

**Winnetka Park District
Jr. Sailing Program
2010**

Welcome to the Winnetka Park District's Jr. Sailing program! The purpose of the Instructional Sailing Program is to provide a safe, fun, and comprehensive sailing education while catering to each student's individual skill and development level.

Program Goals

More specifically, the goal of the **Junior Sailing** classes is to provide safe, fun, and appropriate skill development to each individual sailor according to ability and interest. The highly personal educational progression is achieved through the small student/ instructor ratio. By the end of the three-week session, novice students should be very solid beginner sailors. Intermediate sailors should solidify their sailing knowledge and experience and begin to explore racing rules and tactics.

Behavior

With safety as our number one concern, it is vital that students behave during class. A student who is disruptive or does not follow instructor's directions can be both unsafe, and distracting. In addition, students who elect to not follow directions can damage the District's boats. Because of the numerous concerns associated with bad behavior, such behavior will not be tolerated. Staff will make every effort to discipline students as necessary, however, if these measures fail, parents will be called and students may be asked to leave the program.

Contact Information

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 sailing specific questions for one of the Instructors, please call the sailing cell phone at the beach house at (847) 791-1828. You may leave a message on the voice mail, but please remember that we are out 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

CLASS INFORMATION

Junior Sailing

For: Students entering grades 5-8

Session I June 14- July 2

Classes:	1062711	Monday- Friday	9:15- 11:45 a.m.
	1062712	Monday- Friday	12:30 p.m. - 3:00 p.m.
	1062713	Monday- Friday	3:00 p.m. – 5:30 p.m.

Make-up days July 6 and 7

LOCATION

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

WHAT TO BRING/ WHAT TO WEAR

- Each student will need to bring his/her completed emergency form to the first day of class.
- Each student is responsible for bringing his/ her own Coast Guard Type III Approved Life Jacket (PFD). This grade of lifejacket zips up the front. Make sure your PFD fits properly and it feels comfortable.
- Life jackets can be purchased at: TL Fritts in Winnetka, Hedlund Marine, West Marine, or similar sporting goods stores. Make sure that you get assistance when purchasing your lifejacket to ensure the jacket fits properly.
- Also mandatory are protective footwear (aquasocks, strap-on sandals, old tennis shoes 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.
- Please wear sunscreen and you may want to consider a water-resistant watch, a strap for glasses etc.
- **On the first day of class, a swim-check will be performed. Students will be getting wet. Please bring a towel and a dry set of clothing on the first day.**

SAFETY

Safety is our #1 priority! We have a very low student to instructor ratio and have a solid fleet of Sunfish boats and safety boats, including a Boston Whaler. New equipment this season include: two new Sunfish sailboats, and a new outboard motor for one of the safety boats. Instructors are equipped with VHF radios for up-to-the minute weather updates, and on-the-water communications.

WHAT KIND OF BOATS WILL WE SAIL?

Students will sail on Sunfish sailboats. The Winnetka Park District has also has five (5) kayaks to compliment the program for use on “no-wind” days.

WEATHER

Class may be cancelled due to weather or high wind and wave conditions. Part of learning sailing is learning how the **wind** affects the weather. While it may be a beautiful day for beach goers, high winds (especially northeast winds) may preclude us from having class. Instructors will update the voice mail at the boat house. Please call (847) 791-1828 if you have concerns about the weather for your class. Please use this number, not the Park District main number to check class status for questionable weather conditions.

Make up classes will be offered on July 6 and July 7

Weather conditions on the lake can change at a moments notice. Therefore. While a morning class may be cancelled, an afternoon class may meet.

Imminent lightening or a lightening strike nearby will cause an automatic minimum 15-minute cancellation of on-the-water activity followed by a reassessment of the conditions.

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.

SWIMMING and LAKE WATER CONDITIONS

Just a reminder, that swimming is **NOT ALLOWED** at Lloyd beach. On hot days we will cool the kids off on land. Your cooperation in explaining this to your child and enforcing this is greatly appreciated.

Water testing at Lloyd beach as well as the three swimming beaches in the Winnetka Park District are performed daily during the beach season for elevated bacteria levels. Sailing class will be held even if high bacteria levels are detected at Lloyd beach. Since students will not be swimming off of Lloyd beach, exposure to and ingestion of water should be minimal, if at all. If students would like to be cleaned off with a hose after high bacteria days, staff will make this option available.

New in 2010 is a text message program which will send text message alerts to a cell phone reporting elevated bacteria levels and high surf at all five Winnetka beaches. To receive these text alerts, call (847) 501-2040 and provide your cell phone number.

Text alerts will not tell you if sailing class is cancelled. Please call the Sailing phone line at (847) 791-1828 for sailing specific updates.

TRANSPORTATION

If riding a bike to sailing class, please carefully walk or ride it down the first 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 dropping off your child for class, please drop him/her off at the top of the hill and they may take the stair case down to the boathouse. Parking is not allowed on the pier (lower level parking lot) as this is the Park District's boat launch area. If you plan to park your car, please park it in the upper parking lot and walk down the stairs.

E-MAIL ADDRESS

Staff will be utilizing the Winnetka Park District RecTrac registration program for Sailing program updates/information/ cancellations. If you do not have an e-mail address on file with us, please call the Winnetka Park District front desk at (847) 501-2040 to add that to our system.

DEDE KERN- OFFICE NUMBER (847) 501-2040
SAILING PROGRAM PHONE NUMBER: (847) 791- 1828

**WINNETKA PARK DISTRICT
EMERGENCY FORM
JUNIOR SAILING**

Child's Name: _____

Home Phone: _____

Address: _____

City: _____ State _____ Zip _____

Allergies to any medications:

Additional contact person: _____

Their phone number: _____ Relationship _____

Family Doctor: _____ Phone: _____

How will your child be getting to class? (bicycle, walking, dropped off). _____

Who else will be picking your child up from class? _____

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

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

**Please bring this form to your first Sailing class.
Reminder: Each child needs to bring their own lifejacket.**