



LEARN TO SAIL GUIDE

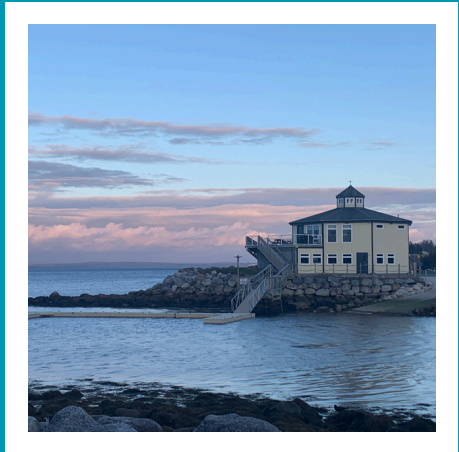
2025

“Teaching Life Skills
through Sailing”



JUNIOR SAILING PROGRAMS
FOR AGES 5-17

- Wet Feet Programing
- CANSail 1- 6

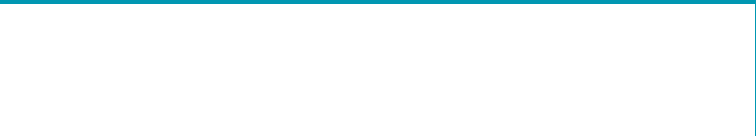


CONTACT US

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WELCOME ABOARD

Thank you for choosing our Learn to Sail Program. We are looking forward to a fun, exciting 2025 season!

MISSION STATEMENT

Hubbards Sailing Club is a non-profit community organization that creates lifelong sailors by providing fun, high quality, accessible recreation and competitive sailing experiences.

HSC offers a full range of CANSail Junior sailing programs, delivered by our Sail Canada - certified coaching staff.

Our Modern sailing school facility offers a safe, inclusive and welcoming environment. We believe that sailing is a life-enhancing skill. We look forward to helping you and your children become active members of our sailing community.



YOUR 2025 COACHING TEAM

Head Coach - Jenna Flemming, LTS Director- Anthony Bell

Wet Feet -Ella
Rhodenizer,Ja Massey
Opti 1/2 - Alex
Graham,Ben Flemming
RAD (1/2) - Simon Foote

Opti 3/4 - Jessica Doane, Harrison
Dunphy
420 3/4 - Maggie Fitzgerald
Opti 5/6 - Owen Flemming
Double handed 5/6 - Noah Villafane
ILCA - Josh Edwards





NEW SAILORS

Choosing a Program

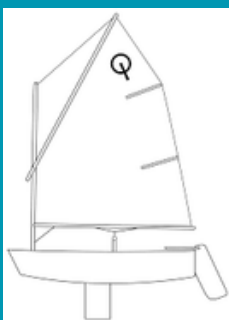
- For sailors aged 5-7: Wet Feet introductory program
- For sailors aged 8 and above: CANSail 1 - no prerequisites

Choosing a Boat

- **Optimist Dinghy (OPTI):** Single-handed (1 person) dinghy.
- **RAD (Reduced Area Design Sail):** Double-handed (2 person) dinghy with a float top mast to avoid turtling. CANSail 1/2.
- **420:** Double-handed dinghy, progression from RAD. Used in CANSail 3 and up.

Opti

Under 15 years old
less than 100 Lbs



RAD

For ages 8+. Suitable for sailors over 100lbs
or sailors who are more comfortable sailing
with a companion.





CANSail PROGRAM DESCRIPTIONS

WET FEET

For ages 5-7 years

- Prerequisites - completion of grade primary
- Session length - 1 week
- Cost - \$325.00
- Session Times - New this year - Full day Wet Feet programming. Half day am sessions (9am -12 pm) are still available but preference will be given to full day applicants in the case of a waitlist for these sessions.

Each Wet Feet class has a maximum of six participants/coach, allowing close and supportive coaching and supervision.

Instruction includes on-the-water sailing in Optimist dinghies with an instructor on board or close alongside, as well as shore-based sailing-related fun activities. Play based learning is incorporated into this program.

The full day program sticks to a very structured format to keep young sailors engaged but to not over tire themselves.





CANSail Program Descriptions

CANSail 1 and 2

- For Ages 8 +
- Prerequisites - none - acceptable for new sailors
- Session Length - 2 week sessions
- Cost - \$675.00
- Session Times - 9am - 4 pm Monday to Friday

Our CANSail 1 & 2 program provides an introduction to sailing starting out with the fundamentals required to sail a dinghy and eventually building upon those with basic skills such as understanding wind direction/speed and learning to manoeuver the boat accordingly.

