

Windsurfing

Youth Windsurfing
Adult Windsurfing
Coaching

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Youth Windsurfing

Try Windsurfing for Young People - Saturdays

A fun introduction to an exciting sport.

Get to know the board and rig and learn basic techniques.

Pre reqs: None

No award

Start Windsurfing - RYA Stage 1-2

For those with little or no experience, here's your chance to get on the water and discover windsurfing!

Available school holidays or weekends

Pre reqs: None

Working towards: Stage 1-2



Supervised Surf Youth (8-16yrs) - Evenings

A number of sessions to get some practice in at your level.

Pre reqs: RYA Stage 1 or equivalent experience

No award



Onboard Windsurfing Club 8-16yrs

If you have successfully completed your RYA Stage 2 why not join the onboard windsurfing club and meet with other young people into your sport - check out the details in the *Club Zone* page 32.

Improve Windsurfing - RYA Stage 3 (11-16yrs)

This course will help you to correctly set up your board and rig, enhance your stance on all points of sailing and introduce basic harness techniques.

Available school holidays

Pre reqs: RYA Stage 2
or old RYA Level 1

Working towards: RYA Stage 3



Adult Windsurfing

Adult Try Windsurfing - Saturdays

An excellent introduction to an exhilarating sport for those with little or no experience.

Pre reqs: None

No award

Start Windsurfing

Learn the basics of windsurfing.

Available weekends and evenings

Pre reqs: None

Working towards: RYA Start Windsurfing

Start Skills Clinic – Saturdays

An opportunity to complete the Start award for those who have attended a course or to get some additional coaching and practice.

Pre reqs: Start Windsurfing course attendance

No award

Supervised Surf Adults - Evenings

A number of evening sessions giving you a chance to practice and consolidate the skills gained on courses. These sessions can also act as your assessment and induction to access the Go club. See below

Pre reqs: Start Windsurfing or equivalent experience

No award



Go Windsurfing Club - Adults

If you have successfully completed Start Windsurfing why not access our Go Windsurfing Club ?

Check out the details in the *Club Zone* page 33.



Intermediate Windsurfing (Non-Planing) Weekends

Fine tune your basic skills, making your windsurfing faster and more fluid. Includes beach start and harness work.

Pre reqs: RYA Start Windsurfing

Working towards: RYA Intermediate Windsurfing (non-planing)

Intermediate Skills Clinic – Saturdays

An opportunity to complete the Intermediate award for those who have attended a course or to get some additional coaching and practice.

Pre reqs: Intermediate Windsurfing course attendance

No award

