

2020

S&RS



National Yacht Club Sailing & Racing School

Contact Us

sailingschool@thenyc.com

416-260-8686 ext. 32

1 Stadium Road

Toronto, ON

M5V 3H4

Courses Open to the Public

Program Overview

Welcome

National Yacht Club Sailing & Racing School is a Sail Canada accredited summer camp that offers introductory, intermediate and advanced sailing programs for ages seven and up. Our CANSail certified instructors introduce children to sailing fundamentals through interactive lessons, games and of course getting out on the water!

Participants sail on our fleet of Club owned SailCube, Optimist, RS Quest and C420 dinghies. On-water sessions are taught in small groups to ensure quality instruction and safety. Off-water activities include exploring the Toronto Island beaches and neighbouring parks, playing exciting sailing games, learning sailing theory like how to tie knots and much more!

Our learn-to-sail curriculum includes I CAN Sail through to CANSail level 6. Sessions range in length from one or two weeks at the beginner levels to a month-long program for intermediate and advanced sailors. Our advanced level sailors travel and compete at regattas around the province representing the Club at sailing competitions.

With our convenient downtown Toronto location, National Yacht Club is easily accessible by car, public transportation or bicycle. Parents are invited to watch the on-water activities from our Club dining room or even go for a sail on the last day of the session!

Our Mission

To provide safe, affordable and fun sailing instruction that meets Sail Canada standards and emphasizes performance while also promoting lifelong participation in the sport.

Our History

Since the National Yacht Club Sailing & Racing School's inception in 1955, our aim has been to produce first-rate sailors through quality instruction and enjoyment of the sport. NYC S&RS alumni have gone on to become instructors, compete as members of the Ontario and Canadian Sailing Teams at national and international events and most importantly become avid sailors for the rest of their lives.

Contact Information

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About Sailing

Why Learn to Sail?

Sailing is a unique sport because it combines exercise, independent thinking and enjoyment of the outdoors. Along with sailing specific skills, sailors develop:

- Balance & Coordination
- Analytical Thinking
- Communication
- Teamwork
- Leadership & Independence
- Confidence
- Basic Wind, Water & Weather Knowledge



Our Instructors

Professional Staff

NYC Sailing & Racing School has a fantastic team of experienced and enthusiastic instructors. All our staff are:

- Sail Canada Certified
- CPR, 1st Aid and Boat Safety Certified
- Qualified to evaluate CANSail levels
- Dedicated and professional
- FUN!



CANSail Levels

What is CANSail?

CANSail refers to Canada's national sailor training standards. Designed as a set of progressive learn to sail levels focused on providing sailors with a solid foundation of core skills before adding complex skills. The CANSail standard is intended to foster performance in sailing and lifelong participation in the sport.

Where to Start?

If your child is new to sailing and has not already participated in a CANSail program, you can sign them up for the I CANSail Level (1 week) or CANSail 1 Level (2 weeks) at NYC. More about these programs on pages 6-7.

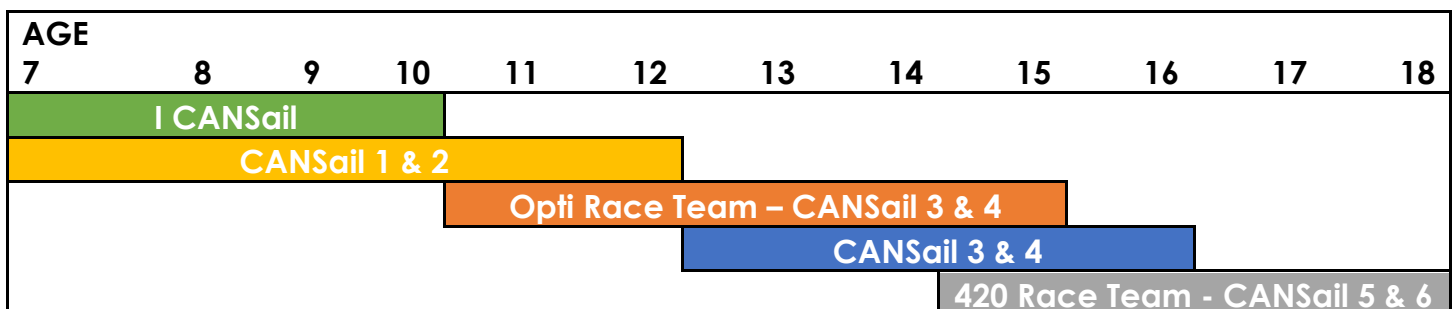
Recommended Ages

Our program is founded on the principle that sailing is a sport for life. Whether it will be your child's first time stepping into an Opti or they are a seasoned 420 racer, we have a program that will suit them.

