**Directions to Cochiti:** About 60 miles NE of Albuquerque
From Albuquerque take I-25 north from Albuquerque, NM to the 259 exit, west on NM 22 through Peña Blanca to the Project Office.

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**What you need to know about your Windsurfing class**

- You will need to provide your own transportation to and from Cochiti Lake
- The class starts at 10:30 am at the Swim Beach location on the main side of Cochiti Lake (1 hour from ABQ)
- You will be required to sign a liability waiver at the start of class (minors under 18 must have parent/guardian sign waiver. Call 505-450-2658 in advance if you need a waiver emailed to you). If you have a medical or physical condition about which you think we should be aware, we ask you to disclose this to us in advance.
- You are required to wear a person floatation device at all times when on the water (provided).
- You must be a proficient swimmer
- Sol Board Sports may contact you in advance for your height and weight to best outfit you.

**What you need to bring to your Windsurfing Class**

- Swim wear, including shoes that can get wet, dry clothes to change into
- Food and plenty of water for the day (Cochiti Lake is a No-Alcohol facility)
- Sun protection clothes, head wear and sunscreen lotion
- Insect repellent (optional)
- Secure strap for eye wear if eye wear must be worn on the water.

If you have questions: call 505 -450 -2658 Sol Board Sports and let them know you signed up through UNM Recreational Services.
Windsurfing Lessons
Cochiti Lake

August 27, 2017