

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.

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

All classes are two-hour long and include board, suit, leash, signalling lycra and accident insurance. Group classes never exceed 8 participants per instructor. All the instructors of La Curva Surf School are sports technicians qualified by the Cantabria 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 min, 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!

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'll 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'll 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 to indicate your level in the registration form in order to organise the groups by levels. It's 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'll 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've created our levels 1 to 6 that you can always consult with us. Click [HERE](#) to find yours.

This level booklet also helps you to personalise 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 turns 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 several morning and afternoon shifts at different levels during the months of July, August and September.

Please contact us to book your lesson in advance.