



Pre-Course Information

RYA Youth Sailing Stage 1

What to Expect

This is a 3-day course aiming to progress beginners to stage 1. Taught from the University Watersports Centre we aim for a fun adventure packed 3 days of tidal dinghy sailing. All we ask is that participants are happy on water and keen to sail!

Stage 1: By the end of this introductory course you will have a basic understanding of how a boat sails, and some experience of steering and handling the boat. Stages 2, 3 and 4 will complete your introduction to the sport in easy stages.

Pre-Requisites

- This course is good for anyone with an interest in being out on the water.
- Ages 8 - 14.
- No previous experience necessary.

Timings

Courses normally run Wednesday - Friday 09:00-16:00, for precise times check your booking confirmation.

What to Bring

- Something to wear under a wetsuit (swimming costumes are good for this)
- Towel
- Comfortable shoes that you are happy to get wet (must be closed toe) old trainers or wetsuit boots are ideal

- Lunch and any snacks
- Water bottle
- Sun Cream/Sun Glasses
- Hat
- Gloves
- Any medications (labelled with the participants name)

What we Provide

- The boats!
- Buoyancy Aids
- Wetsuits
- Logbooks
- Certificates (On successful Completion)

Pre-Course Admin

- Medical Consent Form – Must be completed before you attend.

Where to find us

Our Youth Sailing Stages are run from the University Watersports Centre
University Watersports Centre, Mead Cres, Southampton SO18 2JL.

Parking is available for dropping off on site, Swaythling Train station is a 15 min walk away and good bus links via Woodmill Lane for city bus services or Wessex Lane for university bus services.

Book Here

