



Help develop well-rounded youth, better prepared for success in the world.

## Outdoor Adventure Skills Organizations (Sail, Scuba & Climb)

### Youth Sailing Programs by Province

#### British Columbia

- **Royal Victoria Yacht Club (Victoria)**

Offers programs for ages 5–18, including “Opti Wet Feet” for beginners and advanced CANSail levels. Courses include skiff and keelboat introductions. [Royal Nova Scotia Yacht Squadron+3rvyc.bc.ca+3Gig Harbor Junior Sailing+3rvyc.bc.ca+6Wikipedia+6bcsailing.bc.ca+6](#)



- **MacSailing (Vancouver)**

Provides youth sailing programs in Vancouver since 1999, led by Sail Canada-certified instructors trained in first aid and boat rescue. [Wikipedia+4MacSailing+4rvyc.bc.ca+4](#)

- **Rocky Point Sailing Association (Port Moody)**

Offers summer camps and seasonal programs with a focus on water safety and CANSail progression. [Royal Nova Scotia Yacht Squadron+2rvyc.bc.ca+2rpsa.ca+2](#)

#### Alberta

- **Glenmore Sailing Club (Calgary)**

Hosts Alberta's largest youth sailing program, offering training and support for competitive sailing. [glenmoresailingclub.com+1bcsailing.bc.ca+1](#)

#### Saskatchewan

- **Saskatchewan Sailing Clubs**

While specific club details are limited, Saskatchewan Sailing Association oversees youth sailing activities in the province.

#### Manitoba

- **Sail Manitoba**

Coordinates youth sailing programs across the province, promoting sailing education and competition. [Wikipedia+23sailing.ca+23sailing.ca+23](#)



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## Ontario

- **Royal Hamilton Yacht Club (Hamilton)**  
Offers introductory keel boating programs for ages 10–13 with sailing experience and 14–18 without experience. [rhyca.ca](http://rhyca.ca)
- **Sarnia Yacht Club (Sarnia)**  
Provides half-day and full-day youth learn-to-sail programs, with options for early drop-off and late pick-up. [Sarnia Yacht Club](http://SarniaYachtClub)
- **Nepean Sailing Club (Ottawa)**  
Features youth sailing programs and hosts regattas, supporting both recreational and competitive sailing. [Wikipedia+2Wikipedia+2Wikipedia+2](http://Wikipedia+2Wikipedia+2Wikipedia+2)
- **Ashbridge's Bay Yacht Club (Toronto)**  
Offers junior sailing programs and has a history of supporting competitive sailing, including hosting regattas.

## Quebec

- **Pointe-Claire Yacht Club (Pointe-Claire)**  
Provides youth sailing programs using Lasers, Optimists, and 420s, and hosts regattas run by Voile Québec. [Wikipedia+1Wikipedia+1](http://Wikipedia+1Wikipedia+1)
- **Gatineau River Yacht Club (Chelsea)**  
Offers summer camps and sailing programs for youth, with a focus on both recreational and competitive sailing.

## Nova Scotia

- **Royal Nova Scotia Yacht Squadron (Halifax)**  
Provides top Sail Training Programs in the Maritimes, following the CANSail Program with certified instructors. [Royal Nova Scotia Yacht Squadron+1rvyc.bc.ca+1](http://RoyalNovaScotiaYachtSquadron+1rvyc.bc.ca+1)
- **Chester Yacht Club (Chester)**  
Offers junior sailing programs, including Wet Feet and CANSail courses, and hosts Canada's largest keelboat regatta. [rvyc.bc.ca+2Wikipedia+2RoyalNovaScotiaYachtSquadron+2](http://rvyc.bc.ca+2Wikipedia+2RoyalNovaScotiaYachtSquadron+2)



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## New Brunswick

- **Sail New Brunswick**

Coordinates youth sailing programs across the province, promoting sailing education and competition.

## Prince Edward Island

- **Sail PEI**

Oversees youth sailing activities in the province, supporting sailing education and events.

## Newfoundland and Labrador

- **Sail Newfoundland and Labrador**

Manages youth sailing programs and promotes sailing development throughout the province.

## Territories (Yukon, Northwest Territories, Nunavut)

While specific youth sailing programs are limited in the territories, interested individuals can contact local recreation departments or explore partnerships with southern sailing associations for opportunities.

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For more information on youth sailing programs and to find a club near you, visit Sail Canada's Sailing for Kids.



