



Information About Our Services

WINDSURFING CLUB LAS CUCHARAS

The Paradise of Windsurfing and Wingfoiling in Lanzarote

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ALL THE INFORMATION ABOUT OUR SERVICES

Thank you for your interest in Windsurfing Club Las Cucharas! In this guide, you'll find everything you need to plan your visit and make the most of one of Europe's best spots for windsurfing and wingfoiling

WHERE ARE WE?

We are located in **Costa Teguise**, at **Las Maretas Shopping Centre**—a well-connected area with plenty of accommodation options, restaurants, and services

OPENING HOURS

We're open every day of the year, from 10:00 AM to 6:00 PM! To ensure availability, we kindly ask you to book in advance, whether for courses or equipment rental

WINDSURFING COURSES

Our programmes are designed for all levels, from complete beginners to advanced windsurfers. With **certified instructors, state of the art equipment, and ideal conditions**, we guarantee a safe, dynamic, and high-quality experience

- **High season (July – August):** classes at 10:30 am, 12:30 pm, 2:00 pm, and 4:00 pm
- **Low season (September – June):** classes at 10:30 am and 2:00 pm



BEGINNER COURSES

Each class lasts 1.5 hours

Perfect for those starting from scratch. You'll learn the basics of windsurfing: sailing in all directions, turning, and starting to use the harness (*Groups: max 5 people*)

3 CLASSES	150€
5 CLASSES	230€
6 DAYS	425€
<i>2 classes per day</i>		

INTERMEDIATE COURSE

Each class lasts 1.5 hours

For those who already have some experience and want to progress. You'll improve your stance, learn to gybe, plane, use footstraps, and sail on smaller boards (*Groups: max. 6 people*)

3 CLASSES	180€
5 CLASSES	280€
6 DAYS	525€
<i>2 classes per day</i>		



SEMI-PRIVATE COURSES

Each class lasts 1.5 hours

Master technical moves. Learn to plane and gybe confidently, perfect your waterstart, ride waves, and practise your first jumps (*Groups: max. 2 people*)

1 CLASS	90€
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CHILDREN'S COURSES

Duration of each class: 1 hour

We offer special courses for kids aged 8 and up, using **adapted equipment and an engaging methodology** to ensure they enjoy the experience to the fullest (*Groups: max. 3 Children*)

3 CLASSES	120€
5 CLASSES	180€

WHAT'S INCLUDED?

- 1.5 hour lessons
- Equipment adapted to your level
- Instructor in a safety boat during class
- Wetsuit and harness

READY TO BOOK?

To confirm your booking, ask us for a proforma invoice with your chosen services. Your **reservation will be secured once we receive a 50% deposit** by bank transfer or credit card

Course times depend on weather and tide conditions. Once your time is confirmed, please arrive 15 minutes early to get ready

WINGFOILING COURSES

Our programmes are designed for all levels, from beginners to more advanced riders. With certified instructors, top of the line equipment, and ideal conditions, we guarantee a safe, dynamic, and high-quality experience

- **High season (July – August):** classes at 10:30 am, 12:30 pm, 2:00 pm, and 4:00 pm
- **Low season (September – June):** classes at 10:30 am and 2:00 pm



INTRODUCTION TO WING-SURFING

First class 3h, following classes 2h

Perfect for those who have never used a wingfoil. You'll learn how to handle the wing on land, understand the basics of propulsion, stand up on the board and ride your first metres on a large board without foil (Groups of 2 to 4 people)

4 CLASSES 405€

INTRODUCTION TO WING-FOILING

Each class lasts 2h

For those who already have basic skills and want to begin flying with the foil. You'll gradually learn how to take off and control your flight for a stable, safe ride (Groups of 2 to 4 people)

4 CLASSES 380€

6 CLASSES 540€



INTERMEDIATE / ADVANCED COURSE

Each class lasts 2h

For those ready to ride smaller boards and foils. You'll learn to change direction, ride toe side, switch feet, free fly, ride waves, and begin practising your first jumps (Max 2 people per group)

4 CLASSES 480€

6 CLASSES 620€

SPECIAL PROGRAM "LA SANTA"

Each class lasts 3h

When conditions aren't suitable for beginners or intermediates at our spot, **we offer mobile lessons in La Santa lagoon** (30 mins from the club). We provide the gear, but not transportation for participants (Max 8 people per group)

1 CLASS 120€

WHAT'S INCLUDED?

- 2 hour lessons
- Equipment adapted to your level
- Instructor in a safety boat during class
- Wetsuit, helmet, impact vest...

