

# WATER SPORT CAMP

## Fun | Fundamentals | Team Work

Introduce your children to sailing, windsurfing or rowing lessons in a fun and safe environment in our sheltered, protected harbour. Certified instructors teach boat handling and **CANSail** skills while building teamwork, friendships, confidence, and self-esteem.



No experience is required. Each session offers an opportunity to learn the fundamentals of the sport taught in an enjoyable way in natural surroundings on the Toronto waterfront. The sports are weather dependent and if the wind is not cooperative more time will be spent on theory and techniques on land. If it rains, sailing will continue if conditions are suitable.

Games, picnics, beach volleyball and optional swimming in the lifeguarded area at Cherry Beach or Ward's Island are part of the program.



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**Choose your session and select a single sport or any two sport combination.**

*Note: Rowing is offered as a half day sport.*

**Sailing and windsurfing are either full day or half day sports.**

Sessions	Week	Row	Sail	Windsurf
Session 1	July 9–13	Rowing	Sailing	Windsurfing
Session 2	July 16–20	Rowing	Sailing	Windsurfing
Session 3	July 23–27	Rowing	Sailing	Windsurfing
Session 4	July 30–August 3	NA	Sailing	Windsurfing
Session 5	August 7–10	NA	Sailing	NA
Session 6	August 13–17	NA	Sailing	Windsurfing
Session 7	August 20–24	NA	Sailing	Windsurfing
Session 8	August 27–31	NA	Sailing	NA

### Sailing and Windsurfing

- Windsurfing is available to those 10 and up.
- Sailing is either full day or half day. Windsurfing is also either full day or half day.

### Rowing

- Rowing is available to those 13 and up due to age and size restrictions.
- Rowing is half day, either mornings or afternoon.

*Disclaimer: All course offerings are subject to change.*



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**Book Now – July and August Sessions\***  
**Register Online at [www.outerharbour.net](http://www.outerharbour.net)**

*\*Limited availability – first come, first served*



**We are excited about developing the potential of youth through our sailing, windsurfing and rowing lessons!**

**Register: [www.outerharbour.net](http://www.outerharbour.net)**

For additional information contact  
Alan Hall at [junior\\_sailing@outerharbour.net](mailto:junior_sailing@outerharbour.net)

**Outer Harbour  
Sailing  
Federation**





## CANSail I and II

CANSail Programs are designed for youth from 7 to 17 years old. Students are divided into appropriate age and skill level groups. The curriculum is based on Sail Canada standards and students have the opportunity

to earn nationally recognized certificates for each level by demonstrating skills learned in the program.

Discounts are per child: 10% Early Bird Discount until May 1<sup>st</sup>; 5% discount for booking 2 weeks; and 10% discount for booking 4 weeks.

- Participants in the sailing program can be 7–17 years old, windsurfing is for 10–17 year olds and rowing takes only 13–17 year olds
- Pricing for full day programs includes a CANSail registration fee: \$300 (single sport) or \$350 (two half day sports); \$175 if rowing ONLY

Choose sailing, windsurfing or rowing lessons or combine either sport with sailing. The morning is spent rowing or windsurfing and the afternoon

is spent sailing. Sailing, rowing and windsurfing are water sports that you can enjoy both recreationally and competitively at a variety of levels. They are all Olympic sports which Canadians have done well in. Once you know how you can continue to enjoy them throughout your life.



## Learn to Row Half Day

Hanlan's Learn to Row program provides youth with the opportunity to participate in Canada's most successful Olympic summer sport! We introduce beginners to the basics of rowing, including equipment preparation, rowing, training techniques, and even coxing (steering!) 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.

## Learn to Sail Full or Half Day

This introductory course will teach sailing in small sailboats (Optimists and QBAs). Each sailboat holds 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. Once you learn to sail, it has the potential to be a lifelong activity. Give sailing a try this summer!



## Learn to Windsurf Full or Half Day

Windsurfing is an exhilarating sport which combines traditional sailing with a board sport like surfing, snowboarding or skateboarding. Elite windsurfers compete in course racing at the Olympics, in professional slalom and freestyle events, and in official speed trials. The new windsurfing world speed record is over 52 knots (96+ km per hour)! However, most windsurfers love just cruising back and forth in a good breeze.

At the Toronto Windsurfing Club, beginners can quickly learn fundamental sailing concepts, water safety, and basic board handling techniques. Fitness and good swimming ability are recommended.



## Who is Putting on the Courses



The Outer Harbour Sailing Federation (OHSF), is a non profit organization consisting of six sailing clubs, one rowing club and one windsurfing club; the OHSF is providing these courses with the support of its member clubs.

## How to Apply

Please follow the link to register online at [www.outerharbour.net](http://www.outerharbour.net)

All participants must know how to swim and enjoy the water.



## More Information

For more information, go to the *Water Sports Camp* section at [www.outerharbour.net](http://www.outerharbour.net)

There are videos on the site describing our sailing and rowing programs as well as links to the program's Facebook page.

*Disclaimer: All course offerings are subject to change.*

## Hours, Location and Getting There

**Camp runs from 9 a.m. to 4 p.m.** On water times are 10 a.m. to noon and 1 p.m. to 3 p.m. Hanlan Boat Club, Outer Harbour Centreboard Club, and Toronto Windsurfing Club are all on

Regatta Road, just east of Cherry Beach.

If you take the TTC\* to Cherry Beach, please allow a 15 minute walk along the bike path to our location on Regatta Road.

*\*Check with TTC for Bus Times.*