There are two different boat/class options at this level - the Optimist, or the RAD/420.

CANSail 3 and 4

- for Ages 8 +
- Prerequisites - CANSail 1 and 2
- Session Length - 2 week sessions
- Cost - \$675.00
- Session Times - 9am - 4pm Monday to Friday

Our CANSail 3 & 4 program provides instruction for the intermediate-level sailor. Sailors are exposed to a greater variety of conditions as well as basic tactics and strategies. Sailors will be introduced to racing through competitive settings such as club races and local regattas.

There are two boat options at this level - the Optimist, and the 420 . Our club is now offering introduction to the 29er.





CANSail Program Descriptions

CANSail 5 and 6

- For ages 8+
- Prerequisites - CANSail 3 and 4
- Session Duration - 2 Week Sessions
- Cost - 750.00 + additional fees and regatta fees
- Session Times - 9 am - 4 pm Monday to Friday

This program is for the elite sailor looking to be a part of the race team and represent the Hubbards Sailing Club at local and out-of-province events. The CANSail 5 & 6 program integrates boat handling with tactics and strategy to develop the sailor's racing competency so they can successfully participate in regattas.

There are 4 boat/class options at this level - the Optimist, 420, and 29er (available from HSC), or Laser (supplied by the sailor).

It is expected at the 5/6 level that the sailor participates in regattas. At least one is recommended to fulfill requirements in their Checklick Checklist.

There are additional fees associated with regatta participation which will be outlined in the Learn to Race Handbook and at the Race Team Parents meeting.





YOUR DAILY CHECKLIST

At Hubbards Sailing Club, our motto is “Teaching Life Skills through Sailing.” We promote independence, organization, and responsibility. Sailors must bring all necessary items for the day.

Sailing happens rain or shine, so it’s essential to dress for the weather and maintain a positive attitude. A good sailor is comfortable in all conditions.

If it’s unsafe to sail, we plan indoor activities. With many sailors on-site, it’s important to keep the club tidy to avoid lost items. Using a bin or back pack for personal belongings helps reduce lost-and-found items, especially for our Wet Feet participants.

Each sailor must have a properly fitting, Canadian Coast Guard-approved life jacket or personal flotation device (PFD).



- **Lifejacket or PFD**
- Lunch - PEANUT FREE.
- Water - one-liter container
- Waterproof Sunscreen - SPF 30 or higher
- Sunglasses with 100% UVA & UVB protection
- A hat or visor
- Fast drying, soft soled shoes, or water shoes
- A large beach towel
- bathing suit
- At least one complete change of warm clothes including sweatshirts, pants
- jacket, and raingear
- A small notepad and pencil
- Rubbermaid tote, backpack or drybag that you can fit everything into





PARKING / DROP OFF

We do not own the parking lot property; the owner generously allows HSC to use it. The entrance is the second road after the white house. The hill road is private, leading to residences. Please respect the residents' right of way.

Do Not:

- Use the private road as a parking lot extension.
- Park on or alongside the private road.
- Park in or near the side entrance (off the private road), as it is the owner's personal access.

Do:

- Pull in off the road and turn left in the parking lot to park your vehicle.
- Limit your time in the parking lot; it is busy.
- Carpool to limit traffic if possible.

Programming runs Monday to Friday, 9am - 4pm. Drop off is between 8:45am and 9am. Punctuality ensures no delays in water activities.

For half-day morning sessions (9am - 12pm), pick-up is promptly at noon.

Do not drop your child off before the designated time; supervision will not be available.

Do not drop your sailor off at the gate. Pull into the parking area and escort them directly to their coach.

Cove Taxi will pick up at designated docks at 8:55am. Please call or email the office if your sailor will not be returning home by Cove Taxi.





HSC POLICIES

- We are a PEANUT and NUT FREE facility.
- Canadian Coast Guard-approved life jacket or (PFD) must be worn at all times when on or near the water.
- Sailors must wear clothing appropriate for weather conditions and have a change of clothing.
- Close-toed footwear must be worn at all times on the water and while launching boats. Sandals are not permitted when sailing or launching boats.
- Waterproof sunscreen (SPF 30 or higher) is required.
- UV sunglasses and hats/visors are recommended.
- All sailors must abide by the HSC Sailor's Code of Conduct.
- Parents/guardians are permitted to observe the sailors. Please do so from the clubhouse or deck to avoid interfering with sailors and programming.

Sailors will be financially responsible for any damages caused by misuse, abuse, or horseplay to HSC'S equipment , boats or facility. Costs will be incurred by the parent or guardian.





