

Youth Sailing School FAQ

1. What time does the Camp operate?

The Optimist, White Sail and Bronze Sail programs operate between 9:00 am and 4:00 pm Monday to Friday. We offer an Early Bird Program for \$20.00 per week beginning at 8:00 am and an After Hours Program costing \$25.00 per week until 5:30 pm. The cost for both Early Bird and After Hours programs is \$30.00 per week

2. What is the Lunch Program menu and cost?

** Every day we have apples, Granola Bar, Fruit Cup, Rice Krispie Square & Juice Box for the Lunch program

Monday: Penne Pasta with Butter or Tomato Sauce and Veggies & Dip

Tuesday: Chicken Fingers and a Garden Salad

Wednesday: Hamburger and Veggies & Dip

Thursday: Chicken Wrap and Veggies & Dip

Friday: Pizza Pizza with Cheese or Pepperoni and a Garden Salad

Cost: \$40.00 per week including taxes

3. What do they need to bring?

- Everyone must bring a CSA-approved Lifejacket or PFD that fits properly and is correct for their weight. They can be purchased at any Marine Supply store, Canadian Tire, Walmart and other shops. We recommend purchasing a yellow or orange colour.
- A water bottle and a **peanut-free lunch** if you have not registered for the Lunch Program.
- Waterproof sunscreen, hat and at least one change of clothes as well as swimming attire, a wind jacket and towel. Shoes should be non slip and not damaged by water, running shoes or Teva type sandals are often worn.

4. What if the weather is too bad to sail?

Part of the program includes on-shore training activities such as learning knots and other classroom instruction.

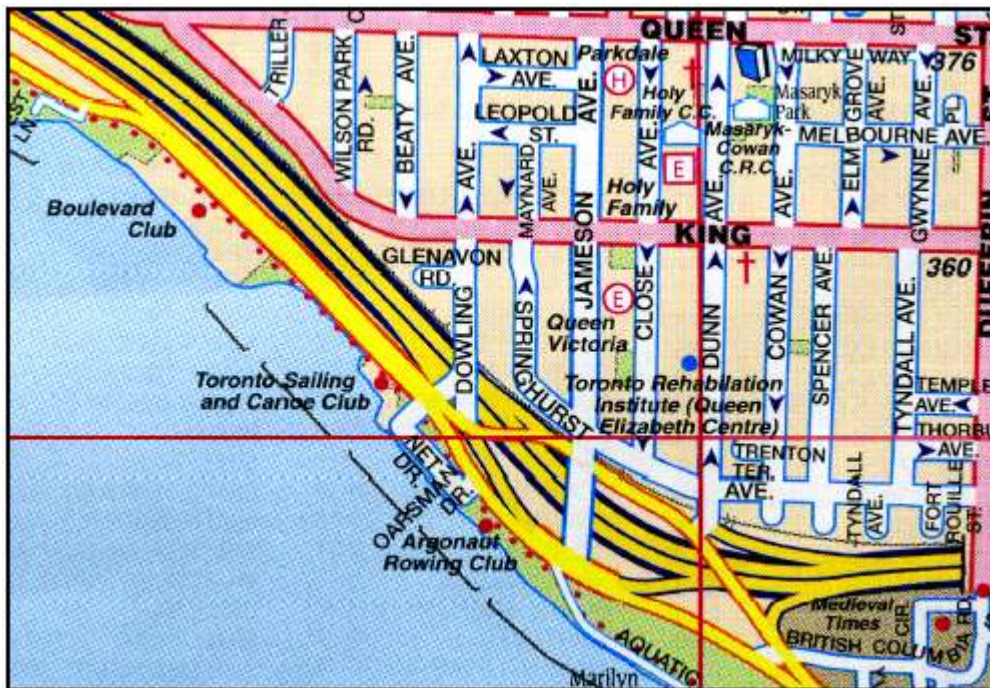
5. My child can't swim – is that a problem?

While it is not essential that your child be a good swimmer, we find that children who are scared of the water do not enjoy sailing. Your child should feel comfortable around the water but regardless of swimming ability, will be wearing a lifejacket or PFD when in the boats or on the docks.

6. What safety measures do you have?

Our instructors are all qualified in life saving and first aid. A life jacket or PFD must be worn at all times when sailing on the water and on the club docks. We ensure that there are always an adequate number of instructors by limiting enrolment. Whenever students are on the water, there are instructors in support boats in attendance to provide assistance.

7. Where are you located?



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