

What is Able Sail?

WHO:

We're open to any person of any age with a physical or cognitive disability.

WHEN:

June - Mondays, Wednesdays, and Thursdays
July & August - Mondays, Tuesdays, Wednesdays, and Thursdays

10:00 am until dusk. We can book other times.
Call us for details.

FORMAT:

- One-hour sessions
- 1 or 2 sailors per boat (depending on skill level)

COST:

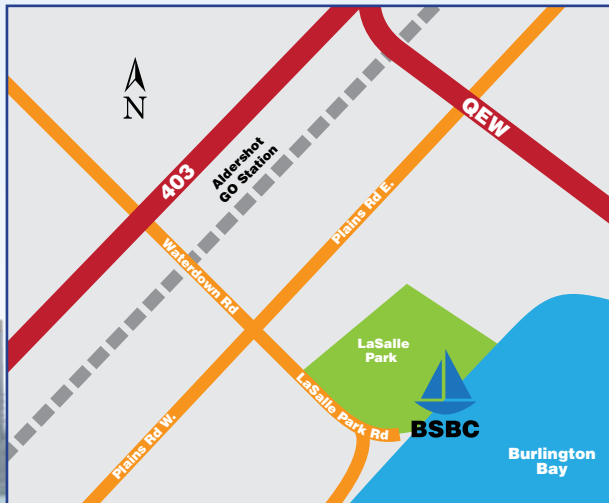
The first session is free.

Following sessions are available at a very reasonable rate. Season passes are also available.

Contact us for more details.

WHERE:

The Burlington Sailing & Boating Club (BS&BC) and the LaSalle Park Marina, are situated only minutes from the 403 or QEW highways.



The Able Sail Boats

Our program focuses on the Martin 16 sailboat, which is equipped to cater to physically/ cognitively challenged people of all ages. The boats are extremely stable and can be sailed with either a companion instructor in the stern seat or solo by individual sailors who have attained enough experience to "go it alone".



Martin 16

This is a keelboat design; easy to maintain and stable in all conditions. The Martin is famous for being "un-tippable".

These boats are very competitive, so sailors who want to advance their skills from casual day sailing to racing are taught the fundamental of sailboat racing under the tutorship of our trained CYA instructors.



Registration

Name: _____

Address: _____

Phone: _____

E-Mail: _____

Age: _____

Sailing Ability:

- Beginner Intermediate Experienced

Needs for Transfer: _____

Desired dates and times:



Contact Us

June - August Bookings
(905) 921-SAIL (7245)

Year Round Bookings
(905) 575-5332

Visit us online for more information:

www.burlbay.com

or google Burlington Able Sail



Burlington Able Sail provides sailing and instruction for differently abled sailors

Our Mission:

To provide access and opportunity to sail for individuals with a physical or cognitive disability and enhance their quality of life.



Our Goals:

To support and provide sailing opportunities for people living with a disability in Burlington and surrounding areas.

To promote the integration of sailors with disabilities with able-bodied sailors.

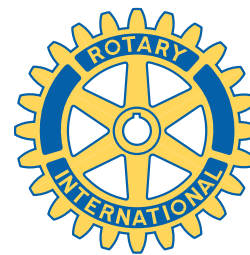
Key Sponsors of the Able Sail Program at Lasalle Park in Burlington, Ontario



La Salle Park Marina Association



LPMA



The Rotary Clubs of Burlington

Printing Donated by:



463 Enfield Road, Burlington, ON
T: 905-333-5477

