



# Progression Week

| YOUR COURSE |                    |
|-------------|--------------------|
|             |                    |
| 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:** 9:00am  
**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<br>11am Land session<br>12pm Lunch break<br>1pm Surf lesson<br>3pm End of day | 9am Surf lesson<br>11am Land session<br>12pm Lunch break<br>1pm Surf lesson<br>3pm End of day | 9am Surf lesson<br>11am Land session<br>12pm Lunch break<br>1pm Surf lesson<br>3pm End of day | 10am Land session<br>11am Snack break<br>12pm Surf lesson<br>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.