

ADULT SAILING PROGRAMS



AT THE SQUADRON

LEARN & ACHIEVE ON
HALIFAX'S OCEAN PLAYGROUND

REGISTER TODAY FOR
2024 PROGRAMS

ROYAL NOVA SCOTIA YACHT SQUADRON
ADULT RACING AND LEARNING PROGRAM GUIDE 2024

WWW.RNSYS.COM
902-399-6211
PROGRAMMING@RNSYS.COM



SKILL BUILDING FUN

SAILING WITH THE SQUADRON



The Royal Nova Scotia Yacht Squadron has the top Sail Training Program in Atlantic Canada! We are excited to be expanding our adult offerings for 2024 to ensure that our members have the best experiences on the water. If your goal is some Wednesday night fun, cruising with the family, or a top finish at a major regatta RNSYS has programming to take you to the next level in your sailing or racing journey. Our team of top-quality coaches along with special guest experts will help you achieve all of your sailing and racing goals.

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NORTH SAILS J22 SPRING SERIES

Thank you to Drew Mitchell and North Sails for Sponsoring the RNSYS J22 Spring Series

RNSYS' Spring Series J22 Racing is back with new opportunities and ways of sharpening your sailing skills!
Sessions are 10:00am to 3:00pm Each Day
Members Drop-in \$25/race Day Non-Member Drop-In \$45/Race Day
All are welcome!

The RNSYS Spring Series presented by North Sails is a great way to jumpstart the sailing season and get on the water early to practice and hone your skills as a racer. Every weekend you can hit the water and practice racing in competitive and action-packed races against other RNSYS members and racers from around Halifax. New in 2024 there will be opportunities to participate in different types of racing mixed in with the regular fleet races there will be weekends dedicated to match racing and team racing on the J22s. Coaching support and debriefs are provided to help racers get to the next level in their game from special guest coaches as well as RNSYS' own knowledgeable race team coaching staff. A full schedule of the Spring Series can be found below and there will be lots of opportunities to get on the water. You can participate in the whole Spring Series (and get a great discount) or drop in for individual sessions or clinics. See the upcoming pages for more information on individual clinics, race days and events.

Full Series Schedule & Pricing

- March 23: Opening weekend Fleet Racing & BBQ to follow racing on Saturday (BBQ included in registration)**
- March 29: Match Racing with expert guest coach**
- April 6: North U Tactics and Racing Seminar at the Saraguay House with Andrew Kerr (no J22 racing)**
- April 7: Fleet Racing Clinic with North U Coach Andrew Kerr**
- April 13, 20: Fleet Racing**
- April 27: Team Racing Weekend**
- May 4: Fleet Racing**
- May 17, 18, 19, 20: RNSYS High-Performance Clinic - J22 Match Racing**
- May 25: Fleet Racing Finale with Prizes!**

- Full Season Pass: Members \$425 Non-Members \$625**
The season pass includes ALL weekend racing days, NorthU Clinic, and Match Racing High-Performance Clinic at a great discount from purchasing everything individually!
- Spring Series Pass & NorthU Clinic (not including high-performance match racing clinic): Members \$320 Non-Members \$380**
Access all of the spring series except for the High Performance match racing clinic on May 17, 18, 19, 20.
- Spring Series Pass & May H-P Clinic (No NorthU Clinic): Members \$320 Non-Members \$380**
Access all of the spring series except for the NorthU seminar and clinic on April 6, 7.
- Spring Series Pass: Members \$100 Non-Members \$220**
Participate in all the racing this spring including special guest coaches and debriefs throughout the series.

