



SUMMARY of 2016 AB COURSES:

Our Primary Programs:

1. Dinghy Lessons
2. Keelboat Lessons
3. Sail Share

DINGHY LESSONS:

- At Nepean Sailing Club
- 420's (evenings or weekends)

KEELBOAT LESSONS:

1. Basic Cruising
 - a. In Ottawa 28 hr course - Weekend, Daytime, Evening
 - b. In Kingston - 5 day live aboard from Sunday-Friday
2. Beyond Basic Cruising:
 - a. Basic refresher (1 or 2 day, Ottawa)
 - b. Beyond Basic Cruising (2day/2night Live aboard, Ottawa or Kingston)
 - c. Boat Handling
 - i. Docking
 - ii. Spinnaker
 - iii. Sail Trim
 - iv. Outboard engine
 - v. Diesel engine
3. Intermediate Cruising:
 - a. In Kingston - 5 day live aboard from Sunday-Friday
 - b. International Yacht Training certification available for Intermediate students at additional cost. On the water is assessed during the Intermediate course and an additional exam must be written.
 - i. ICC - International Certificate of Competency
 - ii. Bareboat Skipper certification
4. Navigation/VHF Courses
 - a. VHF ROC-M (classroom or home study)
 - b. Coastal Navigation (classroom or online)
 - c. Celestial Navigation (classroom or home study)
5. Intro to Sail - 3 hour sail - can be with family and friends
6. Team Building - customizable

SAIL SHARE:

1. Dinghy (Albacores)
2. Keelboat
 - a. Small Boat (T22, Sharks)
 - b. Small Boat Racing (Sharks)
 - c. Big Boat (C&C 27, C&C 29)