

## Learn to Sail this Summer!

### Safety

*From the first day the sailor enters the sailing school environment, safety is our number one concern. It is incorporated into every aspect of our learn to sail program.*

### Learning

*The best way to learn is hands on! Right from the first day, all sailors are in the boats and on the water. In the event of inclement weather, there is on-shore theory, testing and extracurricular activities.*

### Spirit

*We take our teaching seriously, but fun and discipline are key ingredients to learning in all our programs. There is a wonderful spirit throughout the whole program where good times prevail and friendships develop.*

### Time

*Time is the variable in the development of skills in any sport program. Discuss with your instructor your goals and how you are progressing towards them.*

You will need:

- Approved Personal Floatation Device (lifejacket)
- Lunch each day
- Hat & sunglasses
- Quality sunscreen
- Old running shoes (barefoot in a boat is dangerous)
- Layered clothing
- Extra clothing/shoes to change into (sailing is wet)
- Bathing suit
- Wind proof jacket (for cool days)

## HOURS

### YOUTH-

**DAY CLASSES FOR YOUTH ARE HELD WEEKDAYS (INCLUDING ALL HOLIDAYS) FROM 9AM TO 4PM. EXTENDED CARE IS AVAILABLE WITH PRIOR ARRANGEMENT. BRONZE SAILORS WILL TRAIN ON SITE FROM 8:30AM-4:30PM.**

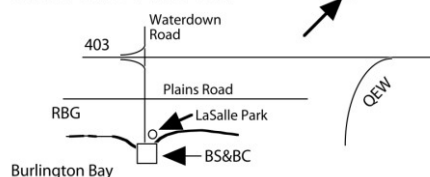
### ADULTS-

**EVENING CLASSES FOR ADULTS ARE HELD IN MONDAY & WEDNESDAY EVENINGS FROM 6:00PM TO DARK**

### FEES:

Program	Fee, under 14 (no GST)	Fee 14+ (GST)
Optimist (1 week)	188.00	
Basic Sailing (2 weeks)	360.00	378.00
Advanced Sailing (4 weeks)	770.00	808.50
Development Race Team	Contact BS&BC for further information, <a href="mailto:bsbc@burlbay.com">bsbc@burlbay.com</a> , attn: RC-Sail Training	
Competitive Race Team		
Adult		392.70

### Where To Find Us:



## Learn to Sail this Summer!



at the  
**Burlington Sailing & Boating Club's**

**2009  
Sail School**

841 LaSalle Park Road  
Burlington, ON L7T 4G9  
905-978-SAIL  
[www.burlbay.com](http://www.burlbay.com)

# SAIL TRAINING PROGRAM 2009

## Burlington Sailing & Boating Club



*New this Year!*

*Advanced Sailing in JUNE!*

*Get a head start on the sailing season and register for training in June. Program will run Wednesdays 5:00pm to dark and Saturdays 10:00am-4:00pm, beginning June 3<sup>rd</sup>.*

*Register soon, limited space available.*

### **Optimist** (1 week)

This is a one week introductory program for young sailors who wish to begin exploring sailing. Learning in a safe environment is the main consideration. In all activities, on and off the water, the attitudes and readiness of the young sailor will always be

### **Basic Sailing Skills** (2 weeks)

Formally white sail I, II, III. This is the beginning program for most sailors. Through games and activities, sailors will learn the basic terminology, knots, and rules of the water. On the water, they work on boat safety and basic sailing skills. It is suggested that sailors at this level be comfortable in and around the water. Recommended to be at least nine years old to get the greatest benefit from the program.

### **Advanced Sailing Skills** (4 weeks)

Formally bronze sail IV, V. This is a comprehensive program for sailors to master the use of trapeze, spinnaker, advanced boat handling and learn the principles of boat and sail design.

Also a great opportunity for those seasoned sailors who would like to gain more experience before racing.

### **Development Race Team** (8 weeks)

This program offers an introduction to competitive sailing, focusing on developing the athlete's performance and maturity. Typically the racers hold advanced sailing skills and a strong love for the sport.

### **Competitive Race Team** (16 weeks)

The coach's focus is on maximizing an athlete's performance through theory and physical training. Athletes will train and compete in the 29er class dinghy with a highly experienced 29er specific coach.

### **Adult Sailing – Dinghies** (MW evenings, for 4 weeks)

Dinghies are used in this program based on our basic and advanced sailing skills programs. Sessions begin the first Monday of June, July, & August at 6:00pm.

### **Adult Sailing – Keel** (MW evenings, for 4 weeks)

BS&BC club Shark will be used, program based upon basic sailing/cruising skills. Participants in this program will work towards the "Shark Program" checklist. Upon completion of the checklist, you will be eligible to sign up for the club shark program.

