



# SAILING PROGRAM GUIDE



# 2017



# WAEG SAILING 2017



Welcome back, Waeg Sailors! We're very much looking forward to another fantastic sailing season here at The Waeg, and we hope you are too! Year after year, we strive to improve the operation and offerings of our sailing program, and we are so grateful for the incredible sailing community here at The Waeg.

As always, returning sailors who were registered with The Waeg for sailing in 2016 will have advance opportunity to register for this year's programming. Here are all registration dates for 2017:

- **Advanced Sailing Registration: Feb 7<sup>th</sup>, 10am**  
(for returning sailors only – registration will be available online!)
- **General Sailing Registration: Feb 14<sup>th</sup>, 10am** (open to all members)
- **ALL Camps & Regular Programming: Mar 23rd, 10am**

In response to feedback from our members, we have tailored our sailing programs to include some of the same conveniences of our new summer camp program. All weekday programs now run from 9am to 4:30pm, with early drop-off and late pickup options, as well as a lunch plan option available to all sailors.

Also new in 2017, all of our sailing staff will now be required to complete training in *High Five's* Principles of Healthy Child Development.



## Lunch Plan

An **optional** healthy brown bag & hot lunch plan can be purchased on a weekly basis at a cost of **\$50 per week**. Lunch plans can be purchased at the time of registration, or added to your registration at a later date.

## Early Drop-off & Late Pickup

New for 2017, The Waeg is offering Sailing Camp parents the option of early drop-off and late pickup to the club. For **\$35/week**, we invite you to drop off your child anytime **after 8am**, and pick them up any time **before 5:30pm**.



## Waegwoltic Sailing School

The Junior Sailing Program at The Waegwoltic Club is focused on providing instruction in a fun, safe and positive environment. We strive to teach practical theory and on-water skills while emphasizing camaraderie and a passion for the sport. The Junior Sailing Program models itself on the *CanSail* program that was developed by Sail Canada (formerly known as the Canadian Yachting Association, CYA) and implemented in 2012. All of our instructors and coaches have received training and certification based on Sail Canada's national standards. *CanSail* programming means lots of time on the water in an active learning environment, with relatively less time spent in a classroom. Sailors learn the skills and enter into fun and challenging experiences suited to their age and stage of development. The programming is designed to get - and keep - sailors excited about sailing for life!

## Regattas & Parental Support

The racing and recreational streams both have different demands on the students enrolled and their parental supports. These are important points to consider when deciding what to sign up for. Recreational sailors do not attend any weekend Regattas. This means that the children will simply have to be picked up and dropped off at The Waeg each day. No additional transportation of children or equipment is required. With the racing stream, sailors will be attending weekend Regattas. The amount of involvement, and the distance of travel varies by program and the Regatta schedule. Sailors will also be training at other locations (Bedford, St. Margaret's Bay, Chester, P.E.I, etc.), where they will need to be dropped off and picked up, when applicable. This is a necessary aspect of the program, and one that is usually the highlight of the sailors' summer. To make this happen, parental support and involvement is absolutely necessary.

For more information on The Waegwoltic Junior Sailing Program, please email [sailing@waegwoltic.ca](mailto:sailing@waegwoltic.ca) or call the Main Office on 902 429 2822 ext.2. See below for more information on regatta fees and attendance.

# YOUTH: SPRING & FALL

## Spring & Fall Training Sessions

Why wait until the summer? Some of the season's best sailing happens during the spring & fall, with spectacular winds and fabulous sailing weather. Our new spring & fall training sessions are designed to deliver quality on-water experience for intermediate and advanced sailors looking to stay sharp leading up to, and after the primary sailing season. Thinking of racing this year? Get a jump-start on the fundamental boat handling techniques and tactics before ARK! Not racing but want to hit the water early and learn to master the more challenging winds of Canadian spring and fall? Our new program is a great way to learn to master the winds in a fun and safe learning environment. Training sessions are skill based and dynamic, providing the perfect opportunity to build racing skills and sailing confidence.

