

WHO ARE WE?

The Royal Hamilton Yacht Club (RHYC) is a friendly, family-oriented Club which strongly supports youth activities. The Junior Sailing Program at the RHYC was recognized, for the second time in 2002, as the best in Canada, and has won several other awards for excellence. Our present program has been active since the 1950's, promoting a lifetime interest in sailing and has seen many of its participants continue to compete in sailboat racing locally, nationally and internationally. This program has been continually supported by member donations and fund-raising activities.

WHERE ARE WE?

Sailing School activities take place at the Royal Hamilton Yacht Club located at the northernmost end of MacNab Street on Hamilton Harbour. The Club is easily accessible by city transport or by car from major access routes (QEW & 403). Free parking is available.

PROGRAM BENEFITS

Program Participants will have use of the Club facilities including the swimming pool, change rooms, showers and food services, during the time of their program.

THE INSTRUCTORS

All RHYC instructors are experienced and trained and certified by the Canadian Yachting Association (CYA). In addition to providing comprehensive sail instruction, each instructor has been trained in life saving and water safety programs.

WHAT YOU WILL NEED?

Participants will require a Canadian Coast Guard approved PFD (personal flotation device) and soft soled shoes. Rain gear and a change of clothes may be necessary during inclement weather.



ROYAL HAMILTON YACHT CLUB

PLEASURE CRAFT OPERATOR CARD

As of April 1999, many operators of power driven vessels are required to carry the Pleasure Craft Operator Card. This license covers all aspects of boating including sailing, power vessel regulations, personal watercraft and water-ski safety. Anyone operating a power vessel under 4 metres is required to have this card.

These courses will be available as numbers warrant.

INSTRUCTIONAL COURSE

This 9 hour course is designed to provide the knowledge required to write the Pleasure Craft Operator Card exam. The 'Safe Boating Guide' is provided. Upon completion of the exam, a temporary card will be issued. Pass requirement is 75%.

COURSE DATES & TIMES

Dates and times will be posted at RHYC

Program fee: \$75 (includes exam)

EXAM CHALLENGE

This is a challenge exam intended for experienced boaters. Boaters will write the exam after self study. Exam takes approximately 45 minutes and the pass requirement is 75%. The price includes exam and card only.

EXAM CHALLENGE DATES & TIMES

Dates and times will be posted at RHYC.

Exam fee: \$35

Contact the RHYC office and leave your name, contact information and payment to register.

Notes for Youth Sailing Programs:

- 1) Classes run daily from 8:30am to 4:30pm and include holidays.
- 2) Fees do not include regatta registration, transportation or other costs associated with attendance at regattas.
- 3) Students using Club boats for regattas will be required to pay a \$1000 damage deposit.
- 4) Fees are required to be paid in full at time of registration. Cheque or Visa or MasterCard number are required with the application. Applications are available at the Club or from the website. No refunds after June 1, 2005.
- 5) A fee reduction is available for students providing their own boat.

THE SCHOOL

YOUTH LEARN TO SAIL

WHITE SAIL LEVELS I, II & III (AGE 7-12)

Two Week Sessions

July 4 - August 26

White sail is the introductory level for sailing prescribed by the CYA. Sailors learn basic terminology (*i.e.* parts of the boat), knots and rules of the water, through games and activities. On the water, they work on boat safety and basic boat handling skills. Teaching will be done predominantly in the Optimist dinghy which is a single-handed boat designed for teaching young children. Youth sailors will also be introduced to double handed sailing in 420s.

Daily Red Cross swimming lessons are included in this program.

This program is designed for students who are 7 by July 1/05.

WHITE SAIL FOR TEENS (AGE 13-17)

Two Week Sessions

July 4 - August 26

This program is designed to introduce sailing to the older youth (age 14 by December 31/05).

Instruction will occur on double handed sailboats, predominantly 420s. Course content will be based on the CYA White Sail Levels I, II & III as described above. Swimming is included for fitness with no formal lessons included.

