



Kingston Yacht Club  
Junior Sailing 2012  
**CANSail Program Information**

**Please read these program descriptions in order to select the appropriate level on the Application Form.**

<b>Optimist</b>	<p>This program is targeted at younger and smaller sailors by utilizing boats that are perfectly suited to their smaller size (Oppies and Optimists). <b>Requirements:</b> Applicants must be at least 7 years old.</p> <p><b>Beginner</b> introduces young children of a minimum age of 7 to the sport of sailing in "Oppies". Two sailors in each boat work together to learn the basics of steering, sail trim and parts of the boat. The maximum recommended weight for this program is 100 pounds, otherwise entry into CANSail 1 &amp; 2 is recommended. Children should be comfortable swimming in deep water.</p> <p><b>Intermediate</b> allows sailors to expand upon their basic sailing skills. The Opti Beginner program is a pre-requisite for entry into Opti Intermediate. Sailors learn how to control the sail and the tiller effectively while alone in an "Optimist". A wide range of skills is taught at this level to suit the varying abilities. Practice for a few years at this level may be required before children are advanced enough to enter our Opti Advanced program.</p> <p><b>Advanced</b> includes more technical sailing skills and may introduce aspects of racing. The advanced sailing skills are taught in higher wind conditions and strong intermediate sailing skills are required. Successful completion of Opti Intermediate or a strong demonstration of skills is required for entry into this level.</p>
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<b>Learn to Sail</b>	<p><b>CANSail 1 &amp; 2 (formerly White Sail)</b> - Introductory sailing levels for children 11 years and older. Beginners are introduced to the basic skills of sailing. These levels cover safety, seamanship and boat handling in light to moderate winds. These courses are taught in our FJ's and sailors are in groups of 3 or 4 in the boat. Young sailors are likely to take part in CANSail 1 &amp; 2 for two or more sessions before moving into CANSail 3 &amp; 4. <b>Requirements:</b> Applicants must be at least 11 years old</p> <p><b>CANSail 3 &amp; 4 (formerly Bronze Sail)</b> - Advanced sailing levels where sail trim, boat tuning, trapezing, and spinnaker are introduced and taught. Sailors learn and practice these skills in varying wind conditions. Courses are taught in "420's" and are sailed double handed (2 students per boat). CANSail 3 (formerly Bronze IV) is offered in either 4-week sessions or 2-week "A" and "B" components. Sailors must complete at least one "A" session and one "B" session in order to complete their CANSail 3, but may require more than 4 weeks to complete the level. <b>Requirements:</b> Applicants must be at least 11 years old, or have permission from the Junior Sailing Director.</p>
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<b>Racing</b>	<p>Once a sailor has achieved their White and Bronze Sail levels, they can continue to advance their skills through the Race Programs at KYC. <b>Requirements:</b> Applicants must be at least 13 years old, and have sufficient weight and strength for their desired class.</p> <p>The Race programs are for sailors who want to continue to apply their technical skills and develop racing skills. Sailors in this program continue to build the racing skills and knowledge learned in previous levels, with more advanced and focused racing elements being introduced. While taking part in the race program sailors will continue to develop their boat handling, and boat specific knowledge in both racing and non-racing contexts. These courses are taught in 420's, Lasers and Radials, sailors are expected to participate in regattas outside the club on the Ontario regatta circuit including CORK. Full time coaching is provided. Single-handed sailors are required to bring their own boats and will receive a discount if they do so.</p> <p><b>Learn to Race</b> is a program intended for sailors who already have their CANSail 4 / Bronze Sail levels and wish to continue to improve their sailing and racing skills but are not ready or able to dedicate a full 8 weeks. Sailors in this program will be able to work towards their Silver level but will likely not be able to complete this in 4 weeks. Please note that space in this program is very limited as the club has a limited number of double-handed race boats. Single-handed sailors must provide their own boats.</p> <p><b>Race Team</b> is a program for sailors who are motivated and have a keen interest in racing and who wish to work through their CANSail 5 &amp; 6 (formerly Silver &amp; Gold) levels. These sailors are expected to participate in an extensive regatta schedule and parents will be required to drive and chaperone at regattas.</p> <p><b>Opti, 29er and Laser/Radial Race</b> Programs are also offered. Please consult the club website for additional information and forms. Please note that a minimum of 3 boats is required for each fleet in order for program to be offered.</p>
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**Additional Information**

- There will be an information Night at 7pm on June 27<sup>th</sup> so parents and students can find out more about the program. There will also be an additional Information Night for the students in the Racing program at 7pm on June 6<sup>th</sup>.
- Each 4-week session typically includes a sailing cruise to Cedar Island for a BBQ, our popular "feeding frenzy" and a trip to White Mountain Ice Cream. Other "theme" days may also be included.
- Programs **do not** run on statutory holidays and where affected, those sessions **are not** pro-rated.
- On Friday August 24<sup>th</sup> there will be an awards night, which is great fun for the students and parents and includes a slide show and many awards!



Kingston Yacht Club  
Junior Sailing 2012  
**CANSail Application**



**Applicant Information**

Name: _____	Date of Birth: _____
Address: _____	City: _____
Province: _____	Postal Code: _____
Home Phone # : _____	Health Card # : _____
Current Sailing Level Achieved: _____	Weight: _____
Current Swimming Level Achieved: _____	

**Parents / Guardians Information**

Name: _____	Phone # (Day/Cell): _____ / _____
Name: _____	Phone # (Day/Cell): _____ / _____
Emergency Contact <sup>Ⓛ</sup> : _____	Phone # (Day/Cell): _____ / _____
E-mail Address: _____	
Family Membership # _____ (A Family Membership # is required to qualify for Member Pricing)	
Where did you hear about the program: _____	

Ⓛ Note: The emergency contact must be a **Kingston daytime** (during camp hours) contact

**Course Selection & Fees**

Please read the Course Information sheet carefully in order to determine which levels and sessions to select. For each session, fees are listed in pairs with the lower fee for children of KYC Family Members.