The flow chart below can be used as a guideline for typical ages of campers in each of our programs, but many sailors do fall outside these age ranges. Contact us if you have questions!

Achieving a Level

Our program uses the CANSail curriculum as a basis for instruction and lesson/activity planning, but our main goal while your child is at camp is for them to enjoy the sport of sailing and learn something new. Instructors will evaluate students based on the CANSail rubric and will provide participants with guidance on their progress. Participants are not guaranteed to achieve a level, but they will certainly learn new sailing skills and have a great time!



I CANSail

No Previous Experience Required – Recommended Age 7 to 10

1-Week Sessions (see page 19)

Our 'I CANSail' level is perfect for beginner level sailors. The one-week program is intended to get children out on the water and spark their interest in sailing.

Instructors introduce basic sailing concepts through fun and interactive lessons. Our goal is to get participants comfortable on the water and having fun in boats!

Topics Include

- Boat Balance & Straight-Line Steering
- Identifying Wind Direction
- Boat Safety
- Knot Tying
- And More!

What We Sail

'I CANSail' sailors will sail by themselves or with a partner in SailCube dinghies. (see page 11)



CANSail 1 & CANSail 2

No Previous Experience Required – Recommended Age 7 to 12

2-Week Sessions (see page 19)

Our ‘CANSail 1’ level is another great option for beginner level sailors. This two-week program emphasises fun, safety and fundamental skill development.

The ‘CANSail 2’ level develops skills learned in CANSail 1 and builds confidence, the goal of this program is for sailors to be capable of sailing a boat by themselves.

Topics Include

- Body Position & Boat Balance
- Sail Trim, Steering & Boat Control
- Knot Tying & Rigging
- Basic Weather & Wind Identification
- And More!

What We Sail

‘CANSail 1 & 2’ sailors will sail predominantly on SailCube and Optimist dinghies but will also be introduced to the larger RS Quest sailboat. (see page 11)



Opti Race Team

CANSail 2 Level Required – Recommended Age 11 to 15

3-Week Sessions (see page 19)

The 'Opti Race Team' continues to develop sailing skills taught in 'CANSail 1&2', while also introducing elements of racing in a fun environment.

Each session culminates in participation at a local or regional Optimist regatta. Participants will apply their new sailing skills on the race course and have a great time bonding as a team. Parent participation is required to facilitate regatta attendance.

Topics Include

- Balance & Sail Trim in Windier Conditions
- Acceleration & Mark Rounding
- Racing Rules & Starting Tactics
- And More!

What We Sail

'Opti Race Team' members will sail by themselves in Optimist dinghies. (see page 11)



CANSail 3&4

CANSail 2 Level Required – Recommended Age 13 to 16

4-Week Sessions (see page 19)

Our month-long ‘CANSail 3&4’ program expands on the sailing skills and theory taught in ‘CANSail 1&2’.

Participants are taught new sailing skills and are also introduced to the fundamentals of racing. Sailors participate in a local regatta during their session to put these new skills into practice.

Parent participation is required to facilitate regatta attendance.

Topics Include

- Boat Balance Using Trapeze
- Spinnaker Sail Trim
- Racing Rules & Starting Tactics
- And More!

What We Sail

‘CANSail 3&4’ level sailors sail with a partner in Club 420 dinghies. (see page 12)



CANSail 5&6 – 420 Race Team

CANSail 4 Level Required – Recommended Age 15 to 18

4-Week Sessions (see page 19)

Our month-long ‘CANSail 5&6’ race program is focused on acquiring and refining complex sailing skills.

Sailors in this program are taught sailing techniques to help them sail fast in a racing environment. Race team members train, travel and compete in local and regional regattas where they apply the skills and knowledge they have acquired in training to compete against teams from other clubs.