READY TO BOOK?

To confirm your booking, ask us for a proforma invoice with your selected services. **Your reservation will be confirmed once we receive a 50% deposit** via bank transfer or credit card

Course times depend on weather and tide conditions. Once confirmed, please arrive 15 minutes early to get ready

TOWFOIL COURSES

When the wind isn't blowing, we keep flying. Our Towfoil lessons, ideal for beginners and intermediate riders, **allow you to progress in foil control without relying on wind.** Towed by a boat, you'll experience a smooth and safe flight, speeding up your learning in the perfect setting to improve your technique

- **High season (July – August):** classes at 10:30 am, 12:30 pm, 2:00 pm, and 4:00 pm
- **Low season (September – June):** classes at 10:30 am and 2:00 pm



BEGINNER COURSES

Class duration: 1.5h

Towfoil is the best starting point for beginners to **build balance and understand foil mechanics** before facing changing wind and wing conditions

You'll **learn to take off without a wing, using only the tow line.** We'll focus on posture, balance, flight height control and a stable takeoff. Perfect for gaining confidence and coordination (*Groups max 2 people*)

1 CLASS 90€

INTERMEDIATE COURSES

Class duration: 1.5h

For more experienced riders, this is the perfect way to **practise pump & glide**—helping you progress faster and get ready to ride waves and manoeuvre confidently on the wingfoil

Session focused on pump & glide, reducing board volume, and fine-tuning your foil setup to match your riding style. Ideal for moving towards a freer and more independent style (*Groups max 2 people*)

1 CLASS 90€

WHAT'S INCLUDED?

- 1.5 hour lessons
- Equipment adapted to your level
- Instructor in a safety boat during class
- Wetsuit, helmet, impact vest...

READY TO BOOK?

To confirm your booking, ask us for a proforma invoice with your selected services. **Your reservation will be confirmed once we receive a 50% deposit** via bank transfer or credit card

Course times depend on the weather and tide conditions. Once your time is confirmed, please arrive 15 minutes early to get ready



WINDSURF RENTAL

We offer a **complete windsurfing rental service** so you can enjoy the wind without worrying about equipment. **We work with top brands like Fanatic and Point-7, suitable for all levels and styles.** We have slalom, freeride, and wave boards, as well as sails ranging from 3 to 7.5m to suit all wind conditions

RENTAL CONDITIONS

- **Minimum rental duration is 3 hours**
- **Personalised gear:** you can reserve your own board and sail for the entire stay
- **Extra equipment** (wetsuit, harness, damage insurance...) available at additional cost
- The school provides **safety supervision and a rescue boat** so you can sail with peace of mind
- **Shared rental:** two people can alternate using the same gear with a 20% surcharge

RATES

	Rental Price	+	Extra Equipment	Insurance
3 Hours	60€		10€	15 €
1 Day	90 €		10 €	15 €
2 Days	160 €		10 €	30 €
3 Days	230 €		10 €	45 €
4 Days	270 €		5 €	60 €
5 Days	310 €		5 €	60 €
6 Days	350 €		5 €	60 €
7 Days	350 €		5 €	60 €
8 Days	380 €		5 €	75 €
9 Days	410 €		5 €	90 €
10 Days	440 €		5 €	90 €
11 Days	470 €		3 €	90 €
12 Days	500 €		3 €	90 €
13 Days	530 €		3 €	90 €
14 Days	530 €		3 €	90 €
Extra Day	30 €		3 €	10 €
Extra Week	180 €		3 €	30 €

Supplementary equipment refers to wetsuit, helmet, or harness rental.

READY TO BOOK?

To confirm your booking, ask us for a proforma invoice with your selected services. **Your reservation will be confirmed once we receive a 50% deposit** via bank transfer or credit card

WINGFOIL RENTAL

We offer a complete wingfoil rental service so you can enjoy the wind without worrying about the equipment. We use **top-quality gear from brands like Ensis, Sroka, and Axis, suited for all levels and styles.** Our selection includes boards from 55 to 160 litres, wings from 2.5 to 6.5m, and foils ranging from 1400 to 750cm

RENTAL CONDITIONS

- **Minimum rental duration is 3 hours**
- **Personalised gear:** you can reserve your own board and wing for your entire stay
- **Optional extras** (wetsuit, helmet, damage insurance...) available at an additional cost
- The school offers **supervision and a rescue boat** so you can ride safely and confidently
- **Shared rental:** two people can alternate using the same gear with a 20% surcharge

