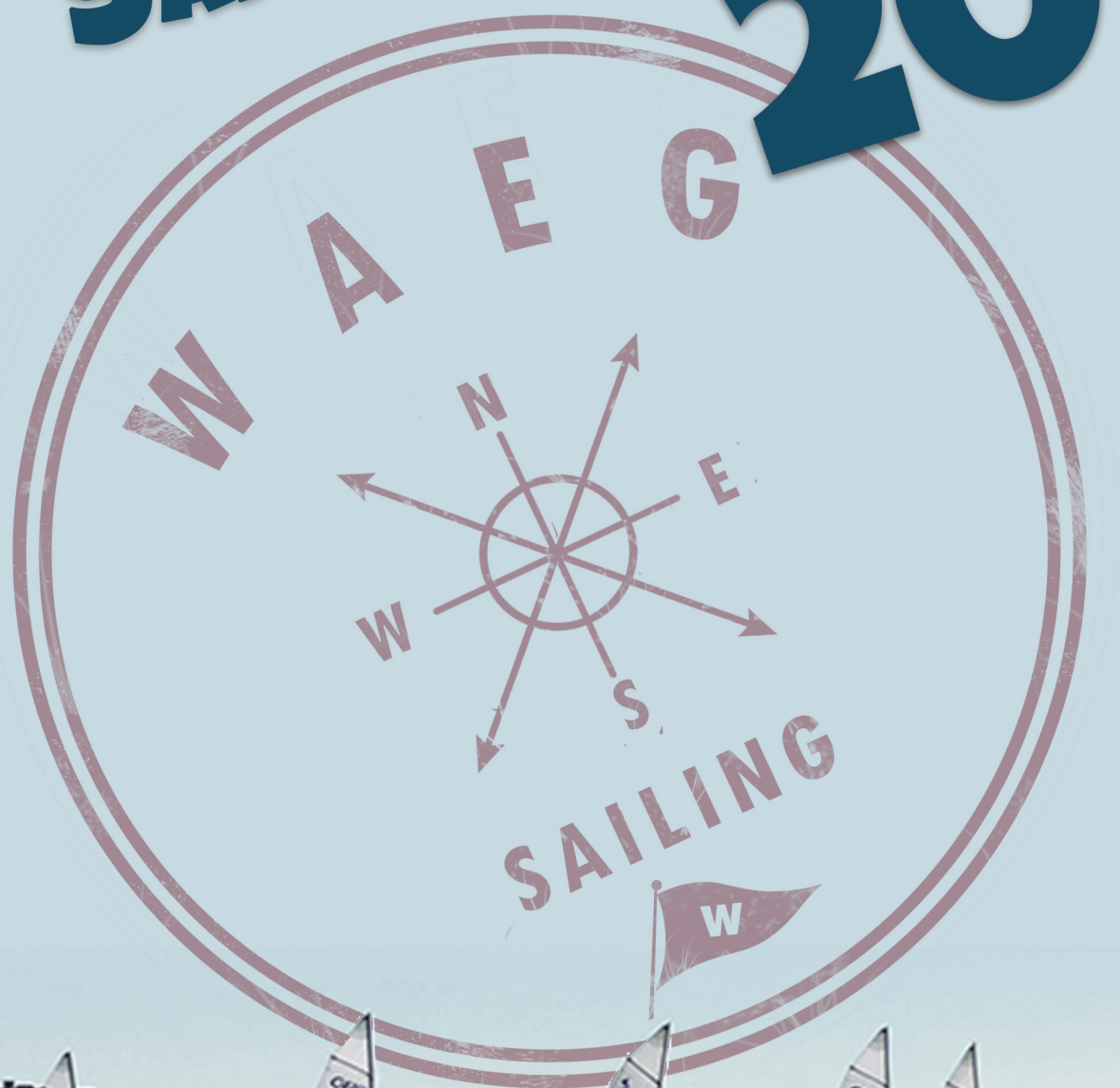




# SAILING PROGRAM GUIDE 2018



# SAILING PROGRAMS

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 2017 will have advance opportunity to register for this year's programming. Here are all registration dates for 2018:

- Advanced Sailing Registration: February 1st, 10am  
*(for returning sailors only – registration will be available online!)*
- General Sailing Registration: February 8th, 10am (open to all members)
- ALL Camps & Aquatics, Tennis, and Rec Programming: Mar 29th, 10am

In response to feedback from our members, we have tailored our sailing programs to include some of the same conveniences of our 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 + tax. Registration for Lunch Plan will open on **May 8th**.

## EARLY DROP-OFF & LATE PICKUP

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.

## SPRING & FALL PROGRAMS

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 19th – June 23rd

**Fall Dates:** To be announced

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

**Weekend Training:** Saturdays from 1pm to 4pm

**Fee:** \$485

## SUMMER PROGRAMS

### **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 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.

The program runs Monday – Friday from 9am – 4:30pm daily and is located in the Sailing Building. An information package on camp activities, contact information and 'what to bring' will be sent to each parent after registration.