Parent participation is required to facilitate regatta attendance.

Topics

- Advanced Boat Handling Techniques
- Racing Rules, Strategy & Tactics
- And More!

What We Sail

‘420 Race Team’ members sail with a dedicated partner in Club 420 dinghies. (see page 12)



Our Fleet



SailCube

ICANSail / CANSail 1&2

Made of rotomolded plastic, this boat is easy to use and designed for sail training.

- Stable
- Durable
- Beginner Friendly
- Great Training Boat

RS Quest

CANSail 1&2

Also made of rotomolded plastic, this boat is larger than the SailCube and great for older beginner level sailors.

- Large Open Cockpit
- Stable & Durable
- Developing Teamwork Skills
- Great Training Boat



Optimist

CANSail 1&2 / Opti Race Team

The Optimist dinghy is one of the most popular sailing & training dinghies in the world.

- Stable
- Easy to Use
- Tactical Fleet
- Big Local Racing Fleet

Our Fleet

Club 420 Dinghy

CANSail 1&2 / CANSail 3&4 / 420 Race Team

This double-handed dinghy is another commonly used training boat. The C420 can be rigged for simple instruction or with the addition of spinnaker and trapeze can be used for high performance sailing.

- Exciting to Sail
- Great Race Training Boat
- Competitive Local Racing Fleet

Club 420 with Crew on Trapeze

Club 420 Flying Spinnaker



What to Bring

We Recommend Each Student Arrive with:

- Comfortable, casual clothing appropriate for the weather – please note that it is often cooler near the water
- Bathing suit
- Towel
- Complete change of warm clothing
- Quick-dry, non-marking soft soled shoes – please avoid sandals or open toed shoes
- Warm windbreaker
- Life Jacket or Personal Flotation Device (PFD) - properly sized and clearly marked with the owner's name*
- Hat
- Sunscreen
- Water bottle
- Lunch and lots of snacks – students will not have access to a refrigerator or the NYC dining room

* NYC has a limited number of lifejackets available for loan – if required please make a note on your child's registration form



A Typical Day

8:00 – 8:30 AM	Early Drop Off (extended hours \$30 per week)
8:30 – 9:00 AM	Drop Off and Morning Game(s)
9:00 – 10:00 AM	Rigging (getting the boats ready for sailing)
10:00 – 11:30 AM	Morning Lesson and Sailing Session
11:30 AM – 12:30 PM	Lunch
12:30 – 3:30 PM	Afternoon Lesson and Sailing Session
3:30 – 4:00 PM	De-Rigging (putting the boats away)
4:00 – 4:30 PM	Evening Game(s) and Pick Up
4:30 – 5:00 PM	Late Pick Up (extended hours \$30 per week)

- In the event of poor weather indoor activities such as interactive theory lessons, games and crafts are organized.



Lunch Program

Optional Lunch Program

\$65 per Week

Sign your child up for our optional lunch program and let us deal with lunch prep!

This program includes a delicious and nutritious lunch, juice and afternoon snack.

Sample Menu

Monday

- Rotini with Tomato Meat Sauce
- Caesar Salad
- Garlic Bread

Tuesday

- Chicken Ranch Wrap
- Garden Salad
- Whole Fruit

Wednesday

- Chicken Quesadilla
- Pasta Salad
- Whole Fruit

Thursday

- Cold Cut Sandwiches
- Veggies & Dip
- Fruit Salad

Friday

- Beef Burger
- French Fries
- Green Salad

Monday

- Chicken Fingers
- Garden Salad
- Whole Fruit

Tuesday

- Chicken Penne Primavera
- Garden Salad
- Fruit Salad

Wednesday

- Soft Shell Beef Tacos
- Garden Salad
- Veggies & Dip

Thursday

- Shaved Turkey Sandwiches
- Caesar Salad
- Whole Fruit

Friday

- Cheese & Pepperoni Pizza
- Veggies & Dip

Due to the nature of this service, we may not be able to accommodate food allergies or special dietary restrictions. We do not recommend the lunch plan for children who are picky eaters, and we strongly recommend sending additional snacks with your child as they are active throughout the day.

Special Events

Theme Days

During each session our instructors organize fun and exciting theme days or special outings to the Toronto Island Beach or the local park.

