



## RYA Junior Stage 2 Dinghy Sailing Pre course information

The Stage 2 course is designed to progress your sailing skills further. Participants will be encouraged to start to rely less on the guidance of an instructor with this award. With slightly more advanced skills being introduced participants will show the skills and knowledge necessary to sail without an instructor in the boat in order to obtain this award.

### Course content

Improved technique  
Capsize drill  
Gybing  
Basic Theory  
Tacking unaided  
Safety afloat  
Fun games



### Facilities and equipment

During the course you will be using a variety of craft. Our fleet consists of Topaz, Taz, Topaz Race and Omega, the relevant boat will be selected to run your course.

Wetsuits and buoyancy aids are provided for the duration of all courses

Tallington lakes boasts a sailing specific clean spring fed lake to ensure all your tuition takes place in the ideal learning environment without disturbance from our other exciting activities available on site

Please bring with you a towel and a pair of old trainers you don't mind getting wet!

### Lunch

Lunch including lunch boxes are available from our lake side bar at competitive prices (please enquire for details)

Alternatively bring a packed lunch

### Pre requisites

You must be aged between 8 and 15, and be enthusiastic about water sports you must also hold the RYA stage 1 certificate unless combining the two courses

**YOU DON'T NEED TO BE ABLE TO SWIM JUST WATER CONFIDENT**

### Duration

The course is run over two days with approximately 4 hours of tuition per day.

This course can also be combined with the Stage 1 course to be run over a 4-day period

### Running times

10.00am - 12.00pm	Session 1
12.00am - 1.00pm	Lunch
1.00pm - 3.00pm	Session 2

### Cost

£150.00 per head as part of a group

Price includes logbooks and certificates



### General

Please arrive early on the first day of any course to allow booking in and introductions to be done

### The next step

Having completed your RYA Stage 2 why not try the Stage 3 course? This will progress your skills further and encourage you to sail more and more without the guidance of an instructor, the Stage 3 is the level required to come and hire our impressive range of sailing dinghy's and the highest junior award for single handed sailing craft

**We are open 7 days a week from April to October from 9.30 - 6.30**



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