How old are they?

Roman and Aisha have birthdays on the same day. Roman is 7 years older than Aisha.
In 4 years from now he will be double Aisha's age. How old is Aisha now?

Julie and Sarah also have birthdays on the same day. Julie was 6 when Sarah was born.
Two years ago, Julie was three times Sarah's age. How old is Sarah now?