This new training program is designed for sailors who have completed *CanSail 2* or are registering for Opti Learn-To-Race and at least 11 years of age. Exceptions will be made based on skill and ability. All members under the age of 11 must be evaluated by the Head of Sailing before registering for the program. If enough beginners express their interest in spring & fall sailing, we would also consider adding a beginner coach to the training session. To show you interested in a spring & fall beginner sailing program, please contact the Main Office on 902.429.2822 ext.2 or email [sailing@waegwoltic.ca](mailto:sailing@waegwoltic.ca).

Spring Dates: May 18th – June 24th

Fall Dates: *To be announced*

Weekday Training: Tuesdays & Thursday from 5pm to 7pm

Weekend Training: Saturdays from 1pm to 4pm

Fee: \$420

# YOUTH: SUMMER

## NEW - Wet Feet Full Day Adventure Camp (Ages 6 - 8)

The Wet Feet program is designed for children 6 and 8 years old with no sailing experience. We introduce your children to sailing in a fun and safe environment in our sheltered, protected harbour. The program begins with 2-3 children per boat, who work towards sailing a boat on their own. The course includes an introduction to sailing and boat-handling skills. Our trained and certified instructors are chosen for their exceptional skills working with children. When we aren't on the water, we are taking in the best that The Waeg has to offer, with afternoon dips in the Lido, trips to the Dingle and, of course, participating in all the famed Waeg Recreation events such as the Great Water Fight and Sail & Bail. The program builds friendships, confidence and self-esteem.

An information package on camp activities, contact information and 'what to bring' will be sent to each parent after registration.

Program Name	Date	Day	Time	Location	Fee
Wet Feet Summer Camp A	July 3 <sup>rd</sup> - July 14th	M-F	9am – 4:30pm	Sailing Building	\$395
Wet Feet Summer Camp B	July 17th - July 28th	M-F	9am – 4:30pm	Sailing Building	\$395
Wet Feet Summer Camp C	July 31st – Aug 11th	M-F	9am – 4:30pm	Sailing Building	\$395
Wet Feet Summer Camp D	Aug 14th – Aug 25th	M-F	9am – 4:30pm	Sailing Building	\$395

## Weekend Wet Feet

Not able to attend during the week, but interested in getting your child out on the water? Sign up for our Weekend Wet Feet Program and let your child enjoy their Saturdays and Sundays in the company of good friends, while keeping active and building a foundation for a lifetime of sailing.

Boats: Opti & Echo

Ages: 6 - 8

Program Name	Dates	Day	Time	Location	Fee
Wet Feet A	July 8th & 9th	Sat, Sun	1pm - 4pm	Sailing Building	\$97
Wet Feet B	July 22nd & 23rd	Sat, Sun	1pm - 4pm	Sailing Building	\$97
Wet Feet C	Aug 5th & 6th	Sat, Sun	1pm - 4pm	Sailing Building	\$97

## Adventure Camp (Recreational Sailing)

Fall Adventure Camp is designed for children with little to no sailing experience. We'll get out on the water and play lots of games in a fun, safe, and relaxed atmosphere.

All ages and levels of experience are welcome.

Program Name	Date	Day	Time	Location	Fee
Fall Adventure Camp	Aug. 28th – Sept. 1st	M-F	9am – 4:30pm	Sailing Building	\$204

## Junior Sailing (formerly Basic Sailing)

The Junior Sailing *CanSail* 1&2 program is the foundation class for children starting off with little or no sailing experience. The focus of this class is to get out on the water, become familiar with boats and sailing terminology, to learn and develop fundamental sailing techniques, and of course, have fun! All classes are taught under the close supervision of *CanSail* 1&2 instructors. Successful completion of this class (*CanSail* 1&2) will allow sailors to join the Opti Race Team, or Advanced Sailing. The program uses Echo boats, a double handed sloop boat that allows for interaction among sailors, and a fun learning environment.

To accommodate busy summer schedules, The Waeg is now offering two-week Junior Sailing programs throughout July and August. Participants may choose to attend multiple sessions – rest assured, they will continue to learn new skills and curriculum. Sailors may wish to register for both condensed versions of the program but they should expect to see an overlap in material. Please pay careful attention to dates when registering for this program.

