

2024



**Dartmouth  
Yacht Club**

*Sail Training Programs*

— .. for Children & Adults

[www.dartmouthyachtclub.ca](http://www.dartmouthyachtclub.ca)





# .. About

Promoting sailing as a lifetime sport or for leisure is the goal of the Dartmouth Yacht Club's junior and adult sailing programs while making it a fun and memorable summer experience.

Our programs are instructed by our experienced and knowledgeable staff, who strive to show the students the best way to continue safely and confidently through their sailing careers. We achieve this by promoting teamwork and leadership as students learn seamanship skills and boat-handling duties. The sail training programs at DYC also encourage a healthy, active lifestyle and environmental consciousness. We teach programs from the Sail Canada curriculum and are instructed by our CANSail-certified coaches.

**Please note that membership is not required to participate in our programs, and no previous sailing experience is required.**

**Spring Sail Training** is an opportunity for CANSail 3-6 sailors to kick start their sailing season ahead of the summer programs. The spring sail training program will follow the same CANSail curriculum as the summer CANSail 3-6 program, offering sailors a chance to get a head start on or apply the finishing touches to the certification they are working on. This program will build upon fundamental skills sailors learned in prior programs and introduce new skills such as roll tacking, handling heavier wind conditions and learning to race. The spring sail training program is open to C420, Optimist and ILCA (bring your boat) sailors. The program will start on May 25th and will happen on Saturdays and Sundays from 11 am-4 pm until June 23rd.

**Fall Sail Training** gives sailors a chance to close the sailing season with additional weekend sailing. The program is offered to our CANSail 3-6 sailors for C420, Optimist and ILCA. This program will build upon skills learned during the summer months and follow the same CANSail 3-6 curriculum. Lessons will build upon fundamental skills learned in the CANSail 1-2 curriculum, new skills, such as roll tacking, perfecting a race start and more. The program will take place on Saturdays and Sundays from 11 am-4 pm, beginning September 7th through to October 6th.

# ..Wetfeet

**Age: 5-8 years**

**Duration: 1 week**

**Member Cost: \$295**

**Non-member: \$328**

**Prerequisites: none**

The Wet Feet Program caters to children from the ages of five to eight years old. Children will learn how to become comfortable on and around a sailboat while getting used to being in and around the water. The program will begin the first week of July and run from Monday to Friday from 9 am until 4 pm. Children who wish to attend the Wet Feet Program must have completed one full year of school.







# CanSail 1

**Age: 8-18**

**Duration: 2 weeks**

**Member Cost: \$515**

**Non-member: \$572**

**Prerequisites: none**

This program is for newcomers or sailors who have finished the Wet Feet curriculum. Beginner sailors will learn the fundamentals of sailing, including basic sheeting, steering, and boat handling on all points of sail, as well as how to execute boat-handling techniques safely. Sailors are matched with a boat for their size and gradually exposed to crucial ideas to enhance their sailing experience along with thrilling off-the-water excursions. This course will take four or more weeks of training and can be separated into two-week sessions during the summer. Instruction runs from 9 am to 4 pm, Monday to Friday, for two weeks each session.





# — .. *CANsail 2*

**Age: 8-18**

**Duration: 2 weeks**

**Member Cost: \$515**

**Non-member: \$572**

**Prerequisites: CANSail 1**

This program is an introduction to the fundamentals of sailing. By completing the course, the student will have a firm grasp of the fundamentals of sailing a boat, including the ability to deal with most situations which may arise on the water. The course is for sailors who have learned the basic skills and are ready for a challenge. The CANSail 2 program is taught in the Club 420 and Optimist class boats. Sailors are matched with a boat for their size and gradually exposed to crucial ideas to enhance their sailing experience along with thrilling off-the-water excursions. This course will take four or more weeks of training and can be separated into two-week sessions during the summer. Instruction runs from 9 am to 4 pm, Monday to Friday, for two weeks each session.







# — CanSail 3

**Age: 8-18**

**Duration: 2 weeks**

**Member Cost: \$515**

**Non-member: \$572**

**Prerequisites: CANSail 2**

In this program, you will apply your sailing skills by learning the physics of how the boat works, and sailing the boat quickly and strategically. During this course, students will learn the fundamental rules of racing and have the opportunity to compete in local regattas. The CANSail 3 program is taught in the Club 420 and Optimist class boats. This course will take four or more weeks of training and can be separated into two-week sessions during the summer. Instruction runs from 9 am to 4 pm, Monday to Friday, for two weeks each session.