Past themes have included 'Super Hero Day', 'Halloween-in-the-Summer' and 'Beach Day'.



Parent's Day

On Fridays every other week, parents are invited to join in the fun and go for a morning sail during one of our Parent's Day.

Find out what your kids have learned and why they're having so much fun at camp!

Space is limited, so if you are interested in participating, we encourage you to email sailingschool@thenyc.com.

Regattas

To introduce our intermediate sailors to competitive sailing, our 'Opti Race Team' and 'CANSail 3&4' participants attend local regattas.

These regattas are a great way for sailors to apply the skills they have developed in a competitive and challenging setting. They also prepare sailors for 'CANSail 5&6', where as members of the 420 Race Team they will travel and compete in higher level regional regattas.

Regatta dates fluctuate from season to season and additional information is sent to parents closer to the beginning of each session.



Awards Banquet

At the end of each sailing season the NYC Sailing & Racing School hosts an awards banquet to celebrate the achievements of the sailing school participants.

Sailors, parents, and instructors start the evening with a delicious buffet dinner, including the legendary desert island. After dinner the instructors present sailors with their hard earned CANSail certificates, share stories from the season and award trophies for special achievements. The banquet is always a great party, so get excited!



This year's banquet will be held on the evening of **Friday, August 28th, 2020**. Save the date!



Session Rates & Dates

I CANSail	Session #	Dates	NYC Member Rate	Non-Member Rate
I CANSail	1	June 29 – July 3*	\$275	\$295
I CANSail	2	July 6 – July 10	\$345	\$370
I CANSail	3	July 13 – July 17	\$345	\$370
I CANSail	4	July 20 – July 24	\$345	\$370
I CANSail	5	July 27 – July 31	\$345	\$370
I CANSail	6	Aug. 4 – Aug. 7*	\$275	\$295
I CANSail	7	Aug. 10 – Aug. 14	\$345	\$370
I CANSail	8	Aug. 17 – Aug. 21	\$345	\$370
I CANSail	9	Aug. 24 – Aug. 28	\$345	\$370
CANSail I & 2	Session #	Dates	NYC Member Rate	Non-Member Rate
CANSail I or 2	1	June 29 – July 10*	\$520	\$570
CANSail I or 2	2	July 6 – July 17	\$575	\$630
CANSail I or 2	3	July 13 – July 24	\$575	\$630
CANSail I or 2	4	July 20 – July 31	\$575	\$630
CANSail I or 2	5	July 27 – Aug. 7*	\$520	\$570
CANSail I or 2	6	Aug. 4 – Aug. 14*	\$520	\$570
CANSail I or 2	7	Aug. 10 – Aug. 21	\$575	\$630
CANSail I or 2	8	Aug. 17 – Aug. 28	\$575	\$630
CANSail 3&4	Session #	Dates	NYC Member Rate	Non-Member Rate
CANSail 3&4	1	June 29 – July 24	\$1090	\$1200
CANSail 3&4	2	July 27 – Aug. 21	\$1090	\$1200
CANSail 3&4	Bonus Week!	Aug. 24 – Aug. 28	\$275	\$300
Opti Race	Session #	Dates	NYC Member Rate	Non-Member Rate
Opti Race Team	1	June 29 – July 17	\$820 + \$50**	\$900 + \$50**
Opti Race Team	2	July 20 – Aug. 7	\$820 + \$100**	\$900 + \$100**
Opti Race Team	3	Aug. 10 – Aug. 28	\$820 + \$50**	\$900 + \$50**
420 Race Team	Session #	Dates	NYC Member Rate	Non-Member Rate
CANSail 5&6	Spring Training	May 3-27 – Wed/Sun	\$425 + \$50**	\$425 + \$50**
CANSail 5&6	1	July 2 – July 26	\$1125 + \$100**	\$1230 + \$100**
CANSail 5&6	2	July 29 – Aug. 23	\$1125 + \$150**	\$1230 + \$150**
CANSail 5&6	Bonus Week!	Aug. 24 – Aug. 28	\$282	\$308
CANSail 5&6	Fall Training	Sept. 9-30 – Wed/Sun	\$425 + \$100**	\$425 + \$100**