Program Fee:

2 weeks	\$303 member	\$330 non-member
4 weeks	\$545 member	\$592 non-member
6 weeks	\$815 member	\$885 non-member



ABLE SAIL

Learn to sail for children with physical disabilities is offered, using specially designed Access Dinghies. Sailors in this program can qualify for White Sail Levels.

Two Club junior regattas throughout the season include racing for the Access dinghy fleet.

Attendant care is not provided. Please call for further information. Please call Jenny McEwen-Hill 905-383-3630 for further information.



ROYAL HAMILTON YACHT CLUB

Our Award Winning Sailing School

- 2004 • CYA Best Regatta of the Year (2004 Canadian Optimist Championships)
- 2003 • Chisholm Trophy for Excellence in Regatta Management (2003 Cornish Hen Regatta)
- 2002 • William Abbott Sr Trophy for "Sail Training Program of the Year"
- 1997 • William Abbott Sr. Trophy for "Sail Training Program of the Year"



VISIT US AT THE RHYC WEBSITE

www.rhyc.on.ca/sailing school

Additional information and registration forms for RHYC Sailing School and regattas are available on the website

Credits

Graphics & Layout: Leslie Hynd • Editing: Jenny McEwen-Hill, Jim Mackey
Photography: Al Will, Alex Todorovic, Colin Daniels, Colin Jacobs, Ray Kirkham



BRONZE SAIL LEVELS IV & V

Two Week Sessions

July 4 - August 26

(4 weeks is recommended)

The Bronze program is a comprehensive course for sailors who have completed White Sail Level III or equivalent. Sailors will learn the use of the trapeze, spinnaker handling, sail trim and advanced principles of boat and sail design. The course will be taught in double handed Laser >> and 420 Class boats. Students are encouraged to join in Club race nights and local regattas using sailing school boats.

(Damage deposit required for racing)

Program Fee:

2 weeks	\$348 member	\$378 non-member
4 weeks	\$625 member	\$680 non-member
6 weeks	\$938 member	\$1020 non-member



NEW! JUNIOR KEELBOAT CRUISING (AGE 9-17)

Two Week Sessions

July 18 - August 12

This program is for youths who have some sailing experience. They will learn to sail on 24' Shark keelboats and will work towards achieving their CYA Basic Cruising Standard. The instructor teaches on the boat, with only 4 sailors per boat. Sessions are two weeks long and spots will be limited.

Program fee:

2 weeks	\$558 member	\$600 non-member
4 weeks	\$1005 member	\$1075 non-member



ROYAL HAMILTON YACHT CLUB

Sailing School 2005



The Royal Hamilton Yacht Club
(Established 1888) Inc.

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ph: (905) 528-8464 • fax: (905) 528-2622 • email: sailingschool@rhyc.on.ca
website: www.rhyc.on.ca/sailingschool

RACING SCHOOL

OPTIMIST RACING TEAMS DEVELOPMENT TEAM

4 Week Session

July 4 - July 29

This program is for sailors who have demonstrated a keen interest in racing and who have attained White Sail Level III or equivalent. Sailors must have strong boat handling skills and be eager to compete. Racing knowledge will cover wind strategy, race tactics and boat and sail tuning. Most course time will be spent on the water perfecting boat handling skills and gaining confidence in competitive situations. All sailors in this program are expected to participate in fleet race nights. Throughout July, the team will attend at 2 regattas. Team members are encouraged to participate in other regattas in August.

A boat can be provided if required.

Program Fee: \$616 member \$670 non-member



ADVANCED OPTIMIST RACING TEAM

6 1/2 Weeks of Instruction July 4 - August 17

This is a comprehensive program for opti racers who would like to race for the entire summer, finishing with Opti CORK, in Kingston. The team will attend 3 regattas with their coach. A boat can be provided if required.

Program Fee: \$1095 member \$1190 non-member

Fees indicated in the following racing programs include coaching costs only. Additional costs will be incurred for regatta registration, transportation, food and accommodations. All participants will meet, as soon as possible, prior to the beginning of the sailing session, to discuss these costs and a budget will be formulated for each team.

