



BEGINNERS

3 DAYS (9 HOURS) - 3 Hours/ Day

SPECIFIC MODULES

BASICS (3h): This phase takes place on land; you will get a short introduction to concepts like wind window, basic safety and kite handling. Furthermore you will learn how to set the equipment, choose practice area and kite size according to wind conditions.

WATERWORK (3h): This phase focuses on "body drag" exercises performed on the water. Exercises in this phase are learned first on the sand and then performed on the water. Main goal is to get a good kite control on the water, experience kite power and introduce courses (Broad reach, Beam reach and Close hauled).

BOARDWORK (3h): This phase focuses on the board. Main goal is introducing pupils to "water start" and sliding. Firstly we practice "body drag" holding the board, how to put the board on and maintaining the right position prior to "water start". Finally we will practice the "water start" to get standing on the board and start sliding.



INDIVIDUAL

2 - MAX. 3

3 HOURS 195 EUROS / 9 HOURS 435 EUROS

3 HOURS 115 EUROS / 9 HOURS 345 EUROS

THE COURSES INCLUDED

- Certified instructors by the Royal Spanish Sailing Federation and IKO.
- Completely new equipment: wetsuits, helmets, harnesses, kites and boards.
- Waterproof handheld transceiver maximizing learning.
- Liability and accidents insurance included.



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