NORTH SAILS J22 SPRING SERIES



GUEST COACHES

NEW IN 2024! THROUGHOUT THE SPRING SERIES SPECIAL GUEST COACHES WILL BE THERE TO PROVIDE INSIGHT, FEEDBACK AND RUN DEBRIEFS FOR SAILORS. THIS IS A GREAT WAY TO KEEP IMPROVING YOUR SAILING

The special guest coaches will be at all of the regular racing sessions on the weekends. There is no additional charge for these days - the goal is just to help everyone get better. When special guest coaches dates are confirmed they will be announced and posted to the club website and social media. Guest coaches include ex-Olympians, current Canadian Sailing Team members, World Champions, and America's Cup racers. A few of the confirmed coaches are listed below with bios!



DREW MITCHELL

Drew Mitchell grew up sailing at the Lunenburg Yacht Club in Nova Scotia. He has raced on and coached high-performance one-design for nearly 20 years, now with NorthU. Drew races in the Melges 24, Farr 30, Bluenose, and Martin 242 fleets and has won the Farr 30 North Americans and Melges 24 PNW championship. He came in 3rd at Martin 242 North Americans and was in the Top 3 in the Bluenose class for the last 4 years at Chester Race Week. Drew's distance racing experience includes winning the Van Isle 360 and racing the 2017 Transpac on a TP 52.



PAUL TINGLEY

Paul Tingley is a five-time Olympian and boasts three medals two bronze in the Sonar class and a gold in the 2.4mr class.

Paul has competed across the world and has a wealth of experience in a variety of sailing classes. On the coaching side Paul has coached many Olympians from Nova Scotia. A dedicated sailor and competitor RNSYS is excited to have Paul joining us to coach this spring.



MADELINE GILLIS & GALEN RICHARDSON

Madeline and Galen made up the crew who represented Canada at the 2023 Pan-Am Games in the Nacra 17 class placing 4th in the competitive class.

Madeline and Galen are no strangers to international competition as they have been representing Canada (and in Madeline's case RNSYS) since they were kids. They're excited to be coaching with the North Sails RNSYS Spring Series in 2024!



RYAN ANDERSON

Ryan Anderson grew up sailing at RNSYS and has represented Canada at major international regattas since he was a child. Currently Ryan is on the Canadian Sailing Team and is campaigning for the 2024 Paris Olympics in the ILCA 7 (Laser Standard Class). Out of the Laser Ryan enjoys racing keelboats at RNSYS and has spent the last five years coaching with the RNSYS race teams.



CHRIS TULLY

RNSYS Sailing Director, Dalhousie University Sailing Team Coach & Coach for the Canadian Armed Forces National Sailing Team. Chris has coached athletes to top-end finishes in a variety of dinghy and keelboat classes across the world; including Canada's best ever finish at the military sailing world championship and back-to-back top-3 finishes for Dalhousie University in the league. An accomplished sailor himself Chris has numerous top finishes in keelboat classes across North America.



KEEP AN EYE ON RNSYS' SOCIAL MEDIA AS WE WILL ANNOUNCE MORE SPECIAL GUEST COACHES LEADING UP TO THE SERIES



RACING PROGRAMS

SPRING SERIES CLINICS

WITHIN THE OVERALL SPRING SERIES RACING RNSYS WILL BE HOSTING SPECIAL CLINICS WITH GUEST EXPERT COACHES

NORTHU SEMINAR AND CLINIC

Dates: NorthU Tactics and Racing Seminar April 6

NorthU Racing Clinic with Andrew Kerr April 7

Cost: Members \$270 Non-Members \$330

NorthU Coach Andrew Kerr will be at RNSYS on April 6 to deliver his tactics and racing seminar and on April 7 you can take the water for racing and training with Andrew on RNSYS' J22s. This excellent clinic opportunity will help prepare you for the upcoming sailing season!

To register for the NorthU Tactics and Racing Seminar (Saturday, April 6) ONLY click [here](#).

To register for the NorthU Racing Clinic (Sunday, April 7) ONLY head to the RNSYS registration page.

