

## 7 Day Learn to Surf

The 7 day Surf Camp is the most extensive and best value course on the market. With 5 full days of surfing, in depth video correction, surf-styled skateboarding sessions and a combination of surfing some of the best beaches in Australia, we will have you absolutely ripping by the end.

### **What's included**

- 7 nights accommodation in bright clean beachside Motel
- 5 days of surfing lessons (9 in-water sessions, 1 video correction)
- board/wetsuit hire before and after sessions included
- choice of 3 different surfing locations
- visit to a working surf board factory
- an afternoon tourism activity
- daily continental breakfast included
- Friday night free BBQ and Presentation
- Hat and T-Shirt

### **Itinerary**

#### Saturday or Sunday: Check-In Day

Students take a train from Sydney Central to Thirroul at their leisure. Clients will be picked-up from Thirroul Train Station at the time of their arrival (please notify us prior to your arrival). Clients will then be checked in to their room and given their arrival pack containing hat, t-shirt, map of the area, room key, itinerary etc. The arrivals team will also give the client a description of the area for things like the supermarket, restaurants, bars, beaches and transport and given details about Monday.

#### Monday:

Clients will meet in the Recreation room of the Surf Lodge at 9am. Here everyone will be briefed on what is happening over the coming week, introduced to the AST Surf Academy team and specifically their Surf Guide for the week. This is also where students will be given wetsuit sizes and split into their respective groups. Students will then go for their first surf lesson of the week. After the lesson everyone will go for lunch either at the beach or back at the motel depending on which beach has the best conditions that day. After lunch students will go for their second lesson. Everyone will be finished by 5 o'clock and go back to the Beach Motel for an afternoon debrief with their coach.

#### Tuesday:

The first surf session of the day will be held at the best time, tide and wind conditions. It may be early morning or late morning but everyone will be told by their coach the day before. After the session everyone will go for lunch. The second session will commence when the conditions are best again.

### Wednesday:

This will be a day trip to The Farm, Shellharbour. Students will be asked to bring lunch that day we will leave at 7am and get back around 4pm spending the whole day within the National Surfing Reserve. Wednesday night is the local party night in Wollongong so students will be taken out at their leisure and pre-party drinks will happen at the Beach Motel Bar & Grill.

### Thursday:

Students will go through some Video footage of themselves surfing and review any corrections needed. Students will be taken to an operating Surfboard factory to see how boards are made. After the factory visit they will then go to their only 'in-water' surf lesson for the day. Students have the option of doing an afternoon hike up to the top of Sublime Point Lookout which is on the escarpment behind the AST Surf Lodge.

### Friday:

Students will have 2 lessons of surfing today split by lunch. The evening consists of the famous AST BBQ and presentation dinner. Students will be presented with certificates of attainment by their coaches. They will also get an opportunity to watch the photos of themselves and a video of the week. The Friday night end of week party begins!!

### Saturday or Sunday:

Check-out Days for those completing the 7 day course. Clients will be driven to the train station or bus stop of wherever they are going from Thirroul. Clients staying on for another week have Saturday and Sunday to sleep, surf or enjoy the area or go up to Sydney if they want.