

# Junior Sail Training 2026



Learn to sail safely & with confidence  
Ages 7 - 17

Covers all the skills needed to use club  
facilities and sign up for Junior Week!



RYA Qualified  
Instructors teaching  
in small groups (6:1)

**Optimist Course (IOCA) - £80**

Ages 7-12

Sunday mornings 10<sup>th</sup> May - 28<sup>th</sup> June

**RYA Stage 1 & 2 - £90**

Ages 10-17

All-day Saturdays 18<sup>th</sup> April - 16<sup>th</sup> May

Advanced courses also available, see website for info)



**Sign Up Here!**

[www.fossc.org.uk/training-courses/rya-youth-sailing-courses-yss](http://www.fossc.org.uk/training-courses/rya-youth-sailing-courses-yss)

**ONBOARD**  
RYA

