1st Wave Surf School

JUNIOR SURF CLINIC

www.firstwavesurfing.com.au

MONDAY 29th MARCH 2010 - 9am - 12noon

SURF CLINIC DETAILS
Suitable for Ages 6 to 8 Years
Introduction to Basic Surfing Skills
plus Surf and Beach Awareness Certificates, Games, Prizes & ShowBag

SURF LESSON STRUCTURE
Based on Surfing Australia Level 1 Safe Surfing Program Curricula
Program Endorsed by the Australian Sports Commission
Surfing Instructors Accredited with Surfing Australia

SURF CLINIC SCHEDULE
9.00 - 9.20am Sign in / Sun Cream
9.20am - 9.30am Equipment Preparation
9.30am - 10.30am Surf Lesson
10.30am - 11.00am Drink Break / Rest / Beach Game
11.00am - 11.30am Surf Lesson
11.30am - 11.45am Photo’s, Prizes, Give Aways
11.45am - 12noon Shower / Show Bags / Sign Out

ALL INCLUSIVE - COST $50
All Surfing Equipment Provided
(Includes Soft beginner Surfboards, Body Boards, Identifiable Rash Shirt, Sun Cream, Morning Tea, Refreshments, Secure Storage in Surf School Shop)

REGISTER NOW ... DON'T MISS OUT ... MOBILE 0412 729 747
1st Wave Surf School
Main Beach Pavillion, Next to Southport SLSC, Macarthur Pde, Main Beach
1st Wave Surf School

2 DAY SURF CAMP

www.firstwavesurfing.com.au

30th & 31st MARCH 2010 - 9.00am - 3.30pm

2 DAY SURF CAMP DETAILS
Suitable for Ages 9 to 12 Years
Introduction & Progression of Basic Surfing Skills
plus Surf Safety and Beach Awareness
Great Fun, Certificates, Games & Prizes
Awesome Healthy and Active Holiday FUN!!!

SURF LESSON STRUCTURE
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Surfing Instructors Accredited with Surfing Australia

DAILY SURF CAMP SCHEDULE

9.00am - 9.15am  Sign in / Sun Cream
9.15am - 9.30am  Equipment Allocation & Preparation
9.30am - 9.45am  Surf Skills Grading
9.45am - 10.45am Surf Lesson
10.45am - 11.00am Rest / Drink Break / Morning Tea
11.00am - 12.00pm Surf Lesson
12.00pm - 12.15pm Equip Clean / Towell Off / Dry Clothes / Rest
12.15pm - 1.00pm Lunch
1.00pm - 1.30pm  Surf Skills Talk / DVD
1.30pm - 1.45pm  Prepare for Surfing
1.45pm - 3.00pm  Surf Lesson
3.00pm - 3.15pm  Photo’s, Prizes, Give Aways
3.15pm - 3.30pm  Equip Clean / Shower / Sign Out

ALL INCLUSIVE - COST $195

All Surfing Equipment Provided (Includes Soft beginner Surfboards, Body Boards, Identifiable Rash Shirt, Sun Cream, Morning Tea, Lunch, Refreshments, Secure Storage)

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