

Our 6 day (20 h) Intensive Surf Course Package is created for surfers on all levels of experience and is perfect for guests who want to devote themselves fully to surfing.

The course includes the following:

- **Theory (1h)**

Introduction: waves, wave formation, white water, tides and currents *

Equipment explanation *

Safety rules *

Correct position on the board, paddling technique and take-off *

Surfboard types **

Rules of conduct and priority **

Spot check, spot selection and currents **

Setting of personal goals and creation of an individual training plan **

- **Material - surfboard and wetsuit incl.**

Test center

Daily advice adapted to the current conditions

- **Spot guiding - transport incl.**

Professional spot guiding to more than 10 different surf spots

Daily check of surf forecasts

Excellent spot knowledge, evaluation and selection of spots

- **Surf lessons (17h)**

9 surf sessions

Sliding exercises on the board, paddling, getting up in white water and first attempts in green waves *

The easiest and safest way into the line-up, the channel **

Description of the line-up, the peak and correct positioning on the board **

Wave assessment and selection **

The right timing to paddle, to navigate and getting up in green waves

Basic maneuvers (f.e. to build up speed, simple turns, bottom turns etc.) **

Optimization of surf skills, movement theory and learning new surf maneuvers ***

- **Photo analysis (1h)**

(Tip: bring your own USB stick with you.)

- **Out-of-water training (1h)**

Additionally to surfing, we offer exercises on land that help to improve your surf technique (with fitball, bosu balancec. ball etc.)

* Beginner

** Intermediate

*** Advanced

Our 3 day (10h) Basic Surf Course Package is also aimed at surfers of all levels and is either for those who have little or no experience on the surfboard and would like to try it out or try again, or for surfers who need a little help at the beginning of their vacation and surf the rest of the day on their own. The course contains the following focuses as from the 6 day surf course:

- **Theory (1h)**

- **Material - surfboard and wetsuit incl.**

- **Spot guiding - transport incl.**

- **Surf lesson (9h)**

- **5 surf sessions**

If you are interested in additional surf lessons, you can either book them on site or in advance. We adapt the remaining surf days and their program to your individual needs.