*CanSail* Level: 1 & 2  
Boats: Echo  
Prerequisites: None  
Ages: 8-16

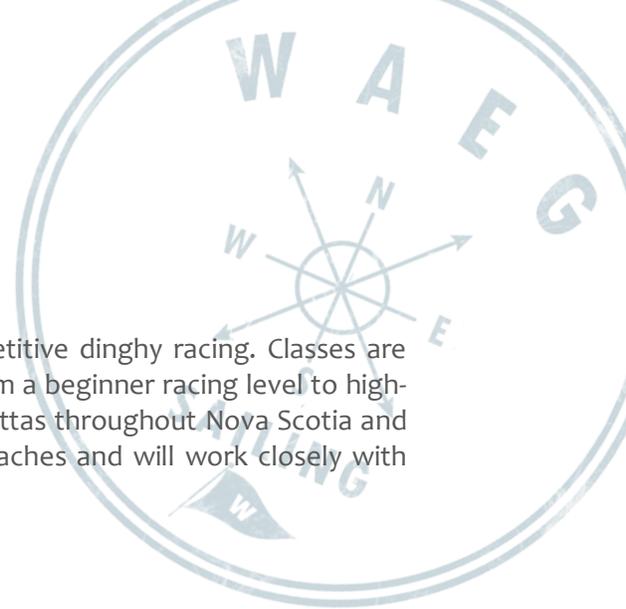
Program Name	Dates	Day	Time	Location	Fee
Junior Sailing A	July 3 <sup>rd</sup> - July 14 <sup>th</sup>	M-F	9am – 4:30pm	Sailing Building	\$425
Junior Sailing B	July 17 <sup>th</sup> - July 28 <sup>th</sup>	M-F	9am – 4:30pm	Sailing Building	\$425
Junior Sailing C	July 31 <sup>st</sup> – Aug 11 <sup>th</sup> 5 <sup>th</sup>	M-F	9am – 4:30pm	Sailing Building	\$425
Junior Sailing D	Aug 14 <sup>th</sup> – Aug 25 <sup>th</sup>	M-F	9am – 4:30pm	Sailing Building	\$425

## Advanced Sailing

The Advanced 420 *CanSail* 3&4 program builds on the boat-handling skills acquired in Junior (Basic) Sailing. The fundamental boat-handling skills learned in the 420 boats are refined as sailors begin to learn further advanced techniques. Sailors will learn more about the effects of sail shape on speed as well as boat maintenance and seaworthyskills.

*CanSail* Level: 3 & 4  
Boats: 420  
Prerequisites: Junior (Basic) Sailing (*CanSail* Level 2)  
Ages: 10-16

Program Name	Dates	Day	Time	Location	Fee
Advanced Sailing A	July 3 <sup>rd</sup> - July 28 <sup>th</sup>	M-F	9am – 4:30pm	Sailing Building	\$725
Advanced Sailing B	July 31 <sup>st</sup> - August 25 <sup>th</sup>	M-F	9am – 4:30pm	Sailing Building	\$725



# Youth: Race Teams

The Waeg Race Teams introduce sailors to the world of competitive dinghy racing. Classes are offered in the Opti, 420 and Laser boats and progress sailors from a beginner racing level to high-caliber competitive teams. Teams will train and compete in Regattas throughout Nova Scotia and the rest of the Maritimes. Teams are taught by experienced coaches and will work closely with provincial and national teams.

## Opti Race Team

The Optimist (Opti) *CanSail* 3&4 race team builds on the fundamental boat handling skills that were acquired in *CanSail* 1&2. This class is excellent for sailors with an interest in competitive racing. Although based out of The Waegwoltic, the team will train in Bedford, St. Margaret's Bay and Chester. This is a very exciting and intensive program, which makes for a great introduction to the wonderful world of dinghy racing. A weekend Regatta schedule will be made available before the start date of each program.

*CanSail* Level: 3 & 4

Off-Site Sailing: Yes

Prerequisites: *CanSail* Level 2 or instructor recommendation

Ages: 10 - 15

Program Name	Dates	Day	Time	Location	Fee
Opti Race Team A	July 3rd - July 28th	M-F	9am - 4:30pm	Sailing Building	\$785*
Opti Race Team B	July 31st - August 25th	M-F	9am - 4:30pm	Sailing Building	\$785*

\* +additional regatta fee.