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## Learn to Scuba Dive – PADI Resources by Province

### British Columbia

- **Top Dive Shops:**
  - *IDC Diving Centre* (Vancouver): Offers a range of PADI courses and dive trips.
  - *Ocean Quest Dive Centre* (Burnaby): Provides comprehensive training and equipment rentals.
- **Dive Sites:** Explore sites like Whytecliff Park and Porteau Cove Provincial Park, known for their rich marine life and accessibility.
- **More Info:** [Diving in British Columbia](#) [PADI TravelDestination](#) [Ontario+1](#) [Zentacle+1](#) [PADI+3](#) [PADI+3](#)



### Alberta

- **Top Dive Shops:**
  - *Alberta Adventure Divers* (Camrose): Offers unique underwater attractions like an underwater pumpjack and ceramic cow.
- **Dive Sites:** Clear Lake is a popular spot for training dives and maintaining dive skills. [Zentacle](#)

### Saskatchewan

- **Top Dive Shops:**
  - *Saskatchewan Scuba Centre* (Regina): Provides PADI courses and dive equipment.
- **Dive Sites:** Local lakes and reservoirs offer freshwater diving experiences. [PADI+1](#) [Zentacle+1](#)



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## Manitoba

- **Top Dive Shops:**
  - *Diver City Scuba Inc.* (Winnipeg): Offers a variety of PADI courses and dive trips.
- **Dive Sites:** Explore the numerous lakes around Winnipeg for freshwater diving. [PADI Travel+1](#) [PADI Travel+1](#)

## Ontario

- **Top Dive Shops:**
  - *Dan's Dive Shop* (St. Catharines): Canada's oldest PADI dive school, offering courses from beginner to advanced levels.
  - *Oakville Divers* (Oakville): Provides Open Water Diver courses with eLearning options.
- **Dive Sites:** Notable sites include the shipwrecks in Fathom Five National Marine Park and the Kingston shipwrecks in the St. Lawrence River. [Reddit+9](#) [Destination Ontario+9](#) [PADI+9](#)

## Quebec

- **Top Dive Shops:**
  - *Total Diving* (Montreal): Offers a range of PADI courses and dive trips.
- **Dive Sites:** The St. Lawrence River provides numerous wrecks and drift diving opportunities. [Reddit+2](#) [PADI+2](#) [PADI+2](#)

## New Brunswick

- **Top Dive Shops:**
  - *COJO Diving* (Lincoln): The only PADI 5 Star Dive Center in New Brunswick, offering courses from beginner to advanced levels.
- **Dive Sites:** Bay of Fundy offers unique tidal diving experiences. [Zentacle](#)



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## Nova Scotia

- **Top Dive Shops:**
  - *Torpedo Rays Scuba Adventures* (Dartmouth): Atlantic Canada's largest recreational diving facility, offering a range of PADI courses.
- **Dive Sites:** Explore shipwrecks and coastal dive sites along the Atlantic coast. [Zentacle](#)

## Prince Edward Island

- **Top Dive Shops:**
  - *Island Scuba* (Charlottetown): Offers PADI courses and dive charters around the island.
- **Dive Sites:** Coastal waters provide opportunities to explore marine life and wrecks. [Reddit+3Flow Dive Center+3PADI+3](#)

## Newfoundland and Labrador

- **Top Dive Shops:**
  - *Ocean Quest Adventures* (Conception Bay South): Offers PADI courses and unique diving experiences like iceberg diving.
- **Dive Sites:** Explore the Bell Island shipwrecks and cold-water marine life.

## Territories (Yukon, Northwest Territories, Nunavut)

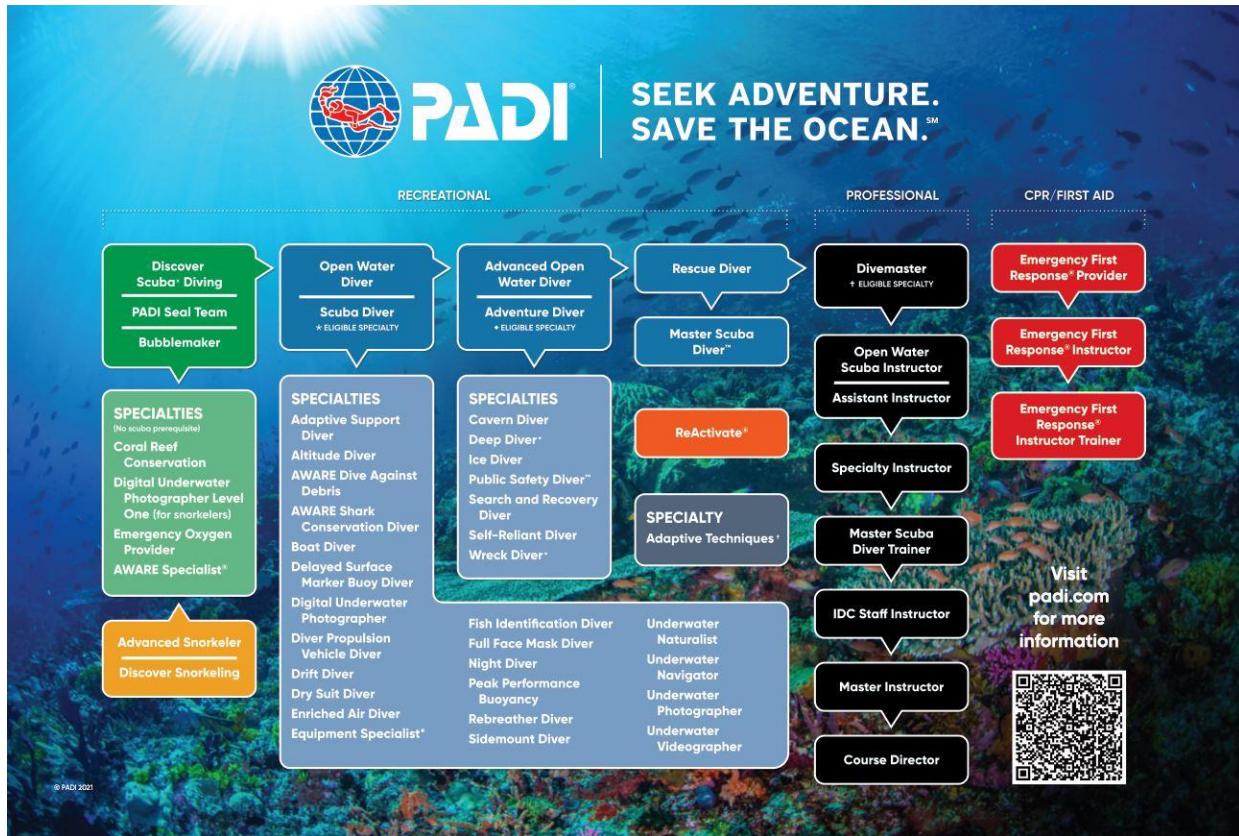
- **Top Dive Shops:** Dive facilities are limited; interested individuals may need to travel to southern provinces for training.
- **Dive Sites:** Some adventurous divers explore cold-water sites in lakes and rivers, but conditions are challenging and require specialized training.