RNSYS HIGH-PERFORMANCE CLINIC - J22 MATCH RACING

Dates: May 17 (evening), May 18, 19, 20

Cost: Members \$200 Non-Members \$250

The RNSYS High-Performance Clinic is an opportunity for athletes to take their sailing to the next level with world-class coaching provided by leaders in sailing. This clinic will bring together sailors from across Canada to learn from the best of the best.

Each day training will be run by our experts with the support of RNSYS' top-level race management and coaches. Following training, there will be individual group debriefs and then clinic-wide debriefs and presentations from performance coaches, ex-Olympians, members of SailGP, and America's Cup racers.

Breakfast snacks will be provided each day and there will be clinic-wide dinners on May 17 and 19 - all included with registration.

As always drop-ins are welcome \$25 for members \$45 for non-members. Drop-ins are not available for the NorthU Seminar/Clinic on April 6/7 OR for the RNSYS High-Performance Clinic May 17,18,19,20



LEARN TO SAIL AT RNSYS! IF YOU'RE LOOKING FOR YOUR FIRST EXPERIENCE, TO GET YOUR FEET WET, BUILD YOUR SKILLS, OR LEARN ALL YOU NEED TO EMBARK ON YOUR OWN BOAT RNSYS HAS A TRAINING PROGRAM FOR YOU!

TRY SAILING!

**Times: 10:00 am - Noon & 1:00 pm - 3:00 pm Each Day that Try Sailing! is offered.
Cost: \$30**

A short and fun introduction to Sailing. Ever wanted to try sailing but not had a way to get out? RNSYS' Try Sailing! program is for you. Each session will teach some of the basics of sailing while you take in a cruise of Halifax's beautiful Northwest Arm. These sessions are designed to be a one-off introduction to the sport.

You will be accompanied by an experienced sailing instructor on the boat who will do all the preparation so you can maximize your two hours on the water.

Course Dates: The Try Sailing! program is offered on most weekends following May 23/24 weekend in 2024.

Please check the RNSYS website and registration platform for the most up-to-date course offerings.

INTRODUCTION TO KEELBOAT SAILING

**Sessions: Saturday and Sunday 9:00am to 4:00pm both days.
Cost: Members \$275 Non-Members \$340**

Learn all the basics of keelboat sailing from one of our experienced and Sail Canada-certified instructors. You'll learn all that you need to know to safely depart the dock, get the sails up, and head on your way!

This two-day course will cover the basics of direction and propulsion on a keelboat while also reviewing how to safely get your boat on its way.

Each day you will meet at 9am, the instructor will provide an introduction to the concepts that will be covered that day and then you will hit the water! You'll return over lunchtime for a complimentary meal in the RNSYS dining room before heading back out for more fun on the water.

Course Dates:

Spring: May 25/26; June 8/9; June 29/30

Summer: July 6/7; July 13/14; July 27/28; August 3/4;

August 17/18; August 24/25

Fall: September 14/15; 28/29

All dates are subject to change based on the minimum registrations met. Please check the RNSYS website and registration platform for the most up-to-date course offerings.

With the purchase of any adult racing or learn to sail program you can apply the course registration amount (up to \$500) towards your RNSYS membership share when you become a RNSYS member



LEARN TO SAIL PROGRAMS

LEARN TO SAIL AT RNSYS! IF YOU'RE LOOKING FOR YOUR FIRST EXPERIENCE, TO GET YOUR FEET WET, BUILD YOUR SKILLS, OR LEARN ALL YOU NEED TO EMBARK ON YOUR OWN BOAT RNSYS HAS A TRAINING PROGRAM FOR YOU!

BASIC CRUISING STANDARD

Times: 5:00pm to 8:00pm for 2 Friday evenings & 2 Weekends 9:00am to 4:00pm Each Day (Saturday+Sunday)

Cost: Members \$1,000 Non-Members \$1,250

Sail Canada's Basic Cruising Standard Course is a great way to develop all the skills you need to safely take your own boat out. This course covers the basics of sailing as well as navigation, anchoring, docking and the safe operations of your boat's engine.