We encourage early registration to assist in planning.



NEW! OSA REGIONAL COACHING PROGRAM FOR DEVELOPING RACERS

Spring & Fall Sessions

Must all sail training start and stop only according to the sailing school schedule? No. Training can occur year round for sailing and this year, we are offering an exciting new program. This is a joint venture between our Club and the Ontario Sailing Association.

Dinghy sailors of all ages, with a keen interest in developing their racing skills will receive elite level racing coaching, including practice sessions, races and classroom sessions. The coaching sessions will occur Tuesday evenings and Saturday afternoons. All racers must have a Junior or Family Membership at RHYC. Boats can be provided, if required. Youth boats will include Byte, Laser, Laser Radial, Laser>> and 29er. Optimist sailors who participated on an Optimist Racing Team are welcome to apply.

CYA levels are not awarded as part of this program

All racers should be signing up for this great new program!

Spring Session April 30 - June 29

Fall Session August 31 - October 30

Junior Membership required (if parents are not members)

Please go to www.ontariosailing.ca to register online with OSA.

Please email sailingschool@rhye.on.ca to receive information about the RHYC program costs and registration process.



PERFORMANCE RACE TEAM SILVER/GOLD PROGRAM

7 1/2 Week Session

June 29 - August 19

The Silver/Gold Program is a comprehensive course for sailors 14-18 years of age who are interested in racing and have ideally completed their Bronze Level V or equivalent. Any sailor who has not reached this level will be required to work towards its completion. The course, taught in single and double-handed boats including Byte, Laser Radial, Laser, and Laser >> Class boats, is ideal for the avid racer. Topics include tactics, rules, sail and boat tuning, strategy and sail controls. The student will gain confidence in competitive sailing. Students are encouraged to set their own goals. The course complies with CYA Standards and students will be able to earn levels up to Gold. All sailors in this program are expected to participate in fleet race nights. The team will attend 3 regattas, with a coach, finishing with CORK - Youthfest.

Program Fee:

Single-Handed \$1,233 member \$1,340 non-member

(Students are required to supply their own Byte, Radial or Laser)

Double-Handed \$1,394 member \$1,515 non-member

(Laser >> will be provided)

Note: Please call for advice before purchasing your own boat.



ADVANCED RACING TEAM

Starts June 29 (Session length will depend on racing schedule)

This High Performance Racing Team is for sailors who are interested in refining and advancing their racing skills. The main focus will be advanced racing tactics and boat handling skills. The program is geared towards enthusiastic, experienced racers who are willing to give racing their full attention. Participants are expected to be highly motivated, goal oriented people. Travel is an important element of the team. Team members are expected to maintain an active participation in Club activities, including volunteering.

Team members may work on their CYA levels if negotiated with program director prior to start date.

Program Fee: to be determined depending on final format.
Contact sailingschool@rhye.on.ca or the Club 905-528-8464 for more information.

Note: Students are required to supply their own boats.

ADULT PROGRAMS

ADULT DINGHY LESSONS

Participants will be taught based on levels as prescribed by the CYA starting with the introductory White Sail level.

Sailors learn basic terminology (i.e. parts of the boat), knots and rules of the water, through on land instruction and activities. On the water, they work on boat safety, handling skills, docking and sail controls.

Teaching will be done predominately in our new 420's. Bronze level instruction will be provided if requested.

Session 1: Evenings - Tuesday, Wednesday & Thursday

Dates: July 5 to July 21 Time: 6pm to 9pm

Session 2: Evenings - Tuesday & Thursday

Dates: July 26 to August 18 Time: 6pm to 9pm

Program Fee: \$328 members \$365 non-members

*Please refer to the website for additions to programming
Private Lessons are available upon request*

ADULT KEELBOAT LESSONS

BASIC CRUISING

Instruction will be on our 24' Sharks. CYA Basic Cruising logbook and course book are included in the cost and will be mailed to you prior to the course starting.