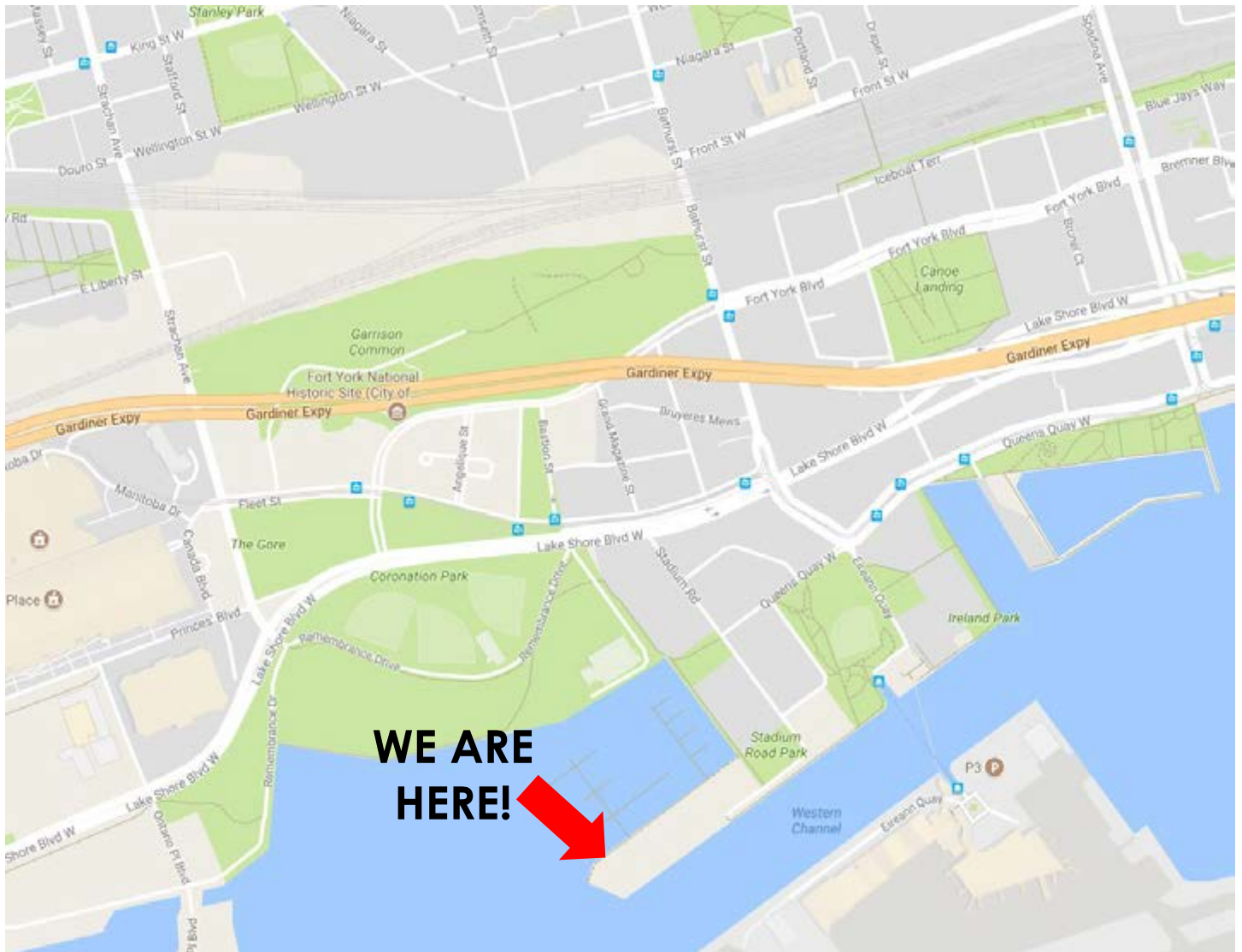
* There will be no classes on Canada Day – July 1, 2020 or the Civic Holiday - August 3, 2020

** A Regatta Expense Deposit must be paid with registration to cover expenses related to regattas the team attends. Unused funds are refunded at the end of the season.

Come Visit Us!

Great Downtown Location

At the foot of Bathurst Street – easy to get to by car, TTC & bicycle. Make an appointment to stop by and tour our facilities, we'd love to show you around!



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