

OUTER HARBOUR PILOT YOUTH WATER SPORTS PROGRAM 2010

Learn to Sail Learn to Row

What is the Program?

This pilot program will provide week-long courses to introduce sailing or rowing to youth who would otherwise be unable to afford to participate.

The Courses:

There will be three one-week sessions in which rowing or sailing will be taught to youth aged 13-17 years. Each week-long course offers the participants the opportunity to learn the fundamentals of the sport taught by skilled instructors in an enjoyable way and in beautiful, natural surroundings on the Toronto waterfront.

Each course is free and all equipment for the sport will be provided. On completion of the week the participants should gain the first level of competence in the sport and a certificate to take home.

As well as on the water instruction there will be some on land training. Use will also be made of the beach facilities at Cherry Beach for picnics, beach volleyball and optional swimming in the lifeguarded area,

The sports are weather dependant and if the wind is not cooperative more time will be spent on land. If it rains, the sports will continue if other conditions are suitable.

Program Dates:

Learn to Row

July 12th to 16th

Ages: 14 to 17 years
Hanlan Rowing Club

Learn to Sail

August 9th to 13th

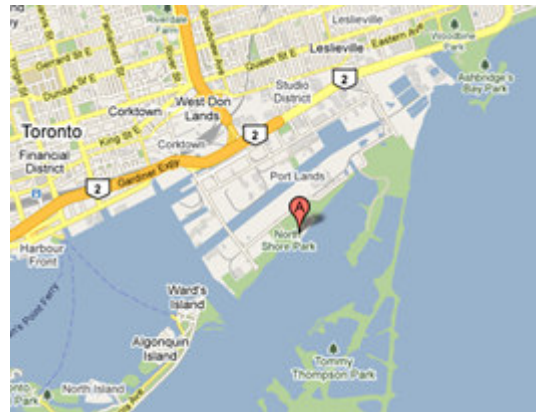
Ages: 13 to 16 years
Westwood Sailing Club

August 16th to 20th

Ages: 13 to 16 years
St Jamestown Sailing Club

Location

The Outer Harbour clubs are located on Regatta Road, just east of Cherry Beach. Arrangements will be made to provide bicycle or van transport to the clubs. There is no public transport on weekdays to the area.



Learn to Sail

The Learn to Sail program will provide youth 13 to 16 years of age the chance to try an Olympic sport, which can be enjoyed at every level.

This introductory course will teach sailing in small sailboats (dinghies). The sailboats are 4.2 metres long and hold from two to four youth depending on their size and weight, who work as a team. The participants will spend lots of time on the water learning how to sail.

Participants should expect to get wet, and that is part of the fun particularly late in the summer when the water is at its warmest.

Once you learn to sail, it has the potential to be a lifelong activity. Give sailing a try this summer! The course will be offered from 10 am to 4 pm Monday to Friday on three separate weeks in August.



Learn to Row

Hanlan's Learn to Row program will provide youth between the ages of 14 – 17 with the opportunity to participate in Canada's most successful Olympic summer sport!

We will introduce beginners to the basics of rowing, including equipment preparation, rowing and training techniques, and even coxing (steering!) The program's objective



will be to develop all participants' familiarity and ability to the point that they will be comfortable and effective powering one of our 8-man boats.

Rowing is often referred to as the ultimate team sport – there are no superstars, no

divas, no flashy players, just a team of 8 athletes striving to move in perfect unison. The sport incorporates strength, power, rhythm and timing and when it all comes together (and it can, even in one week), rowing feels like flying, at water level.

This program will run 10 am. to 1 pm at the Hanlan Boat Club from July 12th – July 16th inclusive.

Who is Putting on the Courses

The Outer Harbour Sailing Federation (OHSF), consisting of six sailing clubs, one rowing club and one windsurfing club, is providing these courses on a pilot basis. The OHSF is working with five community centres to provide the program.

How to Apply

Fill in the application form which can be obtained from:

Mary Neumann at 416-968-1696 or mneumann@rogers.com until July 22nd

After July 22nd contact Chris Maslowski At 647-899-6965 or chriemaslowski@rogers.com

Or on the OHSF website from July 15th www.outerharbour.net

