

## Which Course?

COURSE NAME	AIM OF THE COURSE	TO GO ON THIS COURSE YOU NEED	AGE GUIDE
RYA Stage 1 Start Sailing	Introduction to dinghy sailing	No previous experience	From 8
RYA Stage 2 Basic Skills	Basic skills and knowledge	Stage 1 and/or previous dinghy sailing for anyone age 10 plus	From 8
Improve Your Skills (IYS) 2+	A fun week afloat to build confidence, improve your skills and work towards Stage 3	Stage 2	9-12
RYA Stage 3 Improver	Independent sailing under supervision	Stage 2 plus some sailing practice or IYS 2+	From 10
Improve Your Skills (IYS) 3+	A fun week afloat to build confidence, improve skills and work towards your next stage	Stage 3	11-13
RYA Start Racing	Introduction to club racing skills	Stage 3 - able to sail a triangular course, tack and gybe effectively	From 10 and adults
RYA Intermediate Racing	Racing techniques to get you to the front of the fleet and ready to join RYA	Own boat required. Club racing /AYC Junior Regatta experience	From 11
RYA Stage 4 Double Handed	Learn to crew and helm a double handed boat, develop teamwork and improve your sailing skills	Stage 3 plus further year's experience. Able to sail a triangular course well and tack and gybe effectively	From 12
RYA Advanced: Seamanship Spinnakers Day sailing	Learn specific skills for more advanced sailing as well as problem solving afloat Basic navigation and passage planning	RYA Stage 4 plus experience (Required for dinghy instructor)	From 12 and adults
Optimist IOCA: Grade 1 Grade 2 Grade 3 Race Coaching	Optimist courses Get afloat and start sailing Basic skills Improving skills Racing skills	Own boat required. Previous Grade or equivalent experience required	From 8 From 9 From 10 From 10
RYA Adult: Level 1 Level 2 Level 3	Getting afloat Basic skills Better sailing	No previous experience Level 1 Level 2	