Monday – Friday | 9am – 4:30pm | Sailing Building | \$428

Title	Dates
Wet Feet Summer Camp 1	July 2nd - July 13th
Wet Feet Summer Camp 2	July 16th - July 27th
Wet Feet Summer Camp 3	July 30th - Aug 10th
Wet Feet Summer Camp 4	Aug 13th - Aug 24th

### **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.

Saturday & Sunday | 9am – 12pm | Sailing Building | \$102

Title	Dates
Wet Feet A	July 7th & 8th
Wet Feet B	July 21st & 22nd
Wet Feet C	Aug 4th & 5th

### **Adventure Camp (Recreational Sailing)**

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.

Monday – Friday | 9am – 4:30pm | Sailing Building | \$215 | Aug. 27th – August 31st

## **JUNIOR SAILING (AGES 8 - 16)**

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 and Optis, allowing for interaction among sailors, and a fun learning environment.

To accommodate busy summer schedules, The Waeg is also 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. Please pay careful attention to dates when registering for this program.

Prerequisites: None. Ages 8-16.

**Monday – Friday | 9am – 4:30pm | Sailing Building | \$454**

Title	Dates
Junior Sailing 1	July 2nd - July 13th
Junior Sailing 2	July 16th - July 27th
Junior Sailing 3	July 30th - Aug 10th
Junior Sailing 4	Aug 13th - Aug 24th

## **ADVANCED SAILING**

The Advanced 420 CanSail 3&4 program builds on the boat-handling skills acquired in Junior 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 sea worthy skills. The programs is offered three times a summer. The first session is a full month and the following two are both 2 week condensed versions.

Prerequisites: CanSail Level 2 - Ages: 10-15

**Monday – Friday | 9am – 4:30pm| Sailing Building**

Title	Dates	Cost
Advanced Sailing A	July 2nd - July 27th	\$785
Advanced Sailing B	July 30th – August 10th	\$425
Advanced Sailing C	August 13th – August 24th	\$425

## YOUTH: RACE TEAMS

The Waeg Race Teams introduces 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 Maritimes. Teams are taught by experienced coaches and will work closely with provincial and national teams.

### ***A note regarding regattas:***

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. Regatta fees are not applied to regattas that fall during regular Monday – Friday lesson time. 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.

### ***OPTI RACE TEAM***

The Optimist (Opti) CanSail 3&4 race team builds on 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. **New this year**, parents can indicate their preference between our *Intro & Advanced* level for this program.

Prerequisites: CanSail Level 2 or instructor recommendations.

**Monday – Friday | 9am – 4:30pm | Sailing Building | \$802\* (+ additional regatta fee).**

Title	Dates
Opti Race Team A ( <i>Intro &amp; Advanced</i> )	July 2nd - July 27th
Opti Race Team B ( <i>Intro &amp; Advanced</i> )	July 30th - August 24th

### ***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. Weekend Regatta's not included in price. CanSail Level: 3, 4 & 5

**Monday – Friday | 9am – 4:30pm | Sailing Building | \$802\* (+ additional regatta fee).**

Title	Dates
420 Race Team A	July 2nd - July 27th
420 Race Team B	July 30th – August 10th

## 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-calibre 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.

**Monday – Friday | 9am – 4:30pm | Sailing Building | \$825 (+ additional regatta fee).**

Title	Dates
Race Team A	July 3rd - July 28th
Race Team B	July 31st - August 25th



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# **GENERAL REGISTRATION POLICIES 2018**

The Waegwoltic Club is committed to the satisfaction of all our members enrolling in our club programming. With that in mind, please review the following program policies, created for and applied evenly for all to enjoy our program offerings.

The following Registration Policy and Liability Waiver must be read and agreed to before registering for any program at the Waegwoltic Club. Members cannot proceed with online or in house booking until the policies have been read and agreed to. Confirmation of agreement is made in person by signature or online by electronic verification.

The following Registration Policies and Liability Waiver apply to Adult and Youth programming from all departments of the Club including Sailing, Aquatics, Recreation and Tennis.

## **REGISTRATION POLICY**

I. All membership fees for 2018 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 prior to registering for programs.

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;
- c. Changes or cancellation of programs initiated by the members, if approved, will result in a program credit which must be used in the calendar year it is issued.

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 24 - 48 hours to enroll depending on the program. If the given time passes 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.

## **CANCELATION 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 between programs within the same session.

## **EARLY REGISTRATION**

- I. Early registration is available for summer camp and sailing programming only.
- II. Early registration privileges are granted to those members who were enrolled in the programs during the previous year.
- III. Early Registration dates are set annually by the Main Office.
- IV. Once early registration is closed, all remaining positions are open to the general membership.
- V. Positions in each program are available on a first come first serve basis. Early registration does not guarantee you a spot in the program.
- VI. All early registrations are non-refundable and follow the registration policies of the Waegwoltic Club as stated above.

## **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 behavior 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).

## LIABILITY WAIVER

By signing registering yourself, your child, or any participant for whom you are the registrant for programming, you have acknowledged and agreed to the following:

***All programs organized by The Waegwoltic Club are run by experienced, certified (where applicable) instructors and supervised by (an) experienced assistant(s), as necessary.***

***Every effort will be made to minimize risks that may arise as a result of program activities. I hereby acknowledge any and all risks, and I fully understand that The Waegwoltic Club's members or staff, the program instructor(s) and assistant(s) assume no responsibility for any injury or ailment that may occur while your child is under our care.***

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