## 420 Race Team

This class will introduce sailors to double-handed racing in the 420, a great training boat with a large and competitive fleet. Sailors will learn high performance sailing and racing skills, including tactics, nutrition, physical literacy, sail shape, spinnaker, and trapeze. Although based out of The Waegwoltic, sailors will train and compete at locations throughout the Maritimes.

*CanSail* Level: 3, 4 & 5

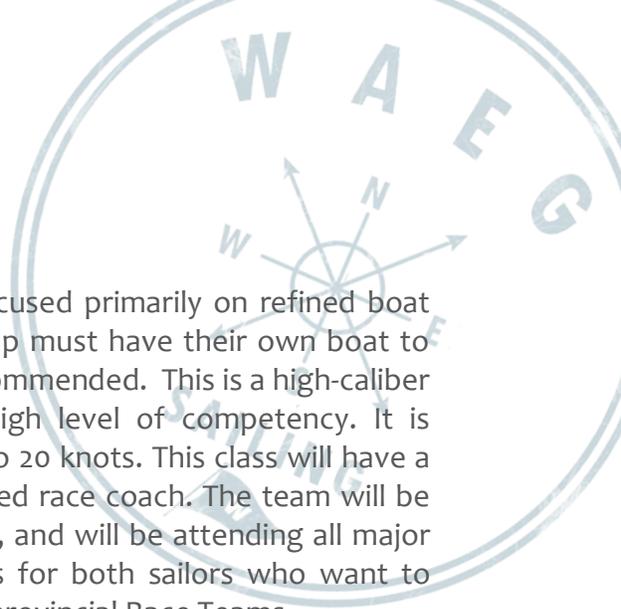
Off-Site Sailing: Yes

Prerequisites: *CanSail* Level 4, Opti Race Team or instructor recommendation

Ages: 13-18

Program Name	Dates	Day	Time	Location	Fee
420 Race Team A	July 3rd - July 28th	M-F	9am - 4:30pm	Sailing Building	\$785*
420 Race Team B	July 31st - August 25th	M-F	9am - 4:30pm	Sailing Building	\$785*

\* +additional regatta fee.



## High Performance Race Team

The High Performance Race Team *CanSail* 5&6 group is focused primarily on refined boat handling, racing tactics, and having fun. Sailors in this group must have their own boat to register for this program. Radials, Lasers, and 29ers are recommended. This is a high-caliber class, designed for racers who display maturity and a high level of competency. It is imperative that sailors are already competent in winds up to 20 knots. This class will have a strong focus on results, and will be taught by an experienced race coach. The team will be working closely with provincial and national teams/coaches, and will be attending all major regattas. *CanSail* 5-6 will offer a solid progression of skills for both sailors who want to continue developing skills and those wishing to move on to provincial Race Teams.

*CanSail* Level: 5 & 6

Prerequisites: Advanced Sailing (*CanSail* Level 4), or 420 Race Team

Ages: 15-19

Program Name	Dates	Day	Time	Location	Fee
Race Team	July 3rd - August 25th	M-F	9am – 4:30pm	Sailing Building	\$1500*

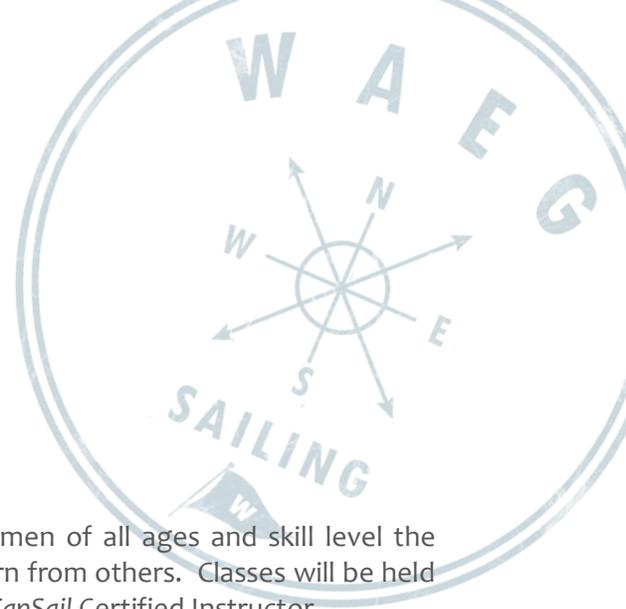
\* +additional regatta fees.

