



Wing foil Lesson

An incredible new way to fly and experience new feelings on the water, once you try it, you'll be addicted.

- Each session 1 or 2 hours (depend on booking)
- Theory and land-based instruction, beginner will using windsurf board/ SUP
- Instructor guided instruction in the water;
- Self-practice;

You will learn:

- Carrying Board and Rig
- Wing foil Sailing Theory
- Riding
- Basic Steering
- Basic turn

Please kindly noted:

1. Requirement: can swim 50m without swimming aid
2. Age 12 years old or above
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 swimming wear and towel, and something you might consider to bring along: rash guard/ wetsuit, sun cream, mosquito repellents, and shower amenities.
7. In case of dispute, Long Coast Seasports (LCS) reserves the rights for its final decision.