



Beginner Lesson for Windsurfing

HK\$800 pp (1 pax)

HK\$700 pp (2 pax and up)

- **2.5 hours** per lesson (**Adult**)/ **2 hours** per lesson (**kid**) in 1 day
- 0.5 hour theory and land-based instruction
- 1 hour instructor guided instruction in the water;
- 1 hour (**Adult**)/ 0.5 hour (**kid**) self-practice;

You will learn:

- Carrying Board and Rig
- Sailing Theory
- Uphauling
- Sailing Away
- Basic Steering
- Tacking
- Jibing

Please kindly noted:

1. Requirement: can swim 50m(adult)/ 20m(kid) without swimming aid
2. Kid(s) age in between 5 to 14 year-old
3. The fee already includes the instruction, the gear, LCS storage & shower facilities. Additional time for windsurf practice will be charged at 80% of the normal rental.
4. Please arrive at least 15 minutes prior the activity, the start time may change subject to weather conditions.
5. Prepayment shall be requested in order to confirm the lesson
6. Trainee need to bring along your protection shore and wear, and something you might consider to bring along: sun protection wear, sun cream, mosquito repellents, and shower amenities.
7. In case of dispute, Long Coast Seasports (LCS) reserves the rights for its final decision.