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For a comprehensive list of PADI dive shops across Canada, you can visit the PADI Dive Shops in Canada page.



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## Learn Vertical Skills – Resources by Province



There are many locations available for vertical skills, practice and training both indoors and outdoors. The following is a sample starting guide from each region:



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## **British Columbia**

- **Squamish Rock Guides** – Offers climbing courses and private instruction in the Squamish area, a renowned climbing destination.
- **The Hive Climbing** – Provides climbing courses for all skill levels in Vancouver.
- **Richmond Olympic Oval** – Offers a variety of climbing programs led by skilled coaches for ages 5 and up.

## **Alberta**

- **Yamnuska Mountain Adventures** – Offers beginner rock climbing courses in the Bow Valley area.
- **Calgary Climbing Centre** – Provides programs for all levels, including a 'Get Started' session for beginners.
- **University of Alberta** – Offers climbing programs such as Bouldering 101 and Highwalling 101.

## **Saskatchewan**

- **University of Saskatchewan** – Provides a Youth Intro to Climb program for ages 14-17.
- **Regina Climbing Centre** – Offers climbing instruction for all levels in a safe and encouraging environment.

## **Manitoba**

- **University of Manitoba** – Offers sport climbing courses, including lead climbing instruction.
- **Vertical Adventures** – Provides introductory climbing courses for ages 12 and up.
- **The Hive Winnipeg** – Offers youth programs focusing on climbing fundamentals and athleticism.

## **Ontario**

- **On the Rocks Climbing** – Provides climbing courses and adventures for all skill levels along the Niagara Escarpment.
- **Zen Climb** – Offers introductory outdoor rock climbing courses covering essential skills.
- **Outdoor Skills and Thrills** – Provides rock climbing adventures and courses tailored to various ability levels.

## **Quebec**

- **La Liberté Nord-Sud** – Offers introductory rock climbing courses at Montagne d'Argent.
- **Allez Up** – Provides a Climbing 101 course covering basic techniques and safety.
- **Attitude Montagne** – Offers half-day rock climbing initiation courses at Mont Tremblant.



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## New Brunswick

- **Ascent NB** – Offers instructional classes in rock climbing, including beginner and advanced courses.
- **Fredericton Bouldering Co-op** – Provides skills programs and clinics for all ages.

## Nova Scotia

- **Granite Guides** – Offers custom guided climbing adventures for various ages and abilities.
- **Seven Bays Bouldering** – Provides Bouldering 101 workshops for new climbers.

## Prince Edward Island

- **Red Rock Climbing Wall** – PEI's first indoor climbing gym offering programs for all levels.
- **Rise and Climb** – An aerial adventure park featuring high ropes and climbing challenges.

## Newfoundland and Labrador

- **Wallnuts Climbing Centre** – Offers courses and programs for all ages and skill levels.
- **Easter Seals NL** – Provides an accessible climbing wall program for individuals of all abilities.

## Yukon

- **Climb Yukon** – Hosts regular climbing nights and clinics for the public.
- **Equinox Yukon** – Offers youth climbing programs and summer adventure camps.

## Northwest Territories

- Information on beginner rock climbing programs in the Northwest Territories is limited. Local community centers or outdoor clubs may offer seasonal programs.

## Nunavut

- **Inukrock Climbers Club** – Based in Inukjuak, this club promotes rock climbing and has received funding to support its initiatives.