



Progression Week

YOUR COURSE

Improver 17th – 20th August

SURFER NAME

RESERVATION NUMBER

Arrival & Check-in

Please arrive 1 hour prior to the following start times. This gives you enough time to walk down from the car park, check-in, and get changed.

Day 1: 10:00am

Day 2 & 3: 10:00am

Day 4: 10:00am

What to Expect

During your Progression Week, you'll dive into **6 surf lessons and 4 land sessions**. These are spread across the week 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	Day 2	Day 3	Day 4
10am Meet coaches 11am Land session 12pm Lunch break 2pm Surf lesson 4pm End of day	10am Surf lesson 12pm Land session 1pm Lunch break 2pm Surf lesson 4pm End of day	10am Surf lesson 12pm Lunch break 1pm Land session 2pm Surf lesson 4pm End of day	10am Land session 11am Snack break 12pm Surf lesson 2pm End of week

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.