



WINDSURF

Want to spend your days flying across the water? Then windsurfing is your sport. You won't believe how easy it is to learn. With modern wide-style equipment and our expert tuition you are guaranteed success. Our beach is a great place to start and progress in windsurfing with a variety of conditions from flat water to waves, there's something for all levels.

Content: All beginners and improvers courses include wetsuits and all equipment.



COURSES:

Learn to windsurf (Level 1) 5hrs £125
A beginners introduction to the sport. We will teach you quickly all the basics of how to windsurf, balance, stance, turning, upwind windsurfing and self rescue on widestyle boards in our shallow lagoon. Includes RYA certificate.

Improvers 3hrs £85
Introduction to planing, harness, footstraps, stance, gust control, faster tacking and gybes all on the latest equipment from RRD and EZZY.

Clinics 3hrs £89
Focussing on more advanced windsurfing techniques these clinics concentrate on waterstart, carve gybe and jumping, intro to waves. Includes video coaching.

Pro clinics (Pete Hart, Jem Hall): TBC please check website

Private 1:1 lessons: £40 p/hr excl. kit
£55 p/hr incl. kit

KITESURF

Give this exhilarating sport a try with our 2 day introductory course. We teach on small kites and big boards so you'll soon get the hang of it. We use the latest bow style kites for added safety and control. You'll be in our tidal lagoon surrounded by sand bars so you won't be crossing the channel just yet.

We are a fully registered BKSA school and, unlike some of our competitors, you can enjoy full use of our club house facilities including showers and full rescue cover for the duration of your course.

Content: All beginners courses include certificates, wetsuits and equipment. We teach on the latest RRD kites and boards.



COURSES:

2 day Learn to kitesurf (ages 12+, weekend) 10hrs £225
Full BKSA 2 day introduction to this great sport

2 day Learn to kitesurf (ages 12+, week days only) 10hrs £199
Full BKSA 2 day introduction to this great sport

Improvers/boardstarting 3hrs £95
You've done your two day course now you need to perfect getting up on the board riding both ways and staying upwind.

Clinics 3hrs £89

Choose from:

1. Intro to jumping, transitions and back rolls, riding toeside
2. Jumping and kitemlooping
3. Intro to wavekiting use a wave board and gybing, includes video coaching

Pro clinics
by Neal Gent TBC please check website

Private 1:1 lessons £40 p/hr exc. kit
£55 p/hr incl. kit



CHECK THIS OUT!

Before you take a kitesurf course
you need to be competent flying a power kite so you can concentrate on learning to kitesurf rather than kite flying

2 hr power kite course details below

POWERKITE

Learn to control the power of the wind in this exciting sport. Progress quickly on these high-tech kites and you'll soon be getting some air time. This course is for anyone who wants to learn the basics of kiting. A pre-requisite for kitesurfing courses.

Content: Set-up, safety, launching and landing, flying and understanding the power zones. We use Flexifoils ranging from 0.5 to 4m.

COURSES:

Learn to powerkite 2hrs £37

RIPPERS®



We have many years experience running our massively successful children's courses in which the children's safety and specific requirements are paramount. The teaching area we use is the shallow, waist-deep lagoon protected from the open sea by sand bars at low tide. The course focuses on windsurfing but also may include power kiting, paddlesurfing, bodyboarding/surfing and kayaking (according to weather) to help teach wind and wave awareness. We use our X-Train 'point and shoot'® teaching method.

The kit: To make life easy we teach children on wide style windsurf boards with miniature kids' rigs suitable for children age 5+. We also provide full 3mm blindstitched junior wetsuits and buoyancy aids for safety and comfort. Certificate included for each course.

COURSES:

3 day ripper course (3 x 4hrs) Age 7-12yrs £175
An energetic, fun, 3 day introduction into windsurfing, surfing and powerkiting. We make use of safe shallow tidal lagoons with full rescue cover and to make sure kids learn about the ocean we teach them our X-Train ocean education® package. Includes free tshirt!