# CanSail 4

**Ages: 8-18**

**Duration: 2 weeks**

**Member Cost: \$515**

**Non-member: \$572**

**Prerequisites: CANSail 3**

The program will teach the learning the strategy of racing while applying your knowledge, learned at all other levels, sailing the boat quickly and strategically. The CANSail 4 program is taught in the Club 420 and Optimist class boats. This course will take four or more weeks of training and can be separated into two-week sessions during the summer. Instruction runs from 9 am to 4 pm, Monday to Friday, for two weeks each session. Sailors will be encouraged to participate in local regattas.





# *CanSail 5/6*

**Ages: 8-18**

**Duration: 2 weeks**

**Member Cost: \$515**

**Non-member: \$572**

**Prerequisites: CANSail 3 and 4**

These programs will help advance skills learned in CANSail 3 and 4 and push towards a better understanding of race strategy, weather, and skills to sail a boat at its top performance at all times. CANSail 5 and 6 are intensive courses that tend to take more time to complete than other levels. Instruction runs from 9 am to 4 pm, Monday to Friday and can be separated into two-week sessions during the summer.

# .. Adult

**Duration: 1 week**

**Member Cost: \$299**

**Non-member: \$389**

**Prerequisites: None**

There are four levels of training for our adult courses: a crew member, navigator, first mate and skipper, with a minimum of two people to a maximum of four people for each class. The NYC adult sail training programs for 2024 will be on our Boreal 23' Sonic sailboat. The training will include terminology, rigging, knots, docking, anchoring, points of sail, tacking, gybing, reefing, rules of the road, and navigation. You will receive hands-on training by sailing on the Bedford Basin, plus a trip to McNabb Island. Each course includes presentation slides, informative handouts, practical exercises and an exam.











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# Outline

## Day One:

- Walkthrough and Storing the Boat
- Docking and Anchoring
- Terminology, Rigging and Basic Knots
- Points of Sail, Tacking and Gybing

## Day Two:

- Emergency Steering and MOB Exercises
- Docking and Anchoring
- Sail Changing and Reefing
- Rules of the Road and Navigation

## Day Three:

- Storm Sails, Charts, Fuel and Water
- Marine Forecast, Warnings, Radio Procedures
- Harnesses, Jack Lines, Flare and Smokes
- Rules of the Road and Navigation





### **Day Four:**

View Examples of Navigation Systems in the Harbour  
Sail to McNabb Island and Anchor  
Write and Correct the Exam  
Return the Boat to DYC, Clean and Secure all Gear

### **Information**

All classes are from Monday - Thursday, at 9am - 3:30pm, with thirty minutes for lunch.

Continuing training is available on the Boreal on Friday, Saturday and Sunday of each week. The Boreal sailboat, can be signed out by successful students for \$129 per day.





# — .. *Essentials*

Life Jacket (PFD)

Sunscreen, Hat, Sunglasses

Reusable Water Bottle, Lunch and Snacks

Changes of Clothes Including Rain Gear

Closed-Toed Shoes

Water-Closed-Toed Shoes (Sneakers or water shoes are required for going on the water)

Swimsuit and Towel

Pocket Knife and Small Flashlight (Adult only programs)

We recommend labeling all belongings and storing them in large plastic bins. We have learned this is the easiest way to keep everything organized on our storage shelves.

# — .. *Dates*

## **Wetfeet Program (Ages 5-8)**

**Session 1: July 1-5**

**Session 2: July 18-12**

**Session 3: July 22-26**

**Session 4: July 29 - Aug 2**

**Session 5: Aug 5-9**

**Session 6: Aug 12-16**

**Session 7: Aug 19-23**

**Session 8: Aug 26-30**

## **Adult Program**

**Session 1: June 10-13**

**Session 2: June 24-27**

**Session 3: July 8-11**

**Session 4: July 22-25**

**Session 5: August 19-22**

**Session 6: August 26-29**

**Session 7: September 9-12**

**Session 8: September 16-19**

## **CANSail Program (Levels 1-6)**

**Session 1: July 1-12**

**Session 2: July 15-26**

**Session 3: July 29-Aug 9**

**Session 4: Aug 12-23**

# — Registration & CANCELATION POLICY

All applicants will receive a confirmation email once you finish the registration process. You will be confirmed as a participant unless you notify NYC of a cancellation after the confirmation email.

If the course is full, NYC will add you to a wait list once registered. You will receive an email notification with confirmation. Those on the wait list will be informed when a spot opens.

All registrations are subject to a 25% cancellation fee once the registration is confirmed. A 50% cancellation fee applies to cancellations made less than two weeks before the start of the course.

Please note that there is a 10% discount for NYC members and \$25 off registration when a second child in the same family is registered.

NOW OPEN!  
REGISTRATION FOR JUNIOR CHILDREN PROGRAMS



TO REGISTER FOR ADULT PROGRAMS, PLEASE EMAIL  
[CAPTSAIL@DARTMOUTHYACHTCLUB.CA](mailto:CAPTSAIL@DARTMOUTHYACHTCLUB.CA)







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