



Pre-Course Information

RYA Youth Sailing Stage 3

What to Expect

This is a 3-day course aims

Stage 4: A Stage 4 certificate means that you have the skills to sail a double-handed boat as crew or helm, and solve a variety of problems afloat. Passing this course is the natural entry point for the advanced courses.

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 3.

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**](#)

