



## ROYAL ST. LAWRENCE YACHT CLUB

1350 Lakeshore Drive, Dorval, QC, H9S 2E3

Tel.: 514 631- 2720 Fax: 514 631-2725

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

### Junior Sailing Program 2024 - Registration Information



The Royal St. Lawrence Yacht Club offers your child a unique junior sailing experiences this summer. 'The Royal' as it is affectionately called, has offered a junior sailing program since 1949. The Club is well known for a century old tradition of fostering sailing excellence and the junior sailing program is an important part of this tradition.

Our program is open to the public as well as to Club members and welcomes sailors from 5 years of age to 17, with or without experience. There are over 100 sailors from all over Montreal, in the five programs we offer each year. They come for one, two-week or monthly sessions, or sail six months of the year with the race team.

Our bilingual instructors and coaches are dynamic, experienced professionals who foster and share their love of sailing with their students. The Club provides sailors with well-maintained Optimists and 420s each dinghy internationally recognized as excellent and safe development boats. Race team members provide their own boats and equipment.

All our programs are from 9 a.m. to 4 p.m., Monday to Friday (they carry-on during statutory holidays if these fall in the week) except the Race Team. Class sizes are limited to ensure high quality teaching and the safety of students and staff. There is one child per boat in the Learn-to-Sail Optimist and two sailors in our Learn-to-Sail 420 boat. The Wet Feet program, for 5–7-year-olds, with two children per Optimist is an important part of our sailing curriculum. It is a great way to introduce younger sailors to the sport of sailing.

For the junior sailor who would like to eat at the Café Marler at the pool, a temporary junior membership is available for the time the student is registered, excluding those in the Wet Feet program.

#### **Our values**

We hold dear the values of sportsmanship and striving to do your best. They infuse our programs. And by modeling behaviour and with various activities, we encourage your children to keep fit, respect each other, and be responsible, all the while building confidence in themselves. Our sailors often develop life-long friendships with their fellow sailors, the bonds of friendship holding fast despite time and distance.

#### **Natural progression of confidence, skills, and experience**

Our programs are designed so your child can follow a natural progression in developing confidence, skills and experience in sailing and looking after a boat. Sailing is a complex sport and mastering it is done in stages. For young sailors, we recommend the following progression:

1. **Wet Feet program** for the 5 - 7-year-old for an introduction to sailing.
2. **Learn-to-Sail (Optimist)** single handed or **Learn-to-Sail (420)** double handed for those who are learning sailing for the first time.
3. **Advanced Single Handed** for those under-12 years of age who have passed a Learn-to-Sail program.
4. **Advanced Double Handed** for graduates of Advanced Single Handed or Double-Handed.
5. **420 Racing Program** for graduates of Advanced Double Handed.

The speed at which a child progresses through the various levels is determined by how quickly they master the skills and acquire the requisite knowledge at each level.



### Which program?

The following are the Royal St. Lawrence Programs. It is important to keep in mind the weight and height of your child since these affects which boat is most appropriate for your child to enjoy sailing.

**Children who sail in our programs must be able to swim and be able to get back in a boat when they capsize. The instructors will teach the children how to get back in the boat, but this does require some athleticism.**

Ability	RStLYC Program (boat type)	Age, Weight & Height	Achievement Levels	Features
Young Sailor	Wet Feet (Optimist dinghy)	5-7 yrs old	Certificate	<b>Two sailors per boat</b> Introduction to the boat, water safety, basic principle of propulsion steering. Arts and crafts and swimming.
New sailor	Learn-to-Sail (Optimist) Single Handed	7-13 yrs old 120 lbs max and/or 5'6"	CANSail 1 & 2	<b>One sailor per boat.</b> Introduction to the world of sailing, appropriate clothing, emphasis on safety on the water. Basic skills including rigging, righting a capsized boat, identifying wind direction, sailing a course.
New sailor	Learn-to-Sail (420) Double handed	10-15 yrs old 120lbs and/or 5'6" over	CANSail 1 & 2	<b>Two sailors per boat.</b> Two weeks of instruction. Fosters teamwork and builds communication skills.
Experienced	Advanced – Single Handed (Optimist)	7-13 yrs 125 lbs max.	CANSail 3 & 4	<b>One sailor per boat,</b> eight children per instructor. Advanced boat handling techniques, short course racing. Participation in 1-2 local regattas. Full day of sailing and activities.
Experienced	Advanced – Double Handed (420)	10-17 yrs	CANSail 3 & 4	<b>Two sailors per boat.</b> Broad boat handling skills such as flying a spinnaker and using a trapeze.
Experienced	Racing (420)	12-17 yrs	CANSail 5 & 6	<b>Two sailors per boat.</b> Advanced boat handling and advanced racing abilities, tactics, and major regattas.

We encourage enthusiastic sailors to join one of our race teams. Racing has been proven to keep young sailors interested in the sport while quickly developing advanced skills and confidence. The Program Director evaluates potential race team members.

