

SURF CLASSES AND THEIR LEVELS Adults

What should I bring?

Very easy: just a glued-on sports suit or bikini that won't bother underneath the neoprene. Avoid decorations that can damage you in the water or get lost. Don't forget sunscreen, some flip-flops (if you don't like going barefoot) and a towel to dry yourself off after the bath.

And the main thing: a lot of desire to have a good time.

What do the classes include and how long do they last?

All classes are 2 hours long and include board, suit, invention, signaling lycra and accident insurance. Group classes never exceed 8 participants per instructor. All the monitors of La Curva are sports technicians qualified by the Cantabrian Surfing Federation and the Ministry of Education and Science.

What does a surfing class consist of?

The first thing we do is divide the participants by levels (to calculate yours, we invite you to check all our levels [here](#)). We start the class with a good warm up, which is fundamental to enjoy the exercise without injuries and avoid scares in the water. Afterwards, a brief theoretical lesson in the sand (about 15-20 minutes, depending on the group's needs), a practice on the shore (until we get to the point) and the rest of the class, to catch waves!

Depending on your level, the instructor will go into the water either without a board or with a board, and will always be there to correct and help you.

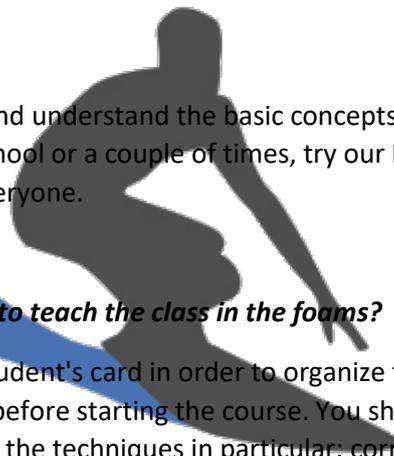
Can I go if I don't know how to surf?

Of course, that's what we're here for!

With our beginners classes, you will progress quickly and understand the basic concepts to get started in this sport. If you have surfed in any other school or a couple of times, try our INITIATION classes; you will see that surfing is really a sport for everyone.

I'm not a beginner, I already have a level. Am I going to teach the class in the foams?

Of course not. That's why we always ask you for the student's card in order to organize the groups by levels. It is important that you indicate in it your level before starting the course. You should also comment with us if your objective is to improve any of the techniques in particular: correcting basic manoeuvres, taking your first walls, video correction, etc. We will be happy to provide you with the necessary information, so that the instructor and the school can adapt perfectly to your needs.



I don't know what my level is.

Don't worry, that's why we have created our levels I to VI that you can always consult with us. Click ***here*** to find yours.

This level booklet also helps us to personalize the class by determining exactly the objectives to be achieved in each course by each of the participants.

Do adults share the class with children?

We never put adults together with little ones in INITIATION. In fact, the youngest ones have their own turn in the afternoons with a completely different dynamic, adapted to their age and psychomotor development. This does not mean that we do not sometimes have children and teenagers with a level of surfing that allows them to share the advanced classes with adults.

We have different morning and afternoon shifts at different levels during the months of July, August and September.

