

Windsurfing 2 day programme



	8:30	Morning	12:30	Afternoon	17:30	Evening
DAY 1		Introduction to centre Kit issue Introduction to board Balance games Introduction to rig Secure position Sailing across the wind Static turn	L U N C H	Recap of: Secure position Sailing across the wind Static turn Tacking	D I N N E R	Orienteering DVD Film
DAY 2	B R E A K F A S T	Recap of Tacking Upwind sailing Points of sailing		Sailing a triangle Award of certificates What next?		