

TRAINING TABLE

	Criteria	Content
Childrens Beginner Course	7 to 12 years inc.	Includes one hours tuition on 3 mornings and equipment hire for the 3 days of instruction including wetsuit, boots, buoyancy aid and damage insurance (pre-bookable).
Group 1	Never tried windsurfing before or tried maximum 2 times.	Intro to equipment, Sailing Theory, Carrying & Launching, Balance, Secure Position, 180 Degree Turn, Sailing Position, Steering, Sailing Across the Wind, Basic Tack & Gybe, Self Rescue.
Group 2	Able to do group 1 content.	Learn to Beachstart, Fast Tack, Flare Gybe, Intro to Harness, Sailing in Stronger Winds.
Group 3	Familiar with harness. Can beachstart.	Planing Technique, Improving Stance & Harness in Stronger Winds, Intro to Footstraps, Intro to Waterstarts.
Group 4	Tried waterstarts and footstraps and sailing in stronger winds.	Improving Waterstarts, Planing in the Footstraps, Foot Steering etc.
Group 5	Can flarge gybe and comfortable planning in straps & harness not really tried carve gybe.	Beginner Carve Gybe.
Group 6	As above plus planing into gybe but not out of gybe.	Improving Carve Gybe.
Also available	Private one on one sessions and shared private sessions are also available (bookable locally)– each session is one hour in length. These sessions can cover anything the individuals want to do: old school moves, slalom technique to radical new school freestyle! – however please note that in shared private lessons both windsurfers must be at the same level and have the same aim for the session.	