

Fanshawe Yacht Club Sailing School

Adult Program Course Information and Schedule

The Fanshawe Yacht Club Sailing School is located at Fanshawe Lake in London, Ontario. Courses follow the Canadian Yachting Association (CYA) *Learn to Sail* program, offering sailing instruction to a national standard. The CYA levels build together from White Sail I to Bronze V.

Staff and Equipment

All FYC coaches are certified to CYA standards. They are also required to have a National Coaching Certificate, a current Life Saving Society Bronze Medallion and a Standard First Aid Certificate. The CYA recommends a maximum of ten students per instructor.

The FYC Sailing School fleet includes CL 14's for White Sail and Club 420's for the Bronze Sail. All sailing equipment is provided by the school, including personal floatation devices (PFD) for each student.

Safety

Every student will be required to wear an approved PFD while in the boats or on the docks..

What to Bring to Sailing School

Please ensure that you are dressed for the weather:

- appropriate clothes for the forecast weather (jacket, rainwear, hat, sunscreen)
- complete change of dry clothes and a towel (just in case)
- eye/sunglass retainers
- proper footwear

We recommend sneakers rather than sport sandals to protect toes. If sandals are worn, they should be sturdy. Flip-flops are not allowed!

Remember the Australian Sun Formula - slip on a shirt, slap on a hat, slop on waterproof sunscreen.

Some Other Valuable Information

Cold and Rainy Days

Our programs continue rain or shine. The boathouse provides rain shelter, however foul weather provides an opportunity to teach a number of necessary points outside. Proper dress for such days is essential. (Warm clothes, foul weather gear, rubber boots)

Lost and Found

Please do not bring expensive items to the Club. (e.g: watches, jewellery)
Any item can be lost or dropped overboard.

Absentees

Please telephone the Sailing School (519-451-8989) during the day and let us know if you will be absent. If you know in advance of an absence, please let us know. A call or note by you takes only a moment but it can save us considerable time waiting for you to arrive.

Make-up time for absences can be arranged through another class or extra time at the end of the course.

How do I get to the Sailing School?

When driving to the Club please plan to arrive at Fanshawe Yacht Club about 15 minutes before your class start time. Presentation of your receipt at the Park gate will allow you free entrance to the Park to drive through to the Club. The route is well signed. Follow the road across the dam. At the fork in the road, take the right side through the campgrounds. Stay on the main road past the camp store and follow the sign at the next right turn to the club gate. The sailing school boathouse is just inside the gate on the left; we will start in or around the boathouse. Park your vehicle any where on the grass around the boathouse.

Photographs

During the courses, our coaches and helpers may be recording events taking photos and video. These recordings may be used in future years to market our programs. We ask for your co-operation in allowing such photographs to be taken. Any concerns with this should be expressed to your coach or other school personnel.

Course Information

The White Sail levels introduce the beginner to sailing, teaching water safety, seamanship, rigging and basic boat handling under a coach's direction to a point where the student has sufficient knowledge and skills to sail safely and competently without supervision in winds of 8-15 km/hr. Most adult students achieve White Sail III level in one 30-hour course.

The Bronze Sail level introduces the sailor to sail trim and basic boat tuning. It covers additional safety, seamanship, terminology, sail theory, sail shape and advanced boat handling skills. The course then covers spinnaker use, trapezing, sail theory and boat maintenance, together with advanced boat handling skills in winds of 15-25 km/hr.

2010 Adult Evening and Weekend Programs

The adult evening/weekend courses include White Sail I through III in each course in late May and June. Bronze Sail and another White Sail will be offered in late July and August.

Evening courses run from 6:30 to 9:30pm two evenings per week over five weeks. Saturday courses run from 9:00am to 4:00pm for four weekends. All courses will require a minimum of 4 students to run and we can accommodate a maximum of 18 students in White Sail, 6 in Bronze.

Course Schedule for 2010

Date	No.	Days
May 31 to June 30	A1	Monday and Wednesday evenings
June 1 to July 1	A2	Tuesday and Thursday evenings
June 5, 12, 19, 26	A3	Saturday daytime
July 12 to Aug 11	A4	Monday and Wednesday evenings
July 12 to Aug 11	A5 Bronze	Monday and Wednesday evenings

Course Fees

All courses are offered for a fee of \$450.00 per person, including a course manual. Our "Buddy Bonus" allows a second person (family or friend) to register with a discount. The second person pays only \$420.00 but does not receive a manual. Manuals will be given out on the first day of each course.

All courses can be discounted \$ 20.00 for Fanshawe Yacht Club family members.

Included in the fee, upon successful completion of the course to a minimum White Sail III standard, each student is granted the use of the school boats for the remainder of the sailing season to practise and enhance their newly-learned skills. This arrangement is subject to the availability of the boats during school sessions.

Fee Payment and Refund Policy

Fees must be paid in full at the time of registration. Cheques or money orders should be payable to FYC Sailing School. Post-dated cheques cannot be accepted.

Refunds (less a \$50.00 service charge) will be allowed up to 7 days prior to the start date of each course. Refunds requested at a later date will require a medical certificate. No refunds will be made due to poor weather conditions.