



Progression Weekend

YOUR COURSE	
SURFER NAME	RESERVATION NUMBER

Arrival & Check-in

The Progression Weekend **starts at 9:00am**. Please make sure you **arrive for 8:00am** to allow you enough time to walk down from the car park, check-in, get changed and be ready to meet your coaches.

What to Expect

During your Progression Weekend, you'll dive into 3 surf lessons and 2 land sessions. These are spread across the weekend with scheduled breaks for lunch and recovery. While the schedule can shift slightly, your coaches will give you a full breakdown of your specific water and land session times as soon as you arrive on Day 1.

Day 1 9am Meet your coaches 10am Surf lesson 12pm Break for lunch 1pm Land session 2pm Surf lesson 4pm End of day	Day 2 9am Meet your coaches 10am Surf lesson 12pm Break for lunch 1pm Rest 2pm Land session 3pm End of weekend
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What to Bring

We provide the technical gear you will need such as wetsuits and softboards, but **please remember a swimsuit and a towel**. Surfboards are available to rent from the boardroom, and we have some delicious food available to purchase from our café.