

Prebooked Courses 2023 (including a 10% prebooking discount)

Kitesurf Courses						
Courses	Duration	Pre-requisites	Description	Private	Group of 2 pp	Group of 3-4 pp
Progression sessions / Refresher course	2 hrs	Level 3 / Level 1	-What is your goal for this trip? Transitions, Jumping, directional boards, hydrofoiling? You name it! Your instructor will guide you to success! -Simply feeling rusty? Our instructor will get you through your weak spots and build your riding confidence.	144€	108€	90€
Progression sessions / Refresher course	4 hrs	Level 3 / Level 1	-What is your goal for this trip? Transitions, Jumping, directional boards, hydrofoiling? You name it! Your instructor will guide you to success! -Simply feeling rusty? Our instructor will get you through your weak spots and build your riding confidence.	288€	216€	180€
IKO Level 1	5 hrs	None	IKO Level 1 is tailor made for complete beginners. You will learn about equipment, safety, kite control, and you will get your first thrills from body dragging in both directions and launching and landing your kite. Safety and control are the goals of this course, so you can move on to Level 2, and your first waterstart.	360€	270€	225€
IKO Level 2	5 hrs (3hrs + 2hrs Deep water drills in a group)	According to level	In Level 2 you will slowly move into becoming an independent kiter. You will learn how to bodydrag upwind, recover your board, steer and control the kite more dynamicaly and work your way to your first waterstarts.	360€	270€	225€
IKO Level 1 & 2 (adults & kids)	10 hrs / 6 hrs (L1+L2) + 4hrs Deep water drills in a group	Complete Beginner	During this course, you will learn how to become an independent kiteboarder while staying safe. The course can be finished in 3-4 windy days and you will be having 2-3 hrs of lessons every day. After reaching up to the waterstart level (in 6 hours) master your abilities with 4hrs boat sessions , with the supervision of 2 instructors in the boat and a radio helmet device. *Groups up to 4 people per instructor.	648€	468€	396€

*Group prices are per person **Group lesson that can't get grouped on the spot will change to Private and get reduced hours according to private rate. Ex: 10hr group of 2 to Private 7hrs

***Lessons are fully refunded only if they don't occur because of the weather conditions. If customer doesn't show up or doesn't notify a day before no refund can occur

****Lessons take place with brand new top of the market RRD gear

Wing Foil Courses					
Courses	Duration	Pre-requisites	Description	Private	Group of 2 pp
Taster (first 2 hours of discovery)	2 hours	None	Land: spot assessment, gear set up, handling wing on land, beach excersizes, self rescue. Water: riding on knees	144	108
Advanced coaching - name your goal	2 hour	L3	Pumping, first foiling, controlling speed and direction, toe side riding	144	108
Discovery & Intermediate (L1&2)**	4 hour	None	Land: spot assessment, gear set up, handling wing on land, beach excersizes, self rescue. Water: riding on knees, turning, standing up, jibes, first foiling rides.	288	216
Advanced (Level 3)***	4 hour	L1&2	Name your goal: Jibing, fast tack, jumping, carving moves	288	216

*prices per person, include full equipment and insurance

Surf Club Keros, Keros Beach, Kalliopi, 81401, Limnos, Greece

email. bookings@surfclubkeros.com url. www.surfclubkeros.com

Prebooked Courses 2023 (including a 10% prebooking discount)

Beginner Windsurf Courses					
Course	Duration	Pre-requisites	Description	Private	Group up to 4 pp
Beginner Intro Course (Adults & Kids)	4 hrs	No pre-requisites	During this course you will take your first exciting steps into the windsurfing world. You will get to know all about the wind direction and sailing theory, windsurfing equipment and how it works through our simulator. Further on, you will learn how to steer the board and sail, turn both ways (jibe and tack), and free sailing. You are able to finish the Intro course in 2 days. Jump on board! (2h/day)	171€	126€
Beginner Full Course (Adults & Kids)	8hrs + 2hrs free rental	No pre-requisites	From complete beginner to intermediate. During this course you will go from total beginner up to riding with a harness and doing a water start. This course covers: sailing theory, simulation, intro to equipment, safety, board control, windsurfing both directions, going upwind, downwind, step jibing, entering and exiting at the same point, advanced free sailing, beach start, intro to harness.	342€	252€
Advanced Windsurf Courses					
Advanced Courses	Duration	Pre-requisites	Description	Private	Group up to 4 pp
Advanced tuition	2 hrs	Tack, Jibe Upwind course	Are you stuck at the same level for quite some time? Did you always have the next step in mind but never managed to do it? Then this course is for you. Choose what you want to work on, set your goals, and let's go. Our experienced and motivated instructors will use the proper methodology and equipment to make it work. Learn how to waterstart, get in the footstraps, start planning, learn how to power jibe, chop hop, speedloop, duck jibe, you name it!	144€	Not available for prebooking
Advanced tuition	4 hrs	Tack, Jibe Upwind course	Are you stuck at the same level for quite some time? Did you always have the next step in mind but never managed to do it? Then this course is for you. Choose what you want to work on, set your goals, and let's go. Our experienced and motivated instructors will use the proper methodology and equipment to make it work. Learn how to waterstart, get in the footstraps, start planning, learn how to power jibe, chop hop, speedloop, duck jibe, you name it!	288€	Not available for prebooking
Advanced tuition	8hrs	Tack, Jibe Upwind course	Are you stuck at the same level for quite some time? Did you always have the next step in mind but never managed to do it? Then this course is for you. Choose what you want to work on, set your goals, and let's go. Our experienced and motivated instructors will use the proper methodology and equipment to make it work. Learn how to waterstart, get in the footstraps, start planning, learn how to power jibe, chop hop, speedloop, duck jibe, you name it!	576€	Not available for prebooking
Surfing Courses					
Advanced Courses	Duration	Pre-requisites	Description	Private	Group up to 4 pp
Surfing Session	1.5 hour	No pre-requisites	Limnos has some super fun waves too, great to get you on your board riding as fast as possible. The conditions are super easy for beginners and kids love it! Jump on one of our daily surfaris and get your surfer spirit going!	81€	50
Surfing course	3 x 1.5h sessions	No pre-requisites	3 sessions is a good start to build a solid basis to move on and become a real surfer! Surfing is a demanding sport but our spot, the beginner boards and our amazing instructors will help you to involve to the surfer you wanna be! Flat water drills and trainings are in the lesson plan also so you can train even without waves by your own any time!	243€	149

Surf Club Keros, Keros Beach, Kalliopi, 81401, Limnos, Greece [email. bookings@surfclubkeros.com](mailto:bookings@surfclubkeros.com) [url. www.surfclubkeros.com](http://www.surfclubkeros.com)