

## JULY REGISTRATION FORM

*Please circle level registering for*

*White - Level I Level II Level III*

*Bronze - Level IV Level V*

*Silver Level VI – 1<sup>st</sup> Level VI – 2<sup>nd</sup>*

*Gold Level VII – 1<sup>st</sup> Level VII – 2<sup>nd</sup>*

**CYA Level Attained:**

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**Students Name:**

**Mailing Address:**

**City, Prov. PC:**

**Date of Birth:**

**Parent/Guardian & Contact information:**

**Email Address:**

**Shirt Size (circle) Adult S M L XL**

**Parents/Guardians:**

*Signed copy of "Acknowledged Responsibility" form must accompany this registration form in order for your child to participate. It will be available at registration.*

## AUGUST REGISTRATION FORM

*Please circle level registering for*

*White - Level I Level II Level III*

*Bronze - Level IV Level V*

*Silver Level VI – 1<sup>st</sup> Level VI – 2<sup>nd</sup>*

*Gold Level VII – 1<sup>st</sup> Level VII – 2<sup>nd</sup>*

**CYA Level Attained:**

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**Students Name:**

**Mailing Address:**

**City, Prov. PC:**

**Date of Birth:**

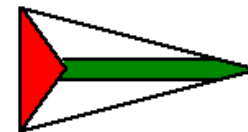
**Parent/Guardian & Contact information:**

**Email Address:**

**Shirt Size (circle) Adult S M L XL**

**Parents/Guardians:**

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### NIAGARA-ON-THE-LAKE SAILING CLUB

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## 2010 JUNIOR SAILING PROGRAM



## SAFETY & LEARNING

From the first morning the student enters the NOLSC environment, safety is our number one concern. Safety is incorporated into every aspect of the program, from the CYA material we teach, to the quality of the equipment.

It is important to note that when we spend time outdoors, we are exposed to (UV) radiation from the sun, and overexposure can cause damage to the skin. Please ensure your child is protected from these harmful rays.

The best way to learn to sail is hands-on! Right from the first day all students are in the boats and on the water. In the event of inclement weather there will be on-shore theory, testing and extra curricular activities.

We take our teaching seriously but FUN is the key ingredient to learning all of our programs. There is a wonderful spirit throughout the whole where good times prevail and friendships develop.



## ELIGIBILITY & REQUIREMENTS

To be eligible for our program, juniors must be 10 – 16 years of age, with the ability to swim 50 meters and tread water for 10 minutes.

The Canadian Yachting Association (CYA) has established a national "Learn to Sail" program. The program starts beginners in White Sail (level I, II & III) learning their basic sailing skills. As the students progress they enter Bronze Sail (IV & V) to perfect their seamanship. The program then goes on to racing skills in Silver Sail (VI – 2 months) and Gold Sail (VII – 2 months). All levels of ability are taught in each session. New sailors are welcomed in either month.

Our professional instructors are trained through the CYA's Instructor Certification program. They are trained in first aid, swimming, coaching theory, boat rescue, motor boat handling and high level of sailing skill.

Our fleet consists of Nutshell dingys; RS Feva and International 420's. We supply all equipment. The things you need to bring are the bathing suit, athletic shoes with non-marking soles, a Canadian Coast Guard approved lifejacket, sunscreen and lunch.



## DATES

July Session: July 5– July 30

August Session: August 3– August 27

*Monday – Friday 9:00 am – 4:00 pm*

**White Sail Level I - \$650.00 4 weeks**

**White Sail Level II - \$650.00 4 weeks**

**White Sail Level III - \$650.00 4 weeks**

**Bronze Sail Level IV - \$750.00 4 weeks**

**Bronze Sail Level V - \$750.00 4 weeks**

**Silver Sail Level VI - \$800.00/session**

**Gold Sail Level VI - \$800.00/session**



**ADULT SAILING– \$350.00**

**Tuesdays:**

**July 6, 13, 20, 27**

**August 3, 10, 17, 24**

**Registration and Payment in full is required on or before June 1, 2010**