

**Interested in learning about sailing lessons or other nautical training at CFSA?
Checkout our website and facebook page:**

<http://cfsa.wordpress.com> follow the links to the training page

<http://www.facebook.com/groups/260909177281019/>

Other questions? Please email us at cfsatraining@gmail.com

CFSA provides training according to the Canadian Yachting Association (CYA) Standards, using CYA accredited instructors.

CYA Learn to Sail Private Lessons

Did you know that CFSA members holding a White Sail III certificate and PCOC can sign out the club's Sonar 23? Beginning in January of 2012, we are pleased to offer private learn to sail lessons on pre-arranged Saturdays from 1100 am to 3:00 pm with CYA certified sailing instructors Claire and/or Heather. To book/inquire, please email cfsatraining@gmail.com not later than Thursday, 12:00 pm prior to the weekend you are interested in. The club has 420s and Albacore dinghies for this purpose. Conduct of the session will depend on your goals and experience. \$25/hour per instructor (One Instructor may teach multiple students - limit determined by objectives and safety requirements - inquire). If your goal is White Sail certification, books, certificate fees and CYA registration fees are extra.

CYA Introduction to Boating Course

This course will introduce novice boaters to safe sailing practices while participating as a crew member under the watchful eye (and hand) of an experienced sailor. Basic Safety and equipment, as well as safe practices in preparing to leave the dock, while underway, and when returning to dock will be covered.

DND rate \$50 / non-member \$60

The course will run on Sunday, 8 Jan 2012, from 11:00 until 2:00 pm

CYA Coastal Navigation Course

The Coastal Navigation course teaches you skills that ensure safe and successful navigation in coastal waters. Topics will include: Chart symbols, terms & abbreviations, Sailing directions, Tide and current tables, Collision Regulations, Radio Aids to marine navigation, Navigation terminology, the aids to navigation system. The course is designed to help you gain the confidence to safely navigate through challenging conditions, shallow waters, changing tides, and currents. The course will be an asset for your sailing resume when you are seeking a bareboat charter. There are no pre-requisites for this course, and it covers the theory you will put into practice during the CYA Advanced Cruising Course. More detail on the content to be covered is available at the CYA website:

http://www.sailing.ca/education_and_training/navigation_courses/

The course will run over Tuesday and Thursday evenings, from 6:30 pm until 9:00 pm.

DND rate \$300 / non-member \$350

Upcoming Courses:

-Tuesday, 17 Jan 2012 until Thursday, 9 Feb 12

CYA Basic Cruising

Did you know that CFSA members holding a CYA Basic Cruising Certificate (and included PCOC) can sign out the club's Sonar 23?

The objective of the CYA Basic Cruising Standard is for you, on completion, to be able to cruise safely by day in local waters, in moderate wind and sea conditions, as skipper or crew of a 20-30 foot sloop-rigged keelboat. The course is made up of 6 evenings in a classroom and 6 full days afloat, designed to give the student extensive time "at the helm". Upon successful completion of an **on-the-water test** and a **written exam** you will receive official recognition in the form of your **CYA Cruising Logbook**.

The following topics will be covered: Safety, terminology, gear and equipment, Rules of the Road, weather, duties of the skipper and crew, seamanship, manoeuvring under power and under sail, and making fast and "snugging down." More detailed information is available on the CYA website:

http://www.sailing.ca/education_and_training/levels/basic_cruising_standard

DND rate \$595 / non-member \$700 (+ fees for books and CYA registration ~\$60)

This course runs Tuesday and Thursday evenings, from 6 pm to 9:30 pm, and Saturday and Sundays, 8:00 am until 3:30 pm (6 evenings and 6 weekend day-long sessions)

Upcoming courses:

-16 Nov 11* through 4 Dec 11 (*This serial will begin on a Wednesday evening, and the second session will be held on the following day, Thursday. The course will continue on Tuesdays and Thursdays as described above)

-10 Apr 12 through 29 Apr 12

CYA Pleasure Craft Operator Card (PCOC)

While it is possible to take this course and the corresponding exam on-line, this course aims to teach you the basics in a classroom setting, enabling you to gain a deeper knowledge of the very important subject matter! Course content includes: Boating

regulations, safety, buoyage, collision avoidance, dealing with emergencies, tides and currents, and nautical charts. All boaters in Canada are required to carry a Pleasure Craft Operator Card or they risk expensive fines. This qualification is valid "for life." More details: http://www.sailing.ca/education_and_training/pcoc/

Course will run on Sundays from 9:00am until 4:00 pm
DND rate \$55 / non-member \$60

Upcoming Courses:

- Sunday, 15 Jan 12
- Sunday, 25 Mar 12

VHF-DSC: Maritime Radio Operators Certificate ROC(M)

The ROC license is a Canadian Federal government issued card that allows you to operate a marine VHF radio. There are significant fines if you are found using a VHF or marine radio without your card. This course includes instruction in Digital Selective Calling, which was not included in older courses. All new VHF radios are now being sold with a DSC function that will greatly enhance rescue personnel's ability to assist you in an emergency. Understanding this technology and how to operate it can, in some circumstances, mean the difference between life and death. Students will learn the phonetic alphabet, as well as correct radiotelephone operating procedures for routine matters and emergencies.

The course will run over 2 evenings, from 6:30 pm until 9:00 pm.

DND rate \$77 / non-member \$90

Upcoming Courses:

- Monday, 13 Feb 2012 and Thursday, 15 Feb, (Makes the perfect Valentine's Day gift!)
- Monday, 5 Mar and Thursday, 8 Mar 2012