Correct. Add 4 to all parts: $-10 + 4 \le 3y - 4 + 4 < 5 + 4$

Simplify to $-6 \le 3y < 9$, then divide all parts by 3.

$\dfrac{-6}{3} \le \dfrac{3y}{3} < \dfrac{9}{3}$, so $-2 \le y < 3$