

**CHAMPLAIN REGIONAL COLLEGE  
WINDSURFING / SAILING (104 COURSE )**

It is coming up very soon! The following information will help you to prepare for your Windsurfing / Sailing course.

**IMPORTANT**

**In case I need to contact you, please send me:**

- **E-mail address where you can be reached over the summer**
- **Phone numbers**

**DATES (Fall 2010 semester) AND TIMES**

- August 16,17,18,19 (Monday to Thursday)Starts at 8h45 on day 1
- August 19,20,21,22 (Thursday to Sunday) Starts at 12h00 on day 1
- **You should be available until 5H00 PM**

**COURSE LOCATION**

This course **starts and finishes** at the sailing school called VOILE MEMPHEMAGOG in Magog at the beach called **Plage des Cantons**. You are responsible for your transportation every day since we do not stay overnight.

**CAR POOLING**

Car pooling is a great idea !

Students have access to an on line carpooling service (internal only) via *my Lennoxville*.

When students/staff log on, under MY OMNIVOX SERVICES on left hand side of page is CARPOOLING.

Click on it and select driver, passenger, or both. Please register !!!

Indicate ideal time to arrive and depart (says to Champlain but there is a message box below where students can indicate that it's for windsurfing in Magog.)

Telephone #s can be registered as well ( personal e-mail can be added in message box).

Once you are registered simply go check under Carpooling and Omnivox will inform you of the search result Try it, it may make things easier for you!

Enclosed, you will also find **directions** to **VOILE MEMPHREMAGOG**

**WHAT TO BRING**

- **Bathing suit** and towel.
- An old pair of comfortable **shorts** to wear over the wet suit (or bathing suit). This is required by the sailing school to protect the wet suit from wear and tear caused by the sailboat.
- Old sneakers or **water shoes** to protect your feet from sharp clams (when you fall!!!!off the windsurfing board or walk on the bottom. We have had very bad cuts in the past. It also protects your feet in the sailboat.
- Rubber **gloves** (dishwashing gloves! Cheap with a snug fit) to protect your hands from blisters if very windy. They become great sailing gloves.
- Waterproof sunscreen, lip and nose **protection**, hat and **sun** glasses

- If you wear glasses on the water, make sure you have something to attach them so you do not lose them when you fall in the water.
- T-shirt and **warm clothing** (you don't mind getting wet)
- Windbreaker and Rain gear
- **Warm clothing** and warm socks and shoes for **dry land**
- **Pad & pencils, lunch and snacks, camera**
- **Energy & enthusiasm**

**Voile Magog: 819-847-3181**

**Nancy Shannon: nshannon@crc-lennoc.qc.ca**

**819-564-3666 ext 316 (leave a message and I will call back as soon as possible)**

### **Course Location :**

#### **From Montreal :**

Autoroute 10

Take exit 115, ST-BENOIT and take the directions for Magog by Rte 112

At the 4 corner intersection (traffic lights), keep going straight ahead (not far) and pay close attention to see the indication for the plage des cantons on your right.

Turn right to the beach area. The sailing school is on the left hand side of the area.

#### **From Sherbrooke or Lennoxville:**

Take autoroute 10 direction Montreal

take exit Orford Magog and

turn left towards Magog

Be attentive to the first street coming up on your right

Take that street: chemin Couture. Go to the extremity

Turn left until you get to the 4 corner intersection (traffic lights) joining the Rte 112

Turn left towards Magog and pay close attention to see the indication for the plage des cantons beach located on your right (it's not far).

Turn right to the beach area. The sailing school is on the left hand side of the area.

Free parking is not yet confirmed but it should be Ok. I will confirm later.

Looking forward to meet you all

Have a good summer

Nancy Shannon