



You will learn all about.....

- ✓ PFDs and sailing clothes
- ✓ Wind direction
- ✓ Points of Sail
- ✓ Knots: figure eight, bowline, reef, and round turn two half hitches
- ✓ Where to sit in a boat
- ✓ How to steer a boat
- ✓ How to control the sails
- ✓ How to tack and gybe the boat
- ✓ How to right a capsized boat
- ✓ Lots of fun sailing activities and games
- ✓ Spend lots of time on water



Sailing to win
La voile pour la victoire



Sailing for Life
La voile pour la vie

Are you the next Olympic sailor? Or maybe you just want learn how to steer a sailboat. In any case there is a CANSail program for you! The CANSail programming has been designed to suit each sailor's age and stage of development. Check with a local sailing club for a program schedule.

What to bring to go sailing

- ❖ PFD/lifejacket
- ❖ Hat and Sun Protection
- ❖ Clothing suitable for the temperature
- ❖ Rain jacket / spraytop
- ❖ Sailing shoes or closed toe shoes
- ❖ Water bottle, snack and lunch (if applicable)

Sign Up for CANSail NOW!



Learn to Sail in a FUN and SAFE environment

sailing.ca

