



## CFSA Summer Training Program

Learn to Sail at the Canadian Forces Sailing Association! We offer courses for Youth and Adults of all ages, from beginner to advanced. Our instructors are nationally certified and trained in how to teach sailing, as well as first aid and boat rescue. CFSA is a wonderful place to learn to sail with favourable wind and a protected harbour. As part of a working military base, there are always exciting things happening in the bay.

### Information

Please come prepared for the weather with a hat, sunscreen, wind breaker, change of clothes, towel, lunch and plenty of drinking water. We will go sailing rain or shine as long as there is wind. Only close-toed shoes are allowed on the docks and in the boats. Safety helmets are required for all students under 16, unless a waiver is signed by the parent. PFD's and a limited number of Helmets are supplied so please feel free to bring your own.

Please come into the clubhouse on the first day to sign your or your child's waiver and meet the instructor.

### Course Dates and Times

Youth courses run Monday to Friday from 0900 -1600 **including statutory holidays**. Optimist courses are one week long, while CYA courses are two weeks long.

Adult courses run evenings or weekends, as outlined in the schedule. Evenings are from 1800-2100 **including statutory holidays**. White Sail courses run Tue/Thur, while Bronze Sail courses run Mon/Wed/Sat. Weekends are 0900-1600 with approximately an hour for lunch.

### Child Supervision

Children enrolled in a CFSA Summer Training Program who will be dropped off or picked up more than 15 m before/after class will be charged \$2 to cover staffing.

If you require this service please let us know in advance so we can arrange to have somebody here.

### Registration

To register for courses please call the Colwood Pacific Activity Centre at 363-1009. Refunds will be considered on a case-by-case basis

### Contact

Please contact the Head Instructor Erin Flanagan or Senior Instructors Ryan or Nicole if you have any questions or concerns.

Phone: 250 385 8873

Fax: 250 385 1873 Email: [cfsatraining@gmail.com](mailto:cfsatraining@gmail.com)

## Office Hours

May and June 1030-1430 (Tuesday - Thursday)  
July and August 0830-1630 (Monday - Friday)

## Location

1001 Maple Bank Road Victoria BC V9A 4M2

## Directions

From Admirals Road turn Southwest on Maple Bank Road (Also entrance to Songhees Native Reserve)  
Follow the road down, across the train tracks (observe signage as this track is active!) continue straight towards the white clubhouse. Park in the upper parking lot, and enter the side gate. Registration and instruction will take place in the Training Room unless otherwise posted.

## Map **CFSA IS THE RED STAR!**