## Regatta Fee:

Participants in our Race Team programs who wish to attend regattas throughout the sailing season are required to pay a \$75 regatta fee for each regatta they attend. This fee helps to cover the cost of staffing and transportation for these regattas. This fee does not include the regatta registration fee.

Fees for all regattas must be paid at least two weeks prior to the start of the session. If participants are unable to attend a regatta for which they've registered, they must contact our office to cancel no less than two full weeks prior and will receive a program credit. There will be no refunds for regatta fees.

A regatta schedule will be emailed to parents once regattas are finalized.



# ADULT: SUMMER

## Women's Sailing Series

### Women's Sailing Series

The NEW Waeg Women's Sailing Series is designed to give women of all ages and skill level the opportunity to experience sailing, share their knowledge and learn from others. Classes will be held on Mondays and Wednesdays, and will be led by an experienced *CanSail* Certified Instructor.

After the sail, we encourage everyone to come to the Clubhouse for a late evening drink and social on the deck.

Program Name	Dates	Day	Time	Location	Fee
Women's Sailing A	July 3rd - July 28th	M, W	6pm - 8pm	Sailing Building	\$180 + tax
Women's Sailing B	July 31st - August 25th	M, W	6pm - 8pm	Sailing Building	\$180 + tax

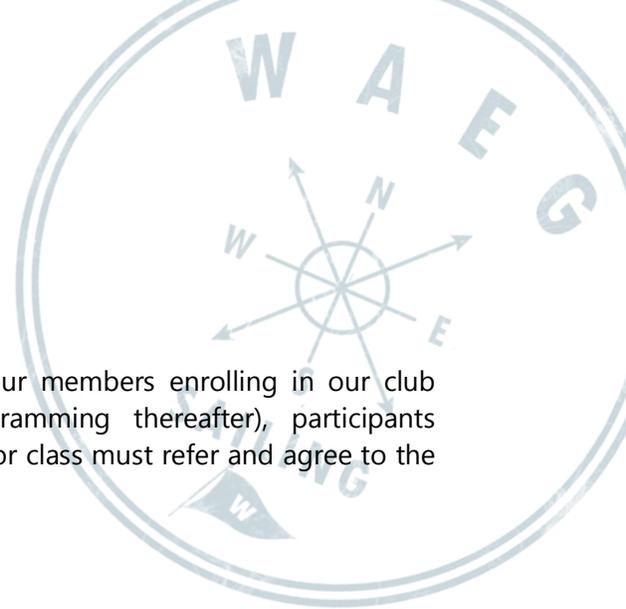
If you are interested in an Adult Learn to Sail Program, please contact us on 902.429.2822 (ext. 2) or email [katelyn@waegwoltic.ca](mailto:katelyn@waegwoltic.ca)