HSC'S SAILOR EXPECTATIONS

At HSC, we outline sailor expectations to ensure you understand how coaches expect you to act during your time in the LTS program. Appropriate behavior will help you become a well-rounded, self-confident sailor.

We expect the highest level of sportsmanship, teamwork, fair play, and good behavior. As a member of HSC, you represent the club, the organization, and your family. Your behavior, both on and off the water, should maintain this standard of sportsmanship and conduct, making other sailors proud to be part of HSC.

The use of alcohol, drugs, or tobacco by any participant, at any time, is strictly prohibited.

We ask you to follow these guidelines:

- Sail for fun and enjoyment!
- Work hard to improve your skills.
- Listen, ask questions, and observe others to learn.
- Embrace teamwork, sportsmanship, discipline, confidence, and self-control.
- Be a team player and get along with your teammates.
- Appreciate everyone's contribution to the team.
- Learn and follow the rules. Be a good sport and set a positive example, especially for younger sailors.





HSC'S SAILOR EXPECTATIONS CONTINUED

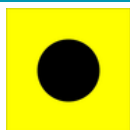
We expect you to :

- Use appropriate language- use of profanity, obscene language , or obscene gestures is not permitted
- Respect your coach, your fellow participants ,opponents, and officials. The rules of Sail Canada and HSC are to be observed by all. Absolutely no unsportsmanlike conduct will be tolerated.
- Be on time for sessions
- Attend regularly. You need to develop your individual skills, sailing fundamentals, as well as develop team discipline ,unity ,spirit ,commitment, and loyalty.
- NEVER participate in any physical violence, fighting etc. during any HSC events, under any circumstances.
- Bring appropriate sailing gear- includes rain jacket, warm clothes and closed toe shoes.

Breach in any of the expectations typically result in :

- 1 - A warning to the sailor and a call home
- 2- Sailor is sent home for the day
- 3- Sailor is suspended for the summer

If any behavior presents a risk to the safety of the sailor themselves or to the other sailors, the sailor may be sent home immediately.





EXPECTATIONS OF PARENTS & GUARDIANS

Help of parents and guardians is essential for our program's success. By setting a good example, you exemplify our values of sportsmanship and fair play.

We ask you to:

- Encourage your child to play by the rules. Remember, children learn best by example.
- Make participation fun and support their desire to sail or play the sport of their choosing.
- Show a positive attitude toward the HSC program and all its participants.
- Emphasize skill development and practice, highlighting their benefits for your young athlete.
- Applaud good effort, both in victory and defeat, and reinforce the positive aspects of the game.
- Work toward eliminating physical and verbal abuse in youth sports. Adopt a “zero tolerance” attitude.
- Familiarize yourself with the materials required for your child's participation in the CANSail programs.

Additionally, we always welcome your feedback. If you have any concerns, please feel free to discuss with your sailors coach, head coach or general manager or LTS director.





REGULAR SESSION EVENTS

Coffee Mornings: On the first Monday of every two-week session, parents are invited to drop off their sailors and then head upstairs to the clubhouse for coffee and treats.

Pizza Days: Guardians will receive an email form to pre-order for Fridays.

Treat Days: On the final Friday of each two-week session, parents/guardians are asked to contribute a treat to share with other sailors in the afternoon.

Theme Days: Every Friday is a theme day. Watch your emails for the weekly theme and show your club spirit by dressing up.

Tuesday Night Races: Join HSC sailors, parents, friends, and supporters for a fun evening of on-water racing, BBQ, a candy bar, adult beverages for purchase, and socializing. We will have seven events this season. All are welcome, and we encourage families to come out and meet other HSC families!

SPECIAL EVENTS THIS SEASON

HSC'S Annual BBQ and Auction scheduled for Saturday July 6th. Please watch for information on ticket sales- they sell out quick !

HSC is Proud to announce that we will be hosting Opti Provincials on Tuesday August 26th and Wednesday August 27th!

Year End Awards, BBQ and Team Racing - Scheduled for Saturday August 23rd





Contact Us !

General Manager - Karen Bell

sailing@hubbardssailingclub.ca

902-857-9771 (Seasonal)

PO Box 187

215- HWY #329

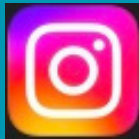
Hubbards, NS

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Find us at

www.hubbardssailingclub.ca



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/HubbardsSailingClub

Volunteers wanted !

HSC relies on volunteers like you to make our events fun and successful! If you'd like to volunteer for an event, a day, or a specific role, please contact Karen for more information and opportunities! Whether it's BBQ tending on race night or helping with coffee mornings, your contribution is valuable.