Little rippers (4hrs) Age 5-7yrs £95
The first step on the ocean for young guns. We use the same equipment as the rippers course but this is a more gentle introduction to the ocean with extra coaches who understand the needs of young kids braving the elements.

1 day Rippers Advanced Clinic (4hrs) Age 7+ £99
Introduction to waves, surviving high tide, jumping, riding waves or flat water carve gybing, fast tacks, more speed and waterstarts. Includes video coaching.

X-Rippers courses for 13-18 (12hrs + 1hr free hire) £175
Fancy getting on the water this summer, trying out the latest watersports, meeting new people and getting some expert tuition from our experienced instructors? Our X-Rippers for teenagers offers you just this giving you a taste of windsurfing, surfing, paddlesurfing and power kiting.

Rippers waterman's after school club (1hr) Age 7+ £13
This is the best after school club an intro to windsurf, surf, powerkite and ocean education depending on the tides. We provide the best equipment so all you need to do is get here as soon as the bell rings. Pre book in blocks 6 weeks, 4-5pm.



Rippers Saturday surf club
Age 7-12yrs (2hr) £27
(mix of sports according to conditions)

Don't sit at home watching power rangers - get down to the beach for a fun packed windsurf, surf or powerkite session (depending on the tides and weather each week). We provide all the gear, all you need is to turn up and be ready for action.

Rippers surfing (2hrs) £37
Same as adults course, just for kids loads of fun.

Rippers kitesurfing (2day) Age 12+ £225
Again same as adults 2 day beginners course. We supply all the gear on this full BKSA course just for young people.

Team 15 Aged 7-15 £12pp
Team15 is a nationwide network of windsurfing clubs where young people can get together every week to learn new race/freestyle skills and have a laugh with their mates on the water (you need basic windsurfing skills). Price includes kit but if you have your own bring it down.

Pro Clinics
TBA check website for details.

Private 1:1 lessons £40 p/hr excl. kit
£55 p/hr incl. kit

...AND FOR THE BIG KIDS

Adults Splash Session Adults (18+) 2hr £30
(mix of sports according to conditions)

Why don't you just turn off the television set and... go down to the beach for a fun packed windsurf, surf or powerkite session (depending on the tides and weather). We provide all the gear, all you need is to turn up and be ready for action.



PARTIES

Choose from learn to windsurf or learn to surf. We provide all the latest gear and suits all you need is your friends and a cake to have perfect day to remember.

Birthday Parties (minimum 10 kids):
Surfing 2hrs £15 p/person
Windsurfing 2hrs £30 p/person

Go to:
x-train.co.uk
to download the invitation and send it to your friends!



TO BOOK CALL THE BEACH ON: 01243 513077
OR EMAIL: info@x-train.co.uk

SURF



Get a flavour of one of the most exciting water sports around. Learn how to 'pop' and then catch waves. All our beginners lessons are on soft deck longboards so you progress quickly. Our surfing courses have become really popular because we work very hard to make sure you get to stand up and get that first experience of riding the waves!

COURSES:

Learn to surf 2hrs £37



STAND UP PADDLE SURF

Stand up paddle surfing, learn the latest surf sport. Amazing for inner core strength and getting fit. Get on the water and catch some waves.

Content: All courses include wetsuits and equipment. We teach on the latest stand up boards.



COURSES:

BSUPA Learn to paddlesurf 2hrs £48
Intro to surfing and sup take off first ride use of paddle

Intermediate 2hrs £48
Improve fast turning, step back turn and reverse paddle

Waveriding (advanced) 2hrs £48
take off, bottom/top turn use of paddle

Paddlesurfari SUP or Kayak 2hrs £55
Meet at the windsurf club get suited and booted drop your car at Itchenor and ride the current in the tranquil water of Chichester harbour check out the seal colony pass Pilsey Island around East Head and arrive at West Wittering beach. (You need to have at least 2hrs paddle experience before coming on this trip)

Private 1:1 lessons £40 p/hr excl. kit
£55 p/hr incl. kit