### 2024 Junior Sailing School Schedule

Wet Feet choice of one- or two-week sessions				Learn-to-Sail (optimist and double handed)	
June 24 – June 28	Session 1	July 1 – July 5	Session 2	June 24 - July 5	Session 1
July 8 – July 12	Session 3	July 15– July 19	Session 4	July 8 – July 19	Session 2
July 22 – July 26	Session 5	July 29 – August 2	Session 6	July 22 – August 2	Session 3
August 5 - 9	Session 7	August 12 – 16	Session 8	August 5 – August 16	Session 4
Advanced Single handed and Double handed					
June 24 – July 19		Session 1		July 22 - August 16 Session 2	

N.B. Please note our programs run on June 24<sup>th</sup> and July 1<sup>st</sup> if the holiday is during the week.



## Racing Program

For children and teenagers keen to advance their sailing skills further and improve their seamanship in diverse conditions and environments, we offer the possibility of joining junior race teams. This program develops qualities and life skills valuable to a young athlete: teamwork, sportsmanship, fitness, organization, confidence, respect, and independence.

The Royal St. Lawrence Yacht Club has Quebec's best and longest record of training top Canadian sailors. For information about the Racing Program, please contact the Club Office.

## Fees

Program fees per session are as follows for all participants:

Program	Fee	Length
Wet Feet (two children per boat, in an Optimist dinghy)	\$370	1 week program
Learn-to-Sail (one child in a boat, in an Optimist dinghy), single handed	\$720	2 week program
Learn-to-sail (sailing a 420 dinghy with one other sailor), double-handed	\$720	2 week program
Advanced single-handed (one child in a boat, in an Optimist Dinghy)	\$1,470	4 week program
Advanced double-handed (sailing a 420 with one other sailor)	\$1,470	4 week program

- There is **no rebate** if a sailor attends part of a session.
- Space is limited. **Reserve a place for your child or teenager as soon as possible.** For additional information or for Race Team applications and fees, send an email at [Junior@rstlyc.com](mailto:Junior@rstlyc.com)



## Important information

### Royal St. Lawrence Yacht Club Junior Membership

We have a snack bar which your child, (excluding those in the Wet Feet program) can use if she/he has a Junior Membership. The fee varies depending on duration. It ranges from \$55.00 to \$170.00, plus applicable taxes.

### Safety

Your child must be able to swim. In addition, she/he must have his/her own appropriately sized life jacket or personal flotation device (PFD). Look for a lifejacket or PFD with a label that states it has been approved by Transport Canada; Canadian Coast Guard; Fisheries and Oceans Canada; or any combination of the above. The PFD must be worn at all times on docks and boats. It should have your child's name on it.

### Language of instruction

Instruction is given in English. However, all instructors are bilingual and offer the various tests for Sail Canada-CANSail Certificates in both languages.

### Limited space available

For safety reasons, please note that there are limits on the number of sailors in each program and session. To be assured of a place, we encourage you to register as soon as possible.

### Deadlines & cancellations

To avoid disappointment, we encourage you to reserve a spot for your child or teenager as soon as possible. **A cancellation fee of \$200 will be charged if you cancel after June 1, 2024. There are no refunds once a session is underway; there are no partial refunds** if your child drops out or is absent for part of a session.



### Sailor Code of Conduct (race team only)

You and your child will have to read and sign the Junior Sailor's Code of Conduct. Failure to respect the code may mean dismissal from the program. Fees will not be returned if this happens.

### Required equipment and clothing.

Sailors come to the Club every day with a hat (to protect from the sun, rain and cold), splash-top or waterproof windbreaker, closed-toe shoes, sweater, towel, bathing suit and waterproof sunscreen, plus a change of clothes for the end of the day. Sunglasses are also recommended. There are lockers for storing this gear during the day. All personal items should be clearly marked with the owner's name.

### Lunch & snacks

Each junior sailor should have a personal identified water bottle (we discourage non-reusable bottles as part of our sustainable development practices). Sailors bring their own lunch and snacks. With a Junior RStLYC Membership, a sailor can buy food at the pool snack bar. Please note that the Club is not a peanut-free environment.

### Lake George Tradition

The Northern Lake George Yacht Club in Northern New York State and the Royal St. Lawrence Yacht Club junior sailing programs share a long history together. For more than 40 years, the two clubs have alternated hosting a "Goodwill Regatta" every summer. The regatta provides an amazing opportunity for our children and teenagers to meet some new friends and do a little friendly racing in a pressure-free environment. Families from the host yacht club billet the visiting sailors for this three-day event. The instructors invite non-race team junior sailors to take part.

### Private Lessons

Private lessons are available in Junior Sailing boats only for students who are registered in an RStLYC Junior Sailing program. Private lessons are offered after the regular program hours if an instructor is available. See the Head Instructor for additional information or to arrange a lesson in advance.