

# 2010 Summer Classes



## Sheridan Shore Sailing School

20 Harbor Drive  
Wilmette, IL 60091  
(847) 251-1110

[sheridanshoresailing.com](http://sheridanshoresailing.com)

Open to the community

A 501 c (3) not-for-profit organization

## Sheridan Shore Sailing School Application Summer 2010

Student's Name \_\_\_\_\_  
Parent's Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ ZIP \_\_\_\_\_  
Phone \_\_\_\_\_  
E-mail Address \_\_\_\_\_  
Student's Age \_\_\_\_\_ M / F  
Has student taken classes with us before? Y / N

Online registration available at:  
[sheridanshoresailing.com](http://sheridanshoresailing.com)

### Sea Squirts

Session 1 June: Mon\_\_\_\_ Tues\_\_\_\_ Weds\_\_\_\_  
Session 2 July: Mon\_\_\_\_ Tues\_\_\_\_ Weds\_\_\_\_  
Session 3 Aug: Mon\_\_\_\_ Tues\_\_\_\_ Weds\_\_\_\_

### Junior Sailing

Level: Beginning \_\_ Intermediate\_\_ Advanced\_\_  
Session 1 June 14 – July 2 a.m.\_\_\_\_ p.m.\_\_\_\_  
Session 2 July 6 – 23 a.m.\_\_\_\_ p.m.\_\_\_\_  
Session 3 July 26 – Aug 6 a.m.\_\_\_\_ p.m.\_\_\_\_  
Session 4 Aug 9 – 13 a.m.\_\_\_\_ p.m.\_\_\_\_  
Session 5 Aug 16 – 20 a.m.\_\_\_\_ p.m.\_\_\_\_

### Sheridan Shore Racing Team

June 14 – Aug 13 Fleet: Opti\_\_\_\_ Laser\_\_\_\_ 420\_\_\_\_

### Adult Group Sailing Classes

Session 1 Mondays\_\_\_\_ Tuesdays\_\_\_\_  
Session 2 Tuesdays\_\_\_\_

### Important Requirements

Each student must have a U.S. Coast Guard approved type III life jacket; rubber-soled, closed-toe shoes; sun-screen, and a water bottle. Also, students must be able to swim 50 yards. If you need assistance with equipment purchases, please call us for help. Medical and waiver forms must be signed prior to the start of classes.

### Note

Send your application and fee early, space is limited and fills quickly. Full refunds are given until 30 days before the start of class, 50% refunds are given between 30 days and the start of a class. No refunds will be given after the beginning of a session.

### Questions?

Please call the Sailing School office at (847) 251-1110 or send an e-mail to: [info@sheridanshoresailing.com](mailto:info@sheridanshoresailing.com)



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SAILING ...

an exciting lifelong sport  
that the whole family  
can enjoy!

Enroll today.

## Welcome to the Sailing School!

Sheridan Shore Sailing School is proud to offer students of all ages an opportunity to experience the thrill, challenge and exhilaration of sailing. Our courses focus on sailing skills and seamanship for juniors, high school students and adults of all ability levels. U.S. Sailing Association-certified instructors lead classes with a low student to instructor ratio. We design our courses to match differing interests, abilities and age levels. The Sailing School, a 501 c (3) not-for-profit, operates out of the Sheridan Shore Yacht Club located at Wilmette Harbor.

## Our Equipment

From seasoned sailors to beginners, the Sailing School's fleet of 30 sailboats meets a variety of needs. For sailors less than 110 lbs. and beginners, Prams and Optimists are a perfect fit. Prams are the ideal boat to introduce young children to sailing. Optimists are the most widely raced junior boats in the world. For older and more physically developed sailors, we offer 420s, a two-person sloop that carries spinnakers and trapeze. The school also has a J 24, a 24-foot keelboat, especially popular with adults.

## Sea Squirts

For kids new to sailing, Sea Squirts is an excellent introduction to the sport. Geared for 6- to 8-year-olds, lessons offer close instructor supervision. Classes are short and fun, and are taught at a slow pace. Students sail in the harbor, not on Lake Michigan. Parents can easily watch from shore. Classes emphasize the basics of safety, boat parts, rigging and beginning steering.



