



2010



Awesome Programs

For Kids



Adults

REGISTER ON LINE AT  
WWW.NORTHVANREC.COM

## ABOUT THE LEARN TO SAIL PROGRAM

The "Learn to Sail" program at the Deep Cove Yacht Club is a non-profit organization dedicated to encouraging the development of yachting, seamanship and good sportsmanship. We have had a Learn to Sail Program at the Club since 1965. The program has 33 instructional dinghies in top condition, including brand new 420 dinghies purchased in 2009 and new Optimist dinghies purchased in 2010. Learn to Sail employs only CYA certified coaches and prides itself on the quality of instruction. The 2010 Sailing Director is Nikki Petersen who has been with us for 8 years and has a background in childcare.

Please contact us if you would like to volunteer for Learn to Sail.  
**Nikki Petersen**  
Sailing Director, Deep Cove Yacht Club  
Club: 604 929 1009

## KIDS SAILING PROGRAMS:

See other side.



## ADULT KEELBOAT SAILING LESSONS: Beginners

Adult lessons are taught in 30 ft keelboats. They follow the Basic Cruising Standard of the Canadian Yachting Association. Class size is limited 3 or 4 students in a boat with an Instructor. This Course enables students to crew and skipper a small keelboat on day sails and can be used to rent a boat for the afternoon. Phone Pam at 604 929-5254.

Deep Cove Y.C. classes are famous for their camaraderie, the great Instructors and being invited to race with the racing fleet on completion of the Course. Full foul weather gear and boots are required.

**First Class:**  
April 23 (evening only), 24,25 and  
May 2,3  
\$600

Other classes arranged as students enquire for later in the year.



## INTERMEDIATE CRUISING STANDARD:

A 5-day "Live Aboard" Course cruising the Gulf Islands and Howe Sound. This certification can be used to Charter a keelboat from any Charter Company.

**Price:** \$900 which includes food, dockage, etc. This course will enable to graduate to sail, motor, navigate, troubleshoot, and take care of a 30 foot cruising sailboat, sailing by day and anchoring by night. It is given over the May holiday weekend to help those who have to take time off work.

**For Information:**  
Phone or e-mail:  
Pam Juryn 604 929-5254 or  
pjuryn@shaw.ca  
Pam will advise you of the registration situation at that time.

## Contact Information

Deep Cove Yacht Club  
4420 Gallant Ave.,  
North Vancouver, B.C. V7G 1L2.

www.deepcoveyc.com

Club Office: 604 929 1009



## Summer Kids Programs

### Wet Feet Ages 4-7

\$173

Ages 4-7 9am – 12pm M-F or  
Ages 6-7 1pm - F

Beach-combing, games, and fun lessons on the water are all part of this exciting week! Children build confidence in and around boats through a controlled introduction to sailing with a strong focus on safety. *Please bring a lifejacket, a snack and appropriate clothing.*

#### Wet Feet AM & PM

July 5-9	Aug 3-6
July 12-16	Aug 9-13
July 19-23	Aug 16-20
July 26-30	Aug 23-27



### SPRING AND FALL PROGRAMS AT DCYC

Elementary School Field Trips  
High School League Race Team Training

## Summer Kids Programs

### Opti Levels Ages 8-11

\$284

9am-4pm M-F 1 week

Designed for younger beginner sailors, these courses are taught on our fleet of Optimist dinghies. Opti 1 is the most basic level, and includes basic maneuvers and boating safety. The Opti 2 course helps sailors build confidence in sailing by themselves. The Opti 1 course runs on alternate weeks from the Opti 2. Many students enjoy taking two courses consecutively. Students who took last year's Opti Bronze or Silver should register in Opti 2.

O1 July 5-9	O2 July 12-16
O1 July 19-23	O2 July 26-30
O1 Aug 3-6	O2 Aug 9-13
O1 Aug 16-20	O2 Aug 23-27

Parents deciding between the Opti and White Sail courses should consider the size and strength of the student. Please feel free to contact Nikki at [sailingdirector@deepcoveyc.com](mailto:sailingdirector@deepcoveyc.com) with questions.

## Summer Kids Programs

### White Sail 1,2,3 Ages 11-16

\$499

9am-4pm M-F 2 weeks

These standard courses teach students the basics of sailing. Topics include on-water skills, sailing theory, water safety, seamanship and knots. Many students find that they will complete 1 and 2 in a single session.

July 5-15  
July 19-30  
Aug 3-13  
Aug 16-27

#### Did You Know...?

- ▶ That our programs are an affordable, fun way for your children to enjoy the summer?
- ▶ Your sailing experience could be worth up to 4 high school graduation credits?
- ▶ If you are 16 years old or older and have a Bronze 4 certification that you can become a sailing instructor?
- ▶ That DCYC has a great race team that sails in the spring and fall?
- ▶ That we offer classes to school groups?
- ▶ That we offer structured adult dinghy sailing lessons for both water babies and cowards?
- ▶ Sailing is an Olympic Sport!

## Summer Kids Programs

### Bronze 4 and 5 Ages 11-17

\$499

9am - 4pm M-F 2 weeks

Students will learn some of the more technical aspects of sailing, about the importance of teamwork, and personal safety while sailing on Laser 2 and 420 dinghies rigged with a spinnaker and a trapeze. Bronze 5 is very challenging and most students will take two sessions to complete it.

July 5-16  
July 19-30  
Aug 3-13  
Aug 16-27

*All sailors should come with a life jacket, lunch, sun screen, weather-appropriate clothing and a change of clothes.*

### DCYC Junior Race Team Ages 8-17

The team meets one evening per week for training and competes in several regattas. Participation on the race team is a great way to hone and maintain on-water skills and have fun while doing it! For more information, please contact Nikki at [sailingdirector@deepcoveyc.com](mailto:sailingdirector@deepcoveyc.com).

# REGISTRATION

## Register ON LINE at North Van Recreation [www.northvanrec.com](http://www.northvanrec.com)