

Sailing: Learning with On-Water Practice

CAU Summer 2024, Week One, July 7 – 13, 2024

Faculty: Ivan Sagel, Director and Senior Instructor of the Merrill Family Sailing Center

Welcome to CAU Sailing on Cayuga Lake!

We will be meeting at the Merrill Family Sailing Center at 1000 East Shore Drive each day.

Our facility sits on the peaceful shores of Cayuga Lake, a perfect place to learn to sail.

We will start with sailing fundamentals and build skills throughout the week.

The week will end with a fun regatta to test your skills and a BBQ.

What to bring?

- Clothing appropriate for the weather
- Closed toe shoes
- Sun protection (hat and clothing or sunblock)
- Gloves to protect your hands (even cloth gardening gloves with rubber palm are fine)
- A small dry bag to keep personal belongings and an extra layer of clothes