## Adult Group Sailing Classes

Join other adults for a fun, collegial sailing course. Learn basic boat handling and sailing skills, then head to Lake Michigan to put your knowledge to the test. Small class sizes allow for one-on-one instruction. This course meets a variety of skill level needs via a flexible curriculum. Classes are run on our J 24.

## Private, Semi-Private and Family Lessons

Private, semi-private and family lessons are available for a full range of abilities. Individually-tailored lessons can be taught on any of our boats, or we can teach you on your boat. We offer basic sailing instruction through race coaching. Call or e-mail for more information.

## Junior Sailing Programs

Junior Sailing Programs offer a variety of sailing instruction for kids ages 8 to 18. Sailors progress through a series of four levels: Beginning, Intermediate, Advanced and Racing Team. This progressive approach is designed to help each sailor improve skills while they enjoy learning the sport.

Our coaches continually evaluate students while on the water to ensure they are gaining skills that will help them progress to the next level. The Junior Sailing Program's priorities are to provide safe and fun instruction that develops the participant's sailing skills and enthusiasm for the sport. These programs primarily use Prams, Optimists or 420s for instruction; the boat used depends on a student's ability, interest and physical size.

### Beginning Sailing

Beginning Sailing is for students who have never sailed or who have little sailing experience. The class teaches boating safety, knots and boat parts. Students also learn beginning steering, points of sail, maneuvers and how to get a boat to and from a dock with instructor assistance.

### Intermediate Sailing

Intermediate Sailing is for students with some sailing experience who lack the expertise to sail on their own. At this level, students learn more boat parts and knot tying, as well as develop confidence to steer a boat on their own. We also teach basic rules of the road and seamanship. This course focuses on mastering independent, confident boat handling, with the goal of having students rig and sail a boat without instructor assistance.

### Advanced Sailing

In Advanced Sailing, students learn sailing theory and basic racing. Students are also introduced to spinnaker and trapeze use on 420s. Instructors teach advanced boat handling techniques, sail trim and cover beginning racing rules and tactics. By the end of Advanced Sailing, a student should be prepared to race.

### Sheridan Shore Racing Team

Sheridan Shore Race Team offers students an opportunity to race competitively. The team uses Optimists\*\* (ages 8 to 15), Lasers\*\* and 420s. Participants in our racing program study advanced boat handling, tactics and rules. Students also travel to many local regattas and, if qualified, to national events.

\*\*Student provided, some charter Optis available

### Questions?

Call (847) 251-1110

or e-mail [info@sheridanshoresailing.com](mailto:info@sheridanshoresailing.com)

## Summer 2010 Class Schedules and Fees

### Junior Sailing

All classes meet Monday through Friday. Morning classes are from 8:30 a.m. to 12 p.m. and afternoon classes are from 1 p.m. to 4:30 p.m. Beginning, Intermediate and Advanced levels are available for each session.

Session 1:	June 14 – July 2	\$495
Session 2*:	July 6 – 23	\$465
Session 3:	July 26 – Aug 6	\$325
Session 4:	Aug 9 – 13	\$165
Session 5:	Aug 16 – 20	\$165

### Sheridan Shore Racing Team

June 14 – Aug 13. Monday thru Friday 1 to 4:30 p.m. \$1,250 (420) or \$950 (Opti, Laser). Call for information about partial sessions, racing schedule and boat charters.

### Sea Squirts

Ages 6 to 8. Evenings 6 p.m. to 7:30 p.m.

Session 1 Mon:	June 7, 14, 21, 28	\$120
Tues:	June 8, 15, 22, 29	\$120
Weds:	June 9, 16, 23, 30	\$120
Session 2 Mon*:	July 12, 19, 26	\$90
Tues:	July 6, 13, 20, 27	\$120
Weds:	July 7, 14, 21, 28	\$120
Session 3 Mon:	August 2, 9, 16	\$90
Tues:	August 3, 10, 17	\$90
Weds:	August 4, 11, 18	\$90

### Adult Group Sailing Classes

Monday or Tuesday Evenings 6 p.m. to 9 p.m.

Session 1 Mon:	June 7, 14, 21, 28	\$250
Tues:	June 1, 8, 15, 22	\$250
Session 2 Tues:	June 29, July 6, 13, 20	\$250

\* No class July 5