Session 1: Weekends - Saturday & Sunday

Dates: May 28, 29 & June 4, 5 Time: 9am to 5pm

Session 2: Weekends - Saturday & Sunday

Dates: June 18, 19 & 25, 26 Time: 9am to 5pm

Session 3: Evenings - Monday, Wednesday & Thursday

Dates: June 27 to July 14 Time: 6pm to 9:30pm

Session 4: Weekends - Saturday & Sunday

Dates: July 9, 10 & 16, 17 Time: 9am to 5pm

Session 5: Weekends - Saturday & Sunday

Dates: August 6, 7 & 13, 14 Time: 9am to 5pm

Session 6: (Sign up your family for the end of the summer)

Weekdays - Monday to Friday Time: 9am to 4pm

Dates: August 29 to September 2

Program Fee: \$483 members \$525 non-members



NEW! INTERMEDIATE CRUISING/BAREBOAT SKIPPER

Taught as a live-aboard course in conjunction with Adventure Sailing Plus Ltd., the participants will learn how to manage a sailing vessel in moderate sea and wind conditions in the beautiful 30,000 Islands of Georgian Bay.

The CYA Intermediate Cruising Standard is one of the courses considered a pre-requisite to bareboat chartering.

Pre-requisites: CYA Basic Cruising and a VHF Marine Radio License. CYA Coastal navigation or CPS Piloting and a recognized standard first aid course are recommended. (Experienced sailors who wish to challenge the pre-requisites may arrange to do so for an additional fee.)

Session 1: Monday, July 18, 0900hrs - Friday July 22, 1600hrs

Session 2: Monday, August 22, 0900hrs - Friday August 26, 1600hrs

Other dates available on request - Call for details.

Program Fee: \$993.93 inclusive (includes provisions & course materials for the five days)



MEMBERS WITHOUT BOATS

Any Associate or Resident member of RHYC in good standing may participate in this program. You must have a minimum of CYA Basic Cruising Standard or equivalent and your Pleasure Craft Operators Card. You must participate actively in all aspects of boat storage and maintenance and must abide by the boat scheduling. In exchange, for your contribution to the care of one of the Sharks from the Sailing Program, you will share a Shark with two other skippers and can use the boat any time that it is not being used for sail instruction. You may take family and friends on the boat.

Program Fee: \$250 (space is limited)

Contact VC of Sail Training Jenny McEwen-Hill, for conditions that apply

LEARN TO SAIL ASSOCIATE MEMBERSHIP

Membership Fee: \$702.50

This special membership includes: One session of dinghy lessons for FREE! or One session of keel boat lessons for \$155.

This membership includes a 6 month Associate membership and no initiation fee if you decide to join in 2006. You will have access to all Club facilities as listed below.

LEARN TO SAIL ASSOCIATE MEMBERSHIP PROGRAM BENEFITS

In addition to the lessons provided, students will be permitted to use the Club facilities from July 1 to December 31 (or from the start date of your session) upon receipt of registration and fee payment.

This includes use of the grounds, lounge, dining room, bar, swimming pool, change rooms and showers. You are also encouraged to attend any of the many sailing and social functions put on by the Club throughout the season.

In addition you will be eligible for the member rate should you, your spouse or your children wish another session of lessons.

Your subsequent purchase of an RHYC membership for the following season will be exempt from the initiation fee.

This program is available for first time participants only.



ADULT ABLE SAIL

RHYC has special dinghies designed for individuals who have a physical disability. The RHYC instructors have received specialised training as they are involved in our very successful, fully integrated Junior Able Sail Program.

Able sail instruction occurs as part of the adult dinghy program at the same cost and dates.

There is no attendant care provided.

For more information, please call the VC Sail Training, Jenny McEwen-Hill.

DINGHY ABLE SAIL DATES & TIMES

Session 1: Evenings - Tuesday, Wednesday & Thursday

Dates: July 5 to July 21 Time: 6pm to 9pm

Session 2: Evenings - Tuesday & Thursday

Dates: July 26 to August 18 Time: 6pm to 9pm

Program Fee: \$328 members \$365 non-members