The goal of the standard is for all participants to be able to cruise safely in familiar waters as the competent crew of a sloop-rigged keelboat of 6 to 10 meters with an outboard or inboard motor in moderate wind and sea conditions by day. The focus of this Standard is on the development of crew-oriented basic sailing skills, seamanship, and knowledge needed to act as a competent crew.

Course Dates:

Course A: May 3,4,5 & 24,25,26

Course B: June 14,15,16 & 21,22,23

Course C: July 26,27,28 & August 2,3,4

All dates are subject to change based on the minimum registrations met. Please check the RNSYS website and registration platform for the most up-to-date course offerings.

PRIVATE SAILING LESSONS

Sessions: 4hr Sailing Lesson

Cost: Members \$175 Non-Members \$250

Private lessons for any skill level or goal!

Take advantage of RNSYS' skilled and experienced coaching staff who can help you achieve your sailing or racing goals. Our team has a wide variety of skills from racing to cruising and Sail Canada certifications that can support your learning and development.

Achieve Sail Canada keelboat certifications "Start Keelboat Sailing" or "Basic Cruising Standard" through private lessons. Or develop skills as an individual or as your whole keelboat crew. Work with our team to identify and achieve your goals.

Set your own schedule for lessons and work with our team to make a training plan tailored to your goals and needs. Discounts are available over the standard rate when booking multiple sessions or booking a certification.

TO BOOK EMAIL: SAILNOW@RNSYS.COM

With the purchase of any adult racing or learn to sail program you can apply the course registration amount (up to \$500) towards your RNSYS membership share when you become a RNSYS member

REGISTRATION & CANCELLATION POLICIES

Cancellation Policy

1. A confirmation email will be sent to all applicants upon receipt of registration. Once this confirmation email has been sent, participant interest in attending the course is assumed unless the RNSYS is informed otherwise.
2. If, upon receipt of registration, a course is full the applicant will automatically be waitlisted. A waitlist email notice will be sent out to applicants who have been placed on a waitlist.
3. If space comes available, waitlisted registrants will be automatically notified of the availability.
4. Once confirmed, all registrations are subject to a 25% cancellation charge. Cancellations received within two weeks prior to the course are subject to a 50% cancellation charge. No refund is provided following the start of the course unless in exceptional circumstances at the discretion of the RNSYS sailing director.
5. Any registration credits provided are non-transferable and must be used by the participant's family.

1. Membership discounts are available to SENIOR members only.
2. Discounts are applied by participants inputting their membership status into the online system. Those found to have misrepresented their membership status will be required to pay the discount balance or will forfeit their registration and fees.
3. Registrations may be processed through your member account. Reach out to programming@rnsys.com for more information.
4. With the purchase of any adult racing or learn to sail program you can apply the course registration amount (up to \$500) towards your RNSYS membership share when you become a RNSYS member
5. A minimum of three (3) participants are required for any adult LTS course to run.

HST

We are required to charge HST on all instructional courses and race programs offered to individuals 14 years of age and over at the time of the course, unless the individual is disabled. When HST is applicable it will be noted in the course profile. When payment is received without HST included, but it is applicable, the sender will be contacted to remit the HST.

Membership is not required to participate in our programs but it does offer year-round access to the RNSYS and discounts on registration!

JOIN US ALL SUMMER WITH A MEMBERSHIP TO THE SQUADRON

SENIOR MEMBERSHIPS

\$920+

MEMBERSHIP INCLUDES:
DISCOUNTS ON ALL YOUTH AND ADULT PROGRAMS
PERSONAL MEMBER NUMBER
FULL DINING AND POOL PRIVILEGES
ABILITY TO BRING GUESTS
MARINA ACCESS
SPECIAL RATES FOR CLUB EVENTS SPACE

***SOME RESTRICTIONS APPLY**
CONTACT COMMUNICATIONS@RNSYS.COM