**Please Indicate Level and Session(s)**

CANSail Level (Traditional Level)		Session				Per Session Fee Ⓢ Members/Non-Members
		Session A July 3 – July 13	Session B July 16 - 27	Session C July 30 – Aug 10	Session D Aug 13 - 24	
Opti	CANSail 1 (Beginner)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> \$515 / <input type="checkbox"/> \$620
	CANSail 2 (Intermediate)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> \$515 / <input type="checkbox"/> \$620
	CANSail 2 (Advanced)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> \$515 / <input type="checkbox"/> \$620
Learn to Sail	CANSail 1 (White Sail I & II)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> \$480 / <input type="checkbox"/> \$580
	CANSail 2 (White Sail III)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> \$480 / <input type="checkbox"/> \$580
	CANSail 1 & 2 (White Sail I, II & III)	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/> \$785 / <input type="checkbox"/> \$945
	CANSail 3 (Bronze Sail IV)	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/> \$785 / <input type="checkbox"/> \$945
		④ <input type="checkbox"/> A	④ <input type="checkbox"/> B	④ <input type="checkbox"/> A	④ <input type="checkbox"/> B	<input type="checkbox"/> \$480 / <input type="checkbox"/> \$580
	CANSail 4 / Chutes & Wires 1 (Bronze Sail V)	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/> \$785 / <input type="checkbox"/> \$945
	CANSail 4 & 5 / Chutes & Wires 1 (Learn to Race)	<input type="checkbox"/>		<input type="checkbox"/> ②		<input type="checkbox"/> \$930 / <input type="checkbox"/> \$1120
Racing	Race Team (Single Handed) CANSail 5 & 6	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/> \$1780 / <input type="checkbox"/> \$2140
	Race Team (Double Handed) CANSail 5 & 6 / Chutes & Wires 2	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/> \$1780 / <input type="checkbox"/> \$2140

② Learn to Race applicants should pick this session to be included in CORK

Applicant will be bringing their own boat Ⓣ. Please indicate boat type: \_\_\_\_\_

**Important Notes:**

- Only children of **KYC Family Members** are eligible for the reduced Members' Fee.
- For each application, a \$100.00 non-refundable deposit per child, per session is required in addition to a post-dated cheque for the remaining balance dated June 1, 2012 for sessions beginning on July 3rd or July 16<sup>th</sup> or dated July 1<sup>st</sup>, 2012 for sessions beginning July 30<sup>th</sup> or August 13<sup>th</sup>. Refund of balance will not be made once the session has started (contact Main Office for details).
- Applications will **not be processed** without a deposit **and** a post-dated cheque.
- Cheques are to be made payable to the **Kingston Yacht Club**
- Programs **do not** run on statutory holidays and affected sessions **are not** pro-rated.
- Ⓢ A discount of \$25 per week will be given to sailors who bring their own boat. ( Laser, Radial, Optimist )
- Ⓞ Space is limited for the 2-week Bronze IV sessions. Sailors will need to complete at least an "A" and a "B" session in order, if not more, to achieve Bronze IV.



**Kingston Yacht Club  
Junior Sailing 2012  
Medical Information & Waivers**



**Instructions**

Please complete the Medical section if the applicant has any allergies, learning difficulties, medical conditions, or other problems the staff should be made aware of. A Parent or Guardian must complete the Waiver and the applicant must sign the Code of Conduct.

**Waiver of Liability**

I, as parent or guardian of \_\_\_\_\_ release the Kingston Yacht Club "The Club" from any claim or action for damages, loss or injury which may occur to my child as a result of their use of The Club facilities or participation in Junior Sailing activities during the 2012 season. I also release the Club from any such claim or action by their heirs or personal representatives.

Dated at Kingston this \_\_\_\_\_ Day of \_\_\_\_\_, 2012

**Parent/Guardian**

Signature: \_\_\_\_\_

Please print name: \_\_\_\_\_

**Witness**

Signature: \_\_\_\_\_

Please print name: \_\_\_\_\_

**Slide Show**

During the summer the instructors take pictures of the students for use in the Awards Night Slideshow. We would also like to distribute this slideshow, in CD form, to students of the program early in the following year as a memento. The slideshow and pictures would not be used for any other purpose.

- YES**, I give permission for photos of my child to be included in the slide show.
- NO**, I do not give permission for photos of my child to be included in the slide show.

**Medical Information**

Notes

**Code of Conduct**

I hereby make application to join KYC Junior Sailing and will abide by the KYC Rules and by the By-Laws as they apply to Junior Members and the regulations and disciplinary measures as laid down by the Junior Sailing Director and the Head Sailing Instructor.

Applicant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Submission Instructions**

Please return application and cheques (or provide credit card details) to:

**Kingston Yacht Club**  
1 Maitland Street  
Kingston, Ontario.  
K7L 2V3

Tel: (613) 548-3052 ext. 1  
Fax: (613) 548-8876  
JS (613) 547-2620  
Email: [office@kingstonyachtclub.com](mailto:office@kingstonyachtclub.com)  
URL: [www.kingstonyachtclub.com](http://www.kingstonyachtclub.com)

OFFICE USE ONLY					
Date Received	Total Fee	Deposit Amount	Post Dated Amount	Due Date	Letter Sent
		\$100.00		June 1 / July 1	