

# WINGFOIL LEVEL SYSTEM

EVALUATE YOUR LEVEL

1

- > Basic safety rules
- > Setting up the wing
- > Wing control
- > Start sailing on a longboard

2

- > Steering with the wing
- > Sailing on different courses
- > Tack / Jibe
- > Going upwind
- > Right of way rules



BEGINNER

DISCOVERY COURSE

6 HOURS

3

- > Foil safety rules
- > Navigating safely on a foil
- > Steering with the board
- > Foil on different courses



INTERMEDIATE

FOIL INTRO COURSE

4 HOURS

4

- > Jibe
- > Riding toeside on both side
- > Technique of Pumping

5

- > Tacking
- > Basic jumps
- > 360s
- > Free flying

6

- > Waterstars
- > Waveriding
- > Freestyle tricks



ADVANCED

WINGFOIL ADVANCED

2 HOURS

CHOOSE YOUR PROGRAM \*

WING REFRESHER

4 HOURS

FOIL PROGRESSION

4 HOURS

WING DISCOVERY & FOIL INTRO COMBO

10 HOURS

EQUIPMENT RENTAL

HOURS

\*Recommended hours by ION CLUB.

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