

# Come Sail With Us! Enjoy an **INTRODUCTION TO SAILING**

**For ADULTS AND JUNIORS.**

*A hands-on sailing opportunity customized to fit your schedule and boating experience. By appointment, starting mid-June.*

*First session – Take the helm with your coach on board*



**Here's How it Works:** You and your assigned coach arrange for on-the-water sailing sessions according to the weather and availability. You will go out in a boat selected by the coach. Beginners will first learn to steer, keep the boat balanced, and handle the sail(s). Then on to learning how to “see” the wind, keep an eye out for swimmers and other boats, and some docking practice. Then, at the discretion of the coach, you might have an opportunity to take your first solo sail.

**FOR MORE INFORMATION: Jesse Aronstein 518-882-9654 [protune@aol.com](mailto:protune@aol.com)**

**COME SAIL WITH US –  
FOR THE FUN OF IT!**