

# WINDSURF LEVEL SYSTEM

EVALUATE YOUR LEVEL


CHOOSE YOUR PROGRAM\*

1

- > Basic safety rules
- > Setting up the gear
- > Sheeting in / out
- > Sailing 50 meters
- > 180 turn

2

- > Steering
- > Sailing on different courses
- > Safety system
- > Going upwind
- > Right of way rules



## BEGINNER

DISCOVERY **6 HOURS**

BEGINNER FULL COURSE **10 HOURS**

REFRESHER COURSE **4 HOURS**

3

- > Fast tack
- > Basic Jibe
- > Beach start
- > Use of the harness

4

- > Waterstart
- > Using Footstraps & foot control
- > Planing



## INTERMEDIATE

PROGRESSION COURSE **6 HOURS**

WATERSTART COURSE **2 HOURS**


FOOTSTRAPS & PLANNING **2 HOURS**

5

- > Carve jibe
- > Duck jibe
- > Helicopter tacks
- > 360s
- > Basic skills in foiling

6

- > Foiling progression
- > Basic jumps
- > Air jibes
- > Wave riding introduction
- > Front Loops



## ADVANCED

TRICK TIME COURSE **2 HOURS**

FOILING INTRODUCTION / PROGRESSION **2 HOURS**

WAVE RIDING INTRO / PROGRESSION **2 HOURS**

\*Recommended hours by ION CLUB.

\*All lesson programs exist in 2/4/6/8/10/12 hours.

EQUIPMENT RENTAL

HOURS