

# Adult Learn to Sail

at the

## Rothesay Yacht Club

([www.rothesayyachtclub.com](http://www.rothesayyachtclub.com))

2017 Edition

Learn to sail on the beautiful Kennebecasis River. Our program is designed to introduce you to the world of sailboats, wind and water.

This course is ideal for beginners or for those who wish to improve their sailing skills and is taught by qualified CYA instructors.

You will train on the popular Club 420 dinghy. The course teaches the principles of boat handling necessary to provide confidence on a sail boat.

If you would like to join our program then please fill in the form attached or e-mail

[school@rothesayyachtclub.com](mailto:school@rothesayyachtclub.com)

### Course Notes

Most of the instruction is on the water along with some classroom time. The boats are supplied.

Participants are required to bring their own MOT (Ministry of Transport) approved PFD (personal floatation device) and are asked to wear non-marking, soft soled shoes. Foul weather gear, sun screen and a hat are recommended.

We follow the Canadian Yachting Association 'CANSail Program', which provides safe, standardized instruction to Canadians sailing dinghies for recreation and competition.

### CANSail 1

This level introduces the beginner to sailing. It covers safety, seamanship, rigging and basic boat handling under instruction and direction in light winds.

### CANSail 2

Terminology is introduced to the beginner at this level together with more seamanship and boat handling skills under instruction and direction in light winds.

This is a comprehensive level that covers the minimum knowledge and skills a sailor requires to sail safely and competently without supervision in winds of 8-15 km/hr.



### CANSail 3

This level introduces the sailor to sail trim and basic boat tuning. It also covers safety, seamanship, terminology, sail theory, sail shape and advanced boat handling skills in winds of 15-25 km/hr (10-15 mph).



### CANSail 4

Spinnaker use, boat maintenance, trapezing and sail theory are covered in this level together with advanced boat handling skills in winds of 15-25 km/hr (10-15 mph).

**Private lessons are also available. For details, please inquire.**

