

# C F S A Sail Training

## Introduction to Sailing

This is a 3 hour introduction to sailing. Designed to minimize time in the classroom and maximize time on the water, this course is for those who want to experience sailing for the first time but aren't ready to commit to a week long program. Courses are offered for Youth and Adult.

## Basic Sailing

All basic sailing programs are designed to introduce the student to sailing in a safe and fun environment. Students will learn safety and terminology as well as how to handle a boat as a skipper and crew. Each course is tailored for the ages specified; children under 12 will sail in the Optimist dinghy, over 12 in the Albacore dinghy.

Wet Feet – Ages 4-7

Opti Level 1 – Ages 7-12

White Sail – Ages 12-18

White Sail – Adult

## Advanced Sailing (pre-requisite a basic course)

Sailing skills are refined and improved in advanced programs, with students reviewing what they learned in basic as well as learning more advanced skills like sailing backwards and the science behind how sailboats move.

Opti Level 2 – Ages 7-12

Bronze Sail – Ages 12-18

Bronze Sail – Adult

## Race Training (pre-requisite an advanced course)

An introduction to the world of racing, students learn strategy, tactics and rules as well as how to go fast! Students who take these courses are encouraged to attend the local regatta the next week. Opti Nationals Aug 25-30 or Youth Nationals Aug 1-6 ([www.rvyc.bc.ca](http://www.rvyc.bc.ca)). An additional fee for coaching and boat use will apply; students will be responsible for their own registration at the event.

Opti Race – Ages 7-15

Silver/Gold Sail – Ages 12+

## Instructor Certification

Interested in becoming a certified sailing instructor? You must be a minimum of 16 years of age and have your Bronze IV or higher. Visit the BC Sailing website at [www.bcsailing.bc.ca](http://www.bcsailing.bc.ca) to find out more and to register.

## Sailing Fun (no experience required)

This is a three day camp at the end of the summer for children of all ages and abilities. This will be a fun camp structured a bit differently from our week long camps. A great way to spend some time with friends before school starts up again.

Opti Fun – Ages 7-15

Sailing Fun – Ages 12-18

## Group Experiences

We can design a sailing experience tailored to your group, whether it be a school PE program or a corpo-

rate outing. Sailing is a great way to experience the outdoors as well as to learn cooperation and teamwork.

## Private Lessons

Haven't been sailing in a few years? Just took a lesson but want to brush up on a few things? With undivided attention a private lesson can take your sailing to the next level, as well as being flexible to your busy schedule.

## Drop In Programs

Drop in sailing is open to DND members, students and former students of CFSA. Participants can take out a boat and an instructor will be present to assist and supervise. Please call ahead.

## Program Information

(more information available on our website)

## Child Supervision

Children enrolled in a CFSA Summer Training Program who will be dropped off or picked up more than 15 min. before/after class will be charged \$2/day to cover staffing. Please do not drop your children off without ensuring staff are present. Please come into the clubhouse on the first day to sign your child's waiver and meet their instructor.

## Registration (10% discount before June 1st)

To register for courses please call the Colwood Pacific Activity Centre at 250-363-1009. Refunds will be considered on a case-by-case basis.



## What to Expect

Expect to go sailing on your first day and every day, rain or shine. The weather can be varied on the water so please come prepared with a hat, sunscreen, wind breaker, change of clothes, towel, lunch and plenty of drinking water. 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 helmets are supplied, but please feel free to bring your own.

