

## KYC Program 2010 Sail Training Program

V Mar. 20th, 2010

### **Commodores Message:**

Sailing is an outstanding lifelong outdoor sport. Learning to sail as a junior or an adult is a great way to acquire respect for nature and the importance of safety on the water. The small group format with outstanding coaching we offer at Kitsilano Yacht Club (KYC) is the best possible way to learn. Once you learn the basics on simple single-handed or two-handed boats, it can be as wild, wet and physically demanding as you want on a 505 – Talk to Reto and Phil who sailed in the North American championships last year about that. Stable family day-sailing and international competitive racing is available in the Lightning class – a friendly and dedicated bunch always willing to help. You can move into Olympic class competition in the Star; one of the classic keelboats and a founding class at KYC in 1934. English Bay boasts one of the most competitive and skilled groups of Star sailors in the world. KYC sailors are regularly amongst the best on the Bay. The local M242 fleet is incredibly competitive and social. The design also supports day-sailing and, in a pinch, the occasional overnight trip. KYC fleets this year have scheduled monthly sailing time with experienced skippers in privately owned fleet boats for students in the more advanced courses. These times are scheduled on non-racing days to allow familiarization with the advanced racing rigging without the time pressure of race day. Crew opportunities are available for keen and reliable crew willing to learn and commit to a season's schedule. My best advice for would-be crew – learn your stuff, be available when the opportunity comes up, and enjoy yourself. All of the KYC fleets are also remarkably affordable to get started as a boat owner. It is amazing how many sailors stay with the sport for life. KYC has active sailors age 8 to 80+!

As Commodore of Kitsilano Yacht Club I welcome you to the sport of sailing and encourage you to explore the possibilities of sailing as a lifelong participation sport at the best and most affordable yacht club in Vancouver. Have fun!

See you on the water...

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Commodore 2010, Kitsilano Yacht Club

### **Sailing Directors Message:**

The program's in this brochure were developed to meet the needs and interests of as many sailors as possible, from those who have never-ever been afloat, to the budding sailboat racer. I hope you find a program that interests you and I hope to see you all out enjoying the safe and sheltered waters of English Bay

Sail fast and flat!

Joel Taylor

Sailing Director, Kitsilano Yacht Club

**Book Costs:**

There are learning aids published by CYA that are recommended for each CYA course. These books are available from the KYC office for the following costs:

|                                 |                              |                      |
|---------------------------------|------------------------------|----------------------|
| White sail activity books: \$15 | Bronze sail workbook: \$20   | VHF radio text: \$50 |
| Basic Sailing Skills: \$25      | Advance Sailing skills: \$30 | PCOC : free          |

**Certificate programs:**White Sail I& II or III

The White Sail levels cover the basics of sailing, including knots, safety, points of sail, terminology and crewing / skippering skills. Sailors become comfortable sailing upwind, downwind and docking or beaching their boats. White Sail I and II or III (two week course, 60 hours) Time: 9am to 3:30pm. Two week Programs start the first and third Monday beginning June 21<sup>st</sup>. 1 week non certificate option available.

Bronze IV, V

Bronze Sail emphasizes advanced sailing skills such as trapezing and spinnaker handling, while improving on the basics learned in White Sail. The Bronze Sail levels also provide an introduction to advanced sail theory and all the other fundamentals necessary for racing. Bronze Sail IV or V (two week course, 60 hours) Time: 9am to 3:30pm. Two week Programs start the first and third Monday beginning June 21<sup>st</sup>.

Family Sail

Both White sail and Bronze sail programs are very family friendly activities. Parents can take adult oriented sailing lessons at the same time as their children are participating in any of the youth programs. Parents have the option during this program to either sail for fun or take a program leading to CYA White Sail or Bronze Sail certification. Programs will run parallel to regular sail training programs. Any program may be run as a family friendly version. See our instructors for details.

Youth / Adult PCOC exam challenge

We will offer youth and adult Pleasure Craft Operator Card exam challenges. Upon completion of this exam participants will receive their Pleasure Craft Operator Card. This card is required to operate any pleasure craft with a motor. Youth may choose to write the youth specific exam. After writing the exam students will receive their temporary PCOC card. Challenges will take place every third thursday at 8:30 p.m.

PCOC / VHF radio exam

This course is 8 hrs of instruction including two exams. The first 2hours is a review of the material in the PCOC exam, followed by the exam. The remainder of the course includes material on the Digital selective calling system and basic radio operation. Upon completion students receive the Radio Operator's Certificate, Marine. Course will be 8hrs in class.

**Non Certificate programs:**Semi private Sailing

The first lessons will be aboard our 20 foot lightning with the instructor aboard. This program is for older adults, and both new and experienced sailors. The aim is to enjoy getting out on the water in a low stress, fun environment. Small class sizes and a low instructor to student ratio provides more individual attention for the students. White to Bronze Sail material will be covered, as appropriate. Certification optional.

### Introduction to Racing and Regatta Preparation

This course teaches the basic skills needed to safely race a dinghy, including: starting, sailing for speed, mark rounding, basic tactics, and start signals and flags. Includes invitation to crew for Thursday night racing for the season. Available in several formats including evenings, weekends, and 5 Sundays leading up to a local regatta.

### Recreational Sailing / Intermediate Recreational Sailing:

This is a unique program developed to give sailors the skills necessary to safely day sail. The beginning course will include one day working on sailing skills, and a second day going for an extended sail. The duration will be determined by the skill level of the students and the weather conditions. Intermediate will include a second skill day followed by an extended day sailing. Instruction will continue during the day sails.

### Other activities at KYC

#### Dinghy Pass program

We invite all our students who complete White Sail III to sign up for our Dinghy Pass which gives them access to our boats throughout the summer season. This will give you a chance to hone your new skills while enjoying a beautiful summer on the water. The training fleet is available to dinghy pass holders any time sailing lessons are taking place and by appointment. Pass holders may sail in the JSCA Sunday series.

#### Tuesday night Racing field trip

When three or more sailors express an interest in sailing in the regular Tuesday night races at JSCA, a coach boat will be available to transport the boats to JSCA if necessary and to transport the boats home at the end of the night. There will be a drop in fee. JSCA waiver and entry form available at the office. First race May 18<sup>th</sup>. Racing until late August.

#### KYC Thursday Night Racing

All participants in learn to sail programs at KYC are encouraged to come out to our regular Thursday night racing. There are spaces available to crew aboard a lightning racing dingy. This boat is fast, and stable. Minimal racing experience is required. Just a good attitude and a willingness to learn. This is also an opportunity to involve the whole family. There is a catered dinner after each race where you can socialize with your new sailing friends. No fee to race. Dinner tickets may be purchased on site.

#### Other Yacht Club programs.

In addition to the sail training and racing programs, the club runs a variety of other activities. These include:

- \* Sailing movie night,
- \* Mentor night training with the club one design racing fleets,
- \* Sailing "Zest" the club's star,
- \* Activities with the Martin 242 fleet on their Wednesday night races
- \* Sunday JSCA racing,
- \* Youth water safety days,
- \* Off season dinghy sailing.

More information on these programs is available on the bulletin board or through our sailing director, Joel Taylor