



***LEARN TO SAIL* IN ATLANTIC HIGHLANDS!**

Early Season Saturday Sailing (For sailors who have completed at least novice)

Get a jump on the sailing season with 5 days of Open Sailing on Saturday mornings! Optimists and 420's will be available.

Saturdays, May 19 - June 16, 9 am to 12 pm \$175

Novice Sailing Class (Youth Aged 8-15)

This is a two-week introduction to sailing for individuals with little or no sailing experience. Two sessions are available.

Session 1: Weekdays, June 25 - July 6, 9am to Noon \$310

Session 2: Weekdays, July 9 - 20, 9am to Noon \$310

Intermediate Sailing Class (Youth Aged 8-17)

This is a two-week skills improvement program for individuals with sailing experience or who have graduated from the Novice Sailing Class. Two Sessions are available.

Session 1: Weekdays, July 9 - 20, 1pm to 4pm \$310

Session 2: Weekdays, July 23 - August 3, 9am to Noon \$310

Advanced Sailing Class (Youth Aged 13-17)

This is a two-week advanced sailing program for those who have successfully completed the intermediate sailing program. 420's and Opti's are available depending on sailor's size and age. There are 10 spots on the 420's.

Session 1: Weekdays, June 25 - July 6, 1pm to 4pm \$310

Session 2: Weekdays, July 23 - August 3, 1pm to 4pm \$310

Open Sailing (Available to all current AHSEP students)

Enjoy sailing at Thrills and Skills night. There will be games and water activities to entertain all levels of sailors.

Tuesday evenings, June 26 - July 31, 5:30 pm to 8:00 pm \$175

Junior Sweepstakes Regatta (Open to current AHSEP students)

Four days of racing on the Shrewsbury and Navasink Rivers. Boats (Opti's and 420's) are provided, but parents are needed to help with boat transport. Lunch is also provided each day.

Monday through Thursday, August 6 - 9, all day \$210

Sailing Adventure Week (Intermediate and Advanced Sailors)

This is a one week session concluding the summer. Instead of racing, the focus will be on enjoying sailing in other ways. Weather permitting; we plan to have activities such as sailing to a beach for a picnic, a pirate treasure hunt, and sailing games. On the final day of the class, students have the opportunity to crew on a large sailboat. Bring a bag lunch and snack.

Monday through Friday, August 13 - August 17, 9am to 2pm \$225

Courses are conducted by the Atlantic Highlands Sailing Education Program. We have certified US Sailing Instructors and use course materials supplied by US Sailing. Students learn to be skipper and crew, get classroom training and valuable on-the-water experience. We teach sailing safety, basic and advanced sailing skills, person overboard recovery, knots, and lots more.

If you have questions regarding these programs, please contact :

Greg Pollack 732-872-7326

Email AHSEP01@gmail.com for details and enrollment forms.



Space is limited, don't delay, enroll today!! Register on-line or by mail. Forms are available at www.ahsep.org.