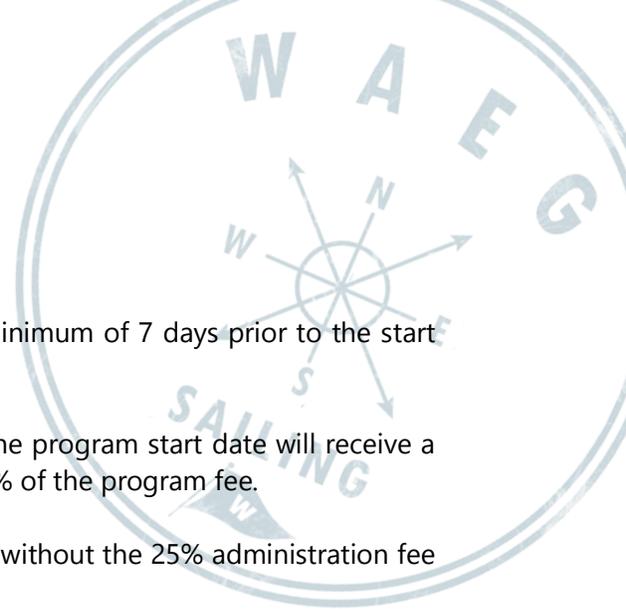
# REGISTRATION POLICY 2017

The Waegwoltic Club is committed to the satisfaction of all our members enrolling in our club programming. Effective, November 1st, 2016 (for all programming thereafter), participants registering and wishing to withdraw or transfer from a program or class must refer and agree to the following policies:

## 1. REGISTRATION POLICY

- I. All membership fees must be paid in full to register for any program.
- II. Registration fees must be paid in full at the time of enrolment and is accepted on a first-come, first-served basis. No spot will be held for any amount of time without payment. Partial payments or deposits will not be accepted to hold a spot.
- III. All Registrations are non-refundable unless:
  - a. *A program is cancelled by the Club*
  - b. *A participant cannot participate due to medical reasons substantiated by a medical note from a doctor.*
- IV. Programming fees can be paid online, over the phone via credit card, or in person at the Main Office. Applying a fee for programming to a membership account is not considered as payment and cannot be used as a method of payment to secure a spot in a program or class.
- V. If a class is full, a waitlist option is available. There is no charge for a waitlist registration. If a position becomes available, the member will be contacted by the Main Office and given 48 hours to enrol. If the 48 hours pass without payment, the spot will be offered to the next member on the waitlist.
- VI. Prices for programs and classes are subject to change.
- VII. The Waegwoltic Club reserves the right to cancel programs or classes if a minimum registration number is not obtained prior to the start date. In this case, a full refund will be issued.
- VIII. All membership fees for 2017 must be paid in full or you must be registered on the payment plan before registering for any programming. Any additional outstanding fees must also be paid in full.





## 2. CANCELLATION AND TRANSFER POLICY

- I. A notice of cancellation or transfer must be received a minimum of 7 days prior to the start date of the program for a full program credit.
- II. Any cancellations or transfers received within 6 days of the program start date will receive a credit for the full amount, less an administrative fee of 25% of the program fee.
- III. Transfers that will be accommodated up to the start date without the 25% administration fee are:
  - a. *Level transfers (example: Swim Kids 1 to Swim Kids 2)*
  - b. *Time slot transfers*
  - c. *Transfers within a program in the same session*

## 3. SAFE CARE AND SUPERVISION POLICY

The Waegwoltic Club believes in fostering individuality, self-worth and self-esteem for all who in our care. All of our campers will be treated respectfully, listened to, and encouraged to share their perspectives, life experiences, and values.

In the event that—through the course of daily interaction with our participants—we become privy to information that could reasonably be concluded as harmful or threatening behaviour towards the well-being of a child by a parent/legal guardian/caregiver, our staff is trained to recognize and report the situation to their supervisor and, as necessary, to the appropriate child protection agency. This is not just our duty, but our responsibility under the law.

A protocol is in place to address, document and report emergency situations (both life-threatening and non-life-threatening). All emergency situations, whether life-threatening or not, are immediately reported to a supervisor after the incident, and put into writing within an hour (examples: lost child; injury).

Vulnerable Sector (VS) police checks are conducted for any staff that comes in contact with children at The Waegwoltic Club.

The Waegwoltic Club policies regarding child safety follow the guiding principles outlined in “Quest 1” of **HIGH FIVE®**’s quality standard for children’s sport and recreation. Founded by Parks & Recreation Ontario, **HIGH FIVE®** provides policy guidelines that ensure that your child’s experience with sport and recreation will be safe, properly-supervised, and age-appropriate. It also ensures your child will have a positive experience and leave the program smiling.

For more information about **HIGH FIVE®**, visit [www.highfive.org](http://www.highfive.org). For more information about our Safe Care and Supervision Policy, please contact Katelyn Matheson, our Programming Manager, at [katelyn@waegwoltic.ca](mailto:katelyn@waegwoltic.ca).