RATES

	Full Set	Partial (Board / Foil)	Extra Equipment	Insurance
3 Hours	80€	50€	10€	15 €
1 Day	110 €	65 €	10 €	15 €
2 Days	180 €	110 €	10 €	30 €
3 Days	250 €	150 €	10 €	45 €
4 Days	300 €	180 €	5 €	60 €
5 Days	350 €	210 €	5 €	60 €
6 Days	400 €	240 €	5 €	60 €
7 Days	400 €	240 €	5 €	60 €
8 Days	435 €	260 €	5 €	75 €
9 Days	470 €	280 €	5 €	90 €
10 Days	505 €	300 €	5 €	90 €
11 Days	540 €	320 €	3 €	90 €
12 Days	575 €	340 €	3 €	90 €
13 Days	610 €	369 €	3 €	90 €
14 Days	610 €	360 €	3 €	90 €
Extra Day	30 €	20 €	3 €	10 €
Extra Week	180 €	120 €	3 €	30 €

Supplementary equipment refers to wetsuit, helmet, or impact vest rental.

READY TO BOOK?

To confirm your booking, ask us for a proforma invoice with your selected services. **Your reservation will be confirmed once we receive a 50% deposit** via bank transfer or credit card.

COMBO WINDSURF & WINGFOIL RENTAL

Enjoy the **freedom of combining two disciplines in one experience**. With the Combo Windsurf & Wingfoil rental, you can **ride in both modalities and make the most of the wind conditions** throughout your stay.

When making your reservation, **you must select a board for your main activity** (either windsurf or wingfoil) **that you will be practising most frequently**. The equipment for the second activity will be available according to the club's availability at the time.

RENTAL CONDITIONS

- **Minimum rental duration:** 3 hours per service. Each discipline must be rented for a minimum of three consecutive hours.
- **Additional equipment** (wetsuit, helmet, damage insurance, etc.) available at extra cost.
- The school provides **lifeguard supervision and a safety boat** so you can ride with complete peace of mind.
- **The shared equipment option is not available for this service.**

RATES

	Combo price	+	Extra Equipment	Insurance
3 Days	325€		10€	15 €
4 Days	390€		10 €	15 €
5 Days	455€		10 €	30 €
6 Days	520€		10 €	45 €
7 Days	520€		5 €	60 €
8 Days	566€		5 €	60 €
9 Days	611€		5 €	60 €
10 Days	657€		5 €	75 €
11 Days	702€		5 €	90 €
12 Days	748€		5 €	90 €
13 Days	793€		3 €	90 €
14 Days	793€		3 €	90 €
Extra Day	40€		3 €	10 €
Extra Week	240€		3 €	30 €

This service is **designed for riders who wish to alternate between disciplines** depending on the daily wind conditions and improve their skills in both **without having to make two separate rentals**.

READY TO BOOK?

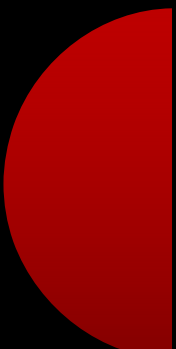
To confirm your booking, ask us for a proforma invoice with your selected services. **Your reservation will be confirmed once we receive a 50% deposit** via bank transfer or credit card.

READY TO BOOK?



01 Send us an email with all the details to sportaway@gmail.com

Please tell us which activity and service you're interested in, your preferred dates, and your experience level. If you're booking equipment, let us know the type of board you need and if you'd like to add extras (wetsuit, insurance...). If booking for several people, make sure to specify which service applies to each participant



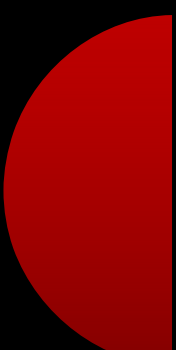
02 We'll send you a proforma invoice with all the details

You'll receive an invoice by email with all the information about your booking, total cost, and any extras included. The invoice will also include our company's IBAN



03 Confirm your booking with a 50% deposit

To secure your reservation, you'll need to pay a 50% deposit based on the proforma invoice. You can pay by credit card over the phone or via bank transfer (details are in the invoice)



04 You're all set!

Once we receive the payment, your spot or equipment will be booked and ready for your arrival. We'll also send you a confirmation email so you know everything's prepared. We're excited to welcome you!

When booking in advance, it's not always possible to predict the weather. That's why we ask that you contact us on WhatsApp a few days before. If necessary, we'll reschedule your class depending on the conditions



STILL HAVE QUESTIONS?

For more information, visit our website www.foilinglanzarote.com or email us at Sportaway@gmail.com. We'll be happy to help you.

See you very soon on the water!