



## Pre-Course Information

### Sailability Sessions

#### What to Expect

Our instructors will be on hand from your arrival, meeting you at the entrance to Town Quay Marina. From there they will be happy to discuss any concerns you may have and assist in getting you safely down and onboard the yacht for a short session in Southampton water. You can get as involved in the operation of the yacht as suits you or just sit back and enjoy the ride.

#### Pre-Requisites

- Minimum age 8, under 16s need to be on the course with an adult.

#### Timings

Tasters run from 13:00-15:00 on Fridays. Your instructor will meet you at Town Quay Marina reception at your allotted start time, as stated in the booking confirmation.

#### What to Bring

- Drinks bottle
- Closed toe none marking shoes (feet may get wet)
- Comfortable clothing


#### What We Provide

- The boat!
- Lifejackets
- Waterproofs

## Pre-Course Admin

- **Medical Consent Form** – Must be completed before you attend.
- If you have any additional requirements, questions or concerns please feel free to reach out to our watersports team:  
watersports@soton.ac.uk

## Where to find us

Our Sigma 38 is kept at **Town Quay Marina**  where all our yacht sailing courses are run from. We have limited free parking at Town Quay that can be sorted out the day of your arrival. Please be prepared that you may need to pay for parking locally.

## Contact on the day

- Southampton Sport 023 8059 2119
- Watersports Mobile 07770 703599

**Book Here**

