

## Kitesurf Courses

Courses	Duration	Pre-requisites	Description	Private	Group of 2	Group of 3-4
Hourly Rate // IKO Evaluation	1 hour	According to level	Not sure how many hours you need? Get on going by booking a lesson per hour // You need to rent equipment and you are not a certified IKO rider, we can do your evaluation and get you the online certification of you rider abilities	85€	65€	50€
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.	170€	130€	100€
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.	340€	260€	200€
Taster Course	3 hrs	None	Not sure if you want to commit for Level 1&2 but you would love to give it a go? That's the course for you. It takes only 3 hours to get a first taste of this amazing sport and decide whether it is 'for you' or not. During the intro course, you will go out with an instructor and have as much fun as possible, while covering the basics (approximately 1 on land and 2 hours in the water). By the end of the course, you	255€	195€	
4 hrs intermediate Boat lesson	4 hrs	Riding downwind	How does it feel being in deep water but feeling amazingly confident, side by side to your instructor. Direct supervision, instant guidelines and tips throught your Radio helmet. You will never feel more ready to go shredding!	380€		
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.	425€	325€	275€
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 independet 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.	425€	325€	275€

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 supervisionof 2 instructors in the boat and a radio helmet device. *Groups up to 4 people per instructor.	790€	570€	490€
Kite clinics	1 session	Reach your goals!	Every week we get to do jumping clinics, backroll clinics, mini downwinders, whatever you want to achieve just let us know and we will organize it for you!	65€ with your own equipment   85€ with schools equipment		
Island Downwinders	3 hrs	Level 2 - Independent Rider	The deal: We take you to a secret beach on the North-East corner of the island. You set up your kites there and you get to kite downwind for 2 hours, exploring the magnificent landscapes, kiting in different sea conditions, trying all the tricks you want, while under the guidance and supervisionof our instructors. How cool is that?	85€ with your own equipment 125€ with schools equipment		

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						
Lessons	Duration	Pre-requisites	Description	Private	Group of 2 *	
Taster (1st 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	170	130	
Advanced coaching - name your goal	2 hour	L3	Pumping, first foiling, controlling speed and direction, toe side riding	170	130	
Discovery & Intermediate (L1&2)	4 hour (+1 hr free rental)	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.	340	260	
Advanced (Level 3)	4 hour (+1 hr free rental)	L1&2	Name your goal: Jibing, fast tack, jumping, carving moves	340	260	
*prices per person, include full equipment and insurance						

Beginner Windsurf Courses						
Course	Duration	Pre-requisites	Description	Private	Group up to 4 people	
Hourly Rate Beginner	1 hour	No pre-requisites	Give it a go! Check what windsurfing is and if it suits you book your next full course!!	65€	50€	

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)	260€	200€		
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.	520€	400€		

### Advanced Windsurf Courses

Advanced Courses	Duration	Pre-requisites	Description	Private	Group up to 4 people		
Hourly Rate	1 hour	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.	85€	65€		
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 lets 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!	170€	140€		
Advanced tuition	4 hrs (+1 hr free rental)	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 lets 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!	340€	260€		

Advanced tuition	8hrs (+2 hr free rental)	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 lets 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!	680€	500€		
Hydrofoil lesson	2 hrs	Planning & Footstraps	The new hype, the new craze. Hydrofoiling is the new way to experience wind- surfing. Glide silently above the water in the lightest winds.	170€	-		
Windsurf clinics	2 hrs	Reach your goals!	Every week we get to do bump and jump clinics,forward clinics, mini downwind- ers, wave clinics whatever you want to achieve just let us know and we will organize it for you!	65€ with your own equipment 85€ with schools equipment			

### Surfing - Sailing - SUP / Courses

Courses	Duration	Description	Private	Group		
Surfing Session	1.5 hour	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!		65€ (+10€ for transfer)		
Surfing course	3 x sesions	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 nad 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!		195€ (+30€ for transfer)		
2hrs Catamaran Beginner	2 hours	Learn the basics of sailing on our super fun and easy Hobbie Cat 15	110€	80€		
4hrs Catamaran Beginner	4 hours	Learn the basics of sailing on our super fun and easy Hobbie Cat 15	220€	160€		
1hr SUP beginner introduction	1 hour	Learn the basics of equipment, safety, technique.	40€	30€		

3hr SUP beginner course	3 hours	Learn the basics of equipment, safety, technique, proper posture, turning, and do your first open water crossing.	120€	90€			
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