

## Racing

LTS race nights are Wednesdays and whether you are a returning or first time sailor, talk to you instructor to reserve a boat. Parents or Guardians of non-member students are welcome to attend as our Honourary members for the time their young sailor is part of the program.

The second Friday of the 2 week sessions are assessment days with a cookie contest and seamanship race to help wrap up the session.

Awards nights will be the end of August, watch for dates and times, for students and their guests for all summer lessons.

PLEASE NOTE: Due to the individual learning speeds of each student and other factors such as weather, a student might not gain the Cansail level towards which they are working in only a two week session.



### Typical Teaching Day:

8:45 arrive at the Learn to Sail Club

9:00 warm up games and rig boats

9:45 land lesson

10:45 On water lessons and drills

11:30 LUNCH

12:30 on water lessons and drills and/or land lessons.

3:00 boats ashore and de-rig

3:45 feedback on the day's sailings and lessons, progress, etc.

4:00 student pickup at the club house

### What students need to bring:

- willingness to be a sailor
- DOT approved and well fitted PFD
- Footwear that can get wet and will stay on the feet
- Clothing appropriate to the weather, a change as well and shorts and a towel for swimming - weather permitting.
- Lunch and drinks for the day
- Sunscreen and lip screen is recommended and sunglasses for out on the water.

### LaHave River Yacht Club

For more information contact us via email at: [youthsailing@lryc.ca](mailto:youthsailing@lryc.ca) or drop in during the summer at our club and check the fun out.

[www.lryc.ca/learn.htm](http://www.lryc.ca/learn.htm)

# Youth Sailing at the LaHave River Yacht



Located at

77 Pernette Drive  
West LaHave, NS  
Drive Hwy 331 & watch for us.  
Mailing address  
PO Box 22042 RPO  
Bridgewater, NS B4V 2W6

[www.lryc.ca/learn.htm](http://www.lryc.ca/learn.htm)

# LaHave River Yacht Club — Youth Sailing Program - Year 2021

Name: \_\_\_\_\_ (Please print clearly)

Address: \_\_\_\_\_

Age (Minimum age 8 yrs): \_\_\_\_\_ Birthdate: \_\_\_\_\_

Name of Parent or Guardian: \_\_\_\_\_

Home Phone Number: \_\_\_\_\_ Summer Contact Phone Number: \_\_\_\_\_

Swimming Level: \_\_\_\_\_ Sailing Level Completed: \_\_\_\_\_

Email Address: \_\_\_\_\_

## Medical Information:

Disabilities and/or Medical Conditions: \_\_\_\_\_

Allergies: Yes \_\_\_\_\_ No \_\_\_\_\_ Type \_\_\_\_\_ Health Card Number: \_\_\_\_\_

Is your child taking any medication: Yes \_\_\_\_\_ No \_\_\_\_\_ If yes, Please give us the name(s) of the drugs and any special instructions you have regarding them: \_\_\_\_\_

Family Doctor \_\_\_\_\_ Phone: Number: \_\_\_\_\_

## Session Dates:

One week sessions: July 5 - 9 July 12 - 16 July 19 - 23 July 26 - 30 Aug 2 - 6 Aug 9 - 13 Aug 16 - 20

Two week sessions: July 5 - 16 July 19 - 30 Aug 2 - 13

**Please circle desired session(s)**

## Fees per Session: Please circle appropriate category—All prices include HST.

One Week—\$199.00

Two Weeks—\$380.00

We accept youth from age 7 to 18 (no experience necessary)

**~ SORRY, NO REFUNDS~AND NO SPOT GUARANTEED UNTIL PAYMENT RECEIVED ~**

It is understood that there is an inherent risk in any sport program and the LaHave River Yacht Club, its staff, and its professional and non-professional volunteers and sponsors are in no way re-sponsible for the damage to or loss of property or the injury of participants. I, the undersigned, therefore release and agree to indemnify and hold harmless the LaHave River Yacht Club, its staff, and its professional and non-professional volunteers and sponsors from all claims due to any loss or injury suffered by the above named participating student in the Learn To Sail program arising from and out of the participants activities while involved in the LaHave River Yacht Club Learn To Sail Program.

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

## Send Application with cheque payable to:

LaHave River Yacht Club Box 22042, RPO Bridgewater, NS, B4V 3W6

or email applications to youthsailing@lryc.ca send E-Transfer for payment to: treasurer@lryc.ca. (do not forget to send password to same address.)

Please ensure you put the students name on the notice as well.

DUE TO SCHEDULING OF INSTRUCTORS you are asked to reserve your spot in advance by registering as soon as possible. Spot will be confirmed upon receipt of payment.

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