



Sessions

- Play In The Bay
- Little Rippers
- Beginner Lesson
- Beginner Session



- Little Rippers Plus
- Improver Lesson
- Improver Session
- Intermediate Lesson
- Intermediate Session

- Advanced Lesson
- Advanced Session
- Advanced Plus



- Expert Barrels
- Expert Turns

- 6 foot waves
- Fast and hollow shapes
- Quick, steep take offs



Description

White water, broken waves
In depth at all times

1-3 foot
unbroken waves

- Paddling out of your depth
- Gentle take offs

4-5
foot unbroken waves

- Strong currents
- Steep takeoffs

BEGINNER

IMPROVER/INTER.

ADVANCED

EXPERT

No Experience required,
or you had a go... once

- Confidently catches white water
- Comfortable mounting a surfboard out of your depth

- Strong paddle fitness
- Perform clean turns and maneuvers

- Perform clean turns and maneuvers
- Experience in big swells
- Can read critical parts of waves

- Water Confidence
- Catching Waves
- Popping Up
- Falling Safely

- Paddling for position
- Catching unbroken waves
- Navigating an angled take-off
- Speed Generation and basic turns

- Linking turns and manoeuvres
- Targeting critical parts of The Wave
- Applying skills to forehand and backhand

- Barrell Riding
- Vertical snaps
- Big, arching cut backs
- Airs

Experience & Ability

Working On