For course dates, please see registration form.

### Wet Feet (strictly ages 5-7)

Wet Feet is a program designed to introduce kids to boats and water safety in a fun and safe environment.



Age-specific activities introduce participants to topics including lifejacket safety and how to balance, sit and move in sailing dinghies. Your child will learn how to act safely around boats as well as have fun with arts, crafts, and beach play. Choose from morning (1000-1230 hrs) OR afternoon (1330-1530 hrs) sessions.

#### 2010 Rate:

Members \$150 / Non-Members \$175  
Lunch not available for this program.

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### Optimist Level 1

Ideal for first time sailors aged 8-10. Focus is on basic sailing skills using Optimist dinghies. This stable, 7 foot boat is used the world over for introducing young sailors to the sport. Curriculum teaches the basics of tacking, gybing, boat handling, knot tying and other seamanship skills. Class times: 0900-1530 hrs.



#### 2010 Rate:

Members \$250\* / Non-Members \$275\*  
\*Registration Fee does not include lunch

No manual required for Optimist Level 1.

### Optimist Level 2

For sailors aged 9-11, with some experience. This course refines skills in the Optimist Dinghy with focus on proficiency in upwind sailing, tacking and gybing. Required manual is *Optimist Sailing* (\$11). Class times are 0900-1530 hrs.



#### 2010 Rate:

Members \$250\* / Non-Members \$275\*  
\*Registration Fee does not include lunch

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### CYA White Sail 1 & 2

This CYA course is perfect for new sailors aged 11-16. Sailors will be introduced to basic double-handed sailing in 420 dinghies. Required course manual is *Basic Sailing Skills* (\$23). Class times are 0900-1530 hrs.

#### 2010 Rate:

Members \$305\* / Non-Members \$330\*  
\*Registration Fee does not include lunch

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### CYA White Sail 3



Sailors, aged 11-16, who have completed White Sail 2, or demonstrate equal proficiency are eligible to take this course. Refinement of upwind sailing, tacking and gybing in 420 dinghies are the goals. Required course manual is *Basic Sailing Skills* (\$23). Class times are 0900-1530 hrs.

#### 2010 Rate:

Members \$490\* / Non-Members \$550\*  
\*Registration Fee does not include lunch

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### CYA Bronze 4

Sailors aged 11-16, who have achieved their White Sail 3, or demonstrate equal proficiency, will be challenged by this CYA course. Emphasis on sail theory and boat handling skills in the 420 will further develop understanding of how a sailboat moves. Required course manual is *Advanced Sailing Skills* (\$26). Class times are 0900-1530 hrs.

#### 2010 Rate:

Members \$490\* / Non-Members \$550\*  
\*Registration Fee does not include lunch

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### CYA Bronze 5

Sailors aged 12-16, who have achieved their CYA Bronze 4 or demonstrate equal proficiency, will enjoy this exciting course. Using 420s, development of spinnaker skills, trapezing, roll tacking/gybing will be the focus. Required manual is *Advanced Sailing Skills* (\$26). Class times are 0900-1530 hrs.

#### 2010 Rate:

Members \$490\* / Non-Members \$550\*  
\*Registration Fee does not include lunch

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### Learn to Race\*

This introduction to racing will include advanced boat handling, rules, tactics, and race strategy. Sailors will train in 420s and Lasers. Class times are 0900-1530 hrs.

\* Pre-requisite: Bronze 5

#### 2010 Rate:

Members \$555\* / Non-Members \$600\*  
\*Registration Fee does not include lunch.

