

# HYC Junior Sailing Program 2010

## To Advance the Spirit of Sailing

The Junior Sailing Program at Hudson Yacht Club has got it all for aspiring young sailors! Our enthusiastic staff of instructors and coaches is keen to teach and inspire your kids, in a program designed for all sailing levels.

Our commitment is to accommodate the growing demand we have experienced in the Junior Sailing program. Our priority remains the safety of the children, as well as providing well-maintained equipment, knowledgeable instructors and providing quality instruction in a friendly and fun environment!



## Facilities – a fun and safe place to learn

Located on the beautiful Lake of Two Mountains, our Club offers superior facilities for teaching sailing. The dedicated facilities for our Junior Sailing Program are separate from the main clubhouse and are located adjacent to the Club's beach and pool. Our Club facilities include lockers, washrooms, showers, canteen food services, fridge and microwave. Our non-sailing activities include beach volleyball, basketball, swimming, theme days and fun competitions.



## Junior Sailing Programs

The program is based on the Canadian Yachting Association's "Learn To Sail" program. This program provides safe and standardized instruction for recreation and competition in sailing dinghies. Students are instructed in sailing theory, sailing technique and care and maintenance of the boats. Priority is given to on-water practice of these skills.

## Eligibility

Participants must pass a swimming test. Space in the program is limited, to ensure the safety of the children and the quality of instruction.

## Requirements

All students will be required to furnish and wear a MOT-approved lifejacket when on or near the water. LIFEJACKETS SHOULD BE OF A BRIGHT COLOUR. All students must be able to swim and tread water.

## Registration

Registration forms are available via the Club Office and website. Non-members may register as of May 1st, 2010.

## Children's Fitness Tax Credit

Through participation in the junior sailing courses you may qualify for the federal government's Children's Fitness Tax Credit. For more information, please refer to their website at [www.cra.gc.ca/fitness](http://www.cra.gc.ca/fitness)



## Hudson Yacht Club

10 Yacht Club Road  
Hudson, QC, J0P 1H0

E-mail: [info@hudsonyachtclub.com](mailto:info@hudsonyachtclub.com)

Telephone number: (450) 458-5326

# HYC Junior Sailing Program 2010

## Sailing Is Fun!

Just for the fun of it... no books... no levels! These sessions are one week, for kids who would like to experience sailing. Give it a try!!

Session Dates	Member Fee	Non-Member Fee
July 12 to July 16	\$170.00	\$195.00
Aug 2 to Aug 6	\$170.00	\$195.00



## OPTI Learn to Sail

The best sailors in the world started on the OPTI class sailboat! This program offers an excellent start to single-handed sailing.

Session Dates	Member Fee	Non-Member Fee
June 28 to July 9	\$335.00	\$395.00
July 12 to July 23	\$335.00	\$395.00
July 26 to Aug 6	\$335.00	\$395.00



## OPTI Learn to Rock 'n Race

OPTI sailors interested in exploring the thrill of competition and the possibility of race team, will enjoy this introduction to OPTI racing!

Session Dates	Member Fee*	Non-Member*
Aug 9 to Aug 20	\$335.00	\$395.00

\* BYOB Discount \$100

## White Sail I, II and III

White Sail I and II are the introductory levels for CYA-based certification. Beginners are introduced to and taught the basic skills of sailing. These levels cover safety, seamanship and boat handling in winds to 15km/hr velocity.

In White Sail III, sailors continue to learn terminology, knots and rules of the water, through games and activities. On the water, they work on boat safety and basic boat handling skills. On completion of WS III, the beginner will be able to sail with confidence, competently in wind speeds of 4-9 knots (8-16 km/hr) and perform proficiently without supervision. Sailors are now ready for the thrill of Bronze Sail!

Session Dates (3-wk or 2-wk)	Member Fee	Non-Member Fee
Jun 28 - Jul 16	\$445.00	\$525.00
July 19 - Aug 6	\$445.00	\$525.00
Aug 9 - Aug 20	\$320.00	\$380.00



## Bronze Sail IV and V

At the Bronze level sailors are introduced to advanced sailing techniques, including sail trim, boat tuning, boat maintenance, trapezing and the use of the spinnaker. Students are encouraged to join in Club racing and local regattas. After completing bronze standards, sailors are competent in winds up to 25km/hr, and ready for Senior Race Team!

Session Dates	Member Fee*	Non-Member Fee*
June 28 to July 23	\$595.00	\$695.00
July 26 to August 20	\$595.00	\$695.00

\* BYOB Discount \$100

All programs plus Quebec Sailing Federation(FVQ) training fee: \$5



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