

## Want to try sailing

On the 18<sup>th</sup> May Saundersfoot Sailing Club are offering 'have a go' taster session for anyone who is interested in sailing and joining the club. No previous experience is necessary so why not find out how you and your family can get involved with sailing and other water-sports locally.

There is no need to pre-register just turn up during the afternoon – we will start sailing around 2pm and continue to sail until around 5pm.

## What to wear

We recommend wearing comfortable clothes and footwear that you don't mind getting wet (just in case!). If the weather isn't very warm a windproof coat would be beneficial. A buoyancy aid or lifejacket will be provided by the venue.

## On the day

Don't worry if you've not been sailing before! You'll be taken out on the water with a qualified instructor or an experienced sailor.

## Minimum age

We can take anyone over the age of 10 out for a sail.

## More information

You could bring a towel and maybe some spare clothes (particularly if you are bringing children). There will be changing facilities at the club, we will provide buoyancy aids and spray tops if you need them. Sun hat and sun cream are also important. We will have tea and coffee available all afternoon.

More information can be found at <https://www.rya.org.uk/start-boating/discover-sailing> or by emailing [principal@saundersfootsailingclub.org.uk](mailto:principal@saundersfootsailingclub.org.uk).