# cfsa Summer Sailing program



<b>Youth Intro to Sailing (7-18)</b>	<b>\$60/\$70</b>	
YI1	June 24	1300-1600
YI2	June 26	1300-1600
YI3	July 8	1300-1600
YI4	July 29	1300-1600
YI5	Aug 12	1300-1600
<b>Opti Fun (7-12)</b>	<b>\$128/\$150</b>	
OF1	Aug 26-28	0900-1600
<b>Opti Wet Feet (4-8)</b>	<b>\$148/\$174</b>	
WF1	July 13-17	0900-1600
WF2	Aug 10-14	0900-1600
<b>Opti Level 1 (7-12)</b>	<b>\$192/\$225</b>	
OB1	June 29-July 3	0900-1600
OB2	July 6-10	0900-1600
OB3	July 27-31	0900-1600
<b>Opti Level 2 (7-12)</b>	<b>\$192/\$225</b>	
OV1	July 20-24	0900-1600
OV2	Aug 3-7	0900-1600
<b>Opti Race (7-15)</b>	<b>\$192/\$225</b>	
OR1	Aug 17-21	0900-1600
<b>Sailing Fun (12-18)</b>	<b>\$170/\$200</b>	
SF1	Aug 26-28	0900-1600
<b>White Sail (12-18)</b>	<b>\$382/\$449</b>	
WS1	June 29-July 10	0900-1600
WS2	July 13-24	0900-1600
WS3	July 27-Aug 7	0900-1600
WS4	Aug 10-21	0900-1600
<b>Bronze Sail (12-18)</b>	<b>\$382/\$449</b>	
BR1	June 29-July 10	0900-1600
BR2	July 13-24	0900-1600
BR3	July 27-Aug 7	0900-1600
BR4	Aug 10-21	0900-1600
<b>Silver/Gold Sail (12+)</b>	<b>\$412/\$475</b>	
SV1	July 20-31	0900-1600
Instructor Courses (16+)	(www.bcsailing.bc.ca)	
Fundamental	Aug 21-23	Varies
Boat Rescue	Aug 25	0900-1600
Technical 1	Aug 26-28	0900-1600
<b>Adult Intro to Sailing</b>	<b>\$60/\$70</b>	
AI1	May 30	1300-1600
AI2	July 4	1300-1600
AI3	July 18	1300-1600
<b>Adult White Sail</b>	<b>\$212/\$249</b>	
AW1	June 2-25 Tue/Thur	1800-2100
AW2	June 6-7, 20-21 Sat/Sun	0900-1600
AW3	July 7-30 Tue/Thur	1800-2100
AW4	Aug 4-27 Tue/Thur	1800-2100
<b>Adult Bronze Sail</b>	<b>\$294/\$345</b>	
AB1	Aug 3-22 Mon/Wed/Sat	1800-2130 0900-1600
<b>Drop In Programs</b>	<b>\$10 Adult, \$5 Child</b>	
Sunday Funsail (Adult + Family)	Sun. July 5 - Aug 23	1200-1600
Youth Drop In (7-18)	Tues. July 7 - Aug 25	1600-1800

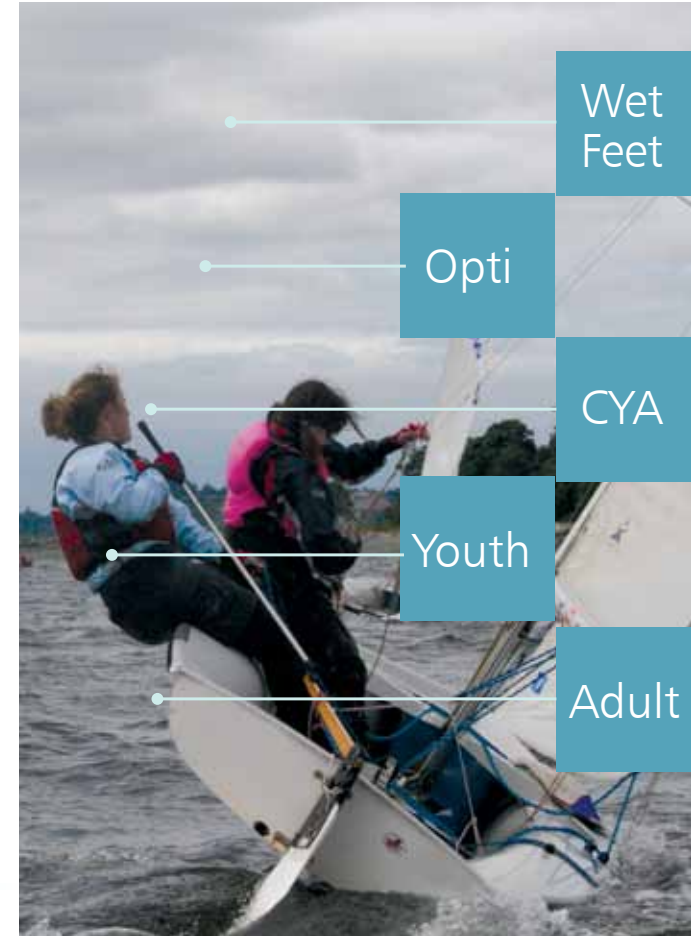
# learn to Sail



Canadian Forces Sailing Association



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Wet  
Feet

Opti

CYA

Youth

Adult

Canadian Forces  
Sailing Association