



PLANNING CLINIC WINGFOIL MAR & VIVIAN

TIME	Day 1	Day 2	Day 3	Day 4	Day 5
8:30 - 10:00 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:30 - 12:30 am	First meeting (*1)	Training / Video (*2)	Sup tour	Training / Video (*2)	Surfskate, morning walk,...
1:00 am - 2:00 pm	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
2:00 pm - 4:00 pm	Water session	Water session	Water session	Water session	Water session
4:00 pm - 6:00 pm	Mini group (*3)	Mini group (*3)	Mini group (*3)	Mini group (*3)	Mini group (*3)
6 pm - 7 pm	Free time	Free time	Free time	Free time	Free time
7:00 pm - 8 pm	Group activities (*4)	Group activities (*5)	Group activities (*6)	Group activities (*7)	Happy hour
8 pm	Dinner	Dinner	Dinner	Dinner	Dinner

△ Everything is flexible depending on the wind conditions and the group

(*1) First meeting: meeting, equipment check and tuning, know the center and the riding zone, planing of the week, security check up,...

(*2) Training / Video: depending on the conditions and the needs of the students.

(*3) Mini group: training group with different topics. Or individual coaching with the students who are still in the water and want to keep practicing.

(*4) Group activities: know each other with a few activities or games.

(*5) Group activities: small walk around the town.

(*6) Group activities: stretching.

(*7) Group activities: over all information about the clinic experience, ion products experience.

The activities in the morning or in the evening are gone be flexible.

