



## Pre-Course Information

### RYA Youth Sailing Stage 3

#### What to Expect

This is a 3-day course aiming to progress a sailor beyond their stage 1 & 2, into some more independent sailing.

**Stage 3:** Having completed Stage 3 you will be able to sail in any direction and rig and launch your boat. Your skills and knowledge mean that you can regard yourself as a sailor, not a beginner.

#### Pre-Requisites

- This course is good for anyone with an interest in being out on the water.
- Ages 8 - 14.
- Participants should have previously completed youth sailing stage 2.

#### 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
- 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\*\*](#)

