



From the desk of...

DeDe Kern  
Recreation Supervisor

dkern@winpark.org  
(847) 501-2045

**Winnetka Park District  
Parent/ Child Sailing Program  
2010**

The purpose of the Parent/Child Sailing Program is to provide a safe, fun, and comprehensive sailing education while catering to each student's individual skill and development level.

The goal of the **Parent/ Child Sailing** classes is to provide a safe, fun and informative introduction to sailing while enjoying the company of one's parent/child. Sailors will have an opportunity to practice and improve sailing technique with safety, fun, and meaningful shared time in mind.

If you have any questions or concerns please do not hesitate to give us a call. You can contact DeDe Kern, Recreation Supervisor at (847) 501-2040.

If you have questions for the Instructors, please call the Boating and Sailing Center at (847) 791-1828. You may leave a message on the voice mail and your call will be returned as soon as possible, but please remember that the instructors are on the water most of the day.

On behalf of the Winnetka Park District and the entire sailing staff, we wish you a wonderful summer and an enjoyable experience sailing on Lake Michigan!

Sincerely,

*DeDe Kern*

DeDe Kern  
Recreation Supervisor



From the desk of...

DeDe Kern  
Recreation Supervisor

dkern@winpark.org  
(847) 501-2045

### Parent/ Child Sailing

For: Students entering grades 4-8 and a parent

Dates: June 16- July 21 (Wednesday Class)  
Make-up class July 28

Time: 6:00- 8:00 p.m. Wednesdays

### LOCATION

Classes will be held at Lloyd Beach (Lloyd and Sheridan Road, Winnetka)

### WHAT TO BRING/ WHAT TO WEAR

- Each student (including parent) will need to bring his/her completed emergency form to the first day of class.
- Each student (**parent AND child**) is responsible for bringing his/ her own Coast Guard Approved Life Jacket (PFD) Type III. Make sure it fits properly and it feels comfortable. Life jackets may be purchased at TL Fritts in Winnetka, Hedlund Marine in Evanston, or a similar sporting goods store. Make sure that you have your life jacket fitted to you when purchasing, to ensure a proper fit.
- Also mandatory are shoes or sandals (aquasocks, Teva's, old sneakers etc) which can be worn in the water.
- Dress to get wet, but bring some warm clothes to change into when we come back to the beach. A light windbreaker will help cut the chill out on the water. Expensive foul weather gear and wet-suits are not necessary.

### SAFETY

Safety is our #1 priority! We have a very high student to instructor ratio and are constantly updating our fleet of sailboats, safety boats and outboard engines. Each instructor has current CPR and AED training.

### WHAT KIND OF BOATS WILL WE SAIL?

Students will sail on Sunfish sailboats. Students may also have the opportunity to use the District's fleet of kayaks on "no-wind" evenings.



From the desk of...

DeDe Kern  
Recreation Supervisor

dkern@winpark.org  
(847) 501-2045

## YOUR EXPECTATIONS

Each participant in this program comes with different expectations. Some parents already know how to sail and want to spend time with their child on a boat, some have no prior sailing knowledge and want to learn everything about sailing. It is our goal to meet your expectations. During the first week, the instructors will solicit your input in what you hope to get out the class. If your expectations are not being met, please let us know. It is our goals for you to have a great experience in our program!

## WEATHER

We will try to have class regardless of the weather; however, class is subject to cancellation if conditions are unfavorable. Because the wind often dies in the evening, make up classes will be held (if necessary) July 28. In case of questionable weather, please call the Sailing Phone line (847) 791-1828 for an update.

**Small Craft Advisory's** which are issued by the National Weather Service are taken seriously. Students will not be on the water if a small craft advisory is issued for our area.

## TRANSPORTATION

If riding a bike to sailing class, please carefully walk or ride it down the hill to the bike rack. The bike rack is in the grassy area by the upper parking lot. From there, walk down the stairs which will take you right to the boathouse. Be sure to bring a lock and lock your bike securely to the rack.

If you are driving to class, please park it in the upper parking lot (as there is no parking allowed in the lower lot of Lloyd beach) and walk down the stairs.

If you have specific questions prior to the start of class, please contact DeDe Kern at (847) 501-2040. If you have questions for the instructors during the program, please call the Boating and Sailing Center at (847) 791-1828. We look forward to seeing you on the water!



From the desk of...

DeDe Kern  
Recreation Supervisor

dkern@winpark.org  
(847) 501-2045

**WINNETKA PARK DISTRICT  
EMERGENCY FORM  
PARENT/CHILD SAILING**

Parent's Name: \_\_\_\_\_

Child's Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Allergies to any medications: Parent- \_\_\_\_\_

Child- \_\_\_\_\_

Additional contact person: \_\_\_\_\_

Their phone number: \_\_\_\_\_ Relationship \_\_\_\_\_

Family Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

In case of emergency, hospital of choice: \_\_\_\_\_

Additional Comments that you would like staff to know about either the parent or child enrolled in the class:

---

---

---

\*Note\* This information is for staff use only and will remain confidential.

**Please bring this form to your first Parent/ Child Sailing class.  
Reminder: Both the parent and the child need to bring their own lifejacket.**