



SURF CAMP
A U S T R A L I A

FACT

SHEET

-----4 Day Surf Camp-----

Factfinder:

Camp: 4 Day Surf Camp

Style: Adventure/ Outdoor Recreational

Grade: Beginners

Pick-up: Monday 7:15am outside Sydney Central YHA/Scubar. (Cnr of Rawson Pl and Pitt St) Please let us know if you wish to make your own way to the camp.

Accommodation: 3 Nights stay in our modern beachside cabins. All linen is provided. Our rooms only ever hold a maximum of 6 people per cabin ensuring a comfortable stay.

Enjoy clean onsite facilities, a relaxing covered entertainment area, hammocks, DVD movies, hot showers, swimming pool, internet, laundry and café.

Activities: Our surf course is a progressive, tailor-made course designed to teach absolute beginners how to surf. At the end of the course you will have the skills to surf confidently without an aide. A typical day at Surf Camp includes 2 x 2-hour lessons.

Meals: 3 x breakfasts, 4 x lunches, 3 x dinners. All meals are cooked by our on-site staff. We serve large portions to cater for a surfer's appetite! Experience an Australian BBQ at its best!

Staffing: All of our surfing instructors are fully trained and qualified, having completed their Level 1 Surf Coaching, Bronze Medallion and Senior 1st Aid Certificates.

Optional packs: Photography: Capture the moment of riding a wave. Our on-site photographer is available every lesson to take photos of you surfing. These can be purchased on a CD at Surf Camp.

Accommodation Upgrade: Upgrade to a private double room. Contact our reservations staff for further information.

Itinerary: (4 full days/ 3 nights)

Day 1:

Meet the Surf Camp Australia drivers outside Sydney Central YHA/ Scubar, Sydney at 7:15am.
Bus departs at 7:30am. Sit back and relax whilst we take you down the South Coast to our camp location in Gerroa.

Seven Mile Beach:

Seven Mile Beach is a picturesque national park beach. It's an ideal location for beginner surfers with its tame waves and scenic surroundings.

Only 2 hours south of Sydney, it offers a chance to escape the city and experience the buzz of catching a wave amongst an uncrowded stunning environment.

Average Temps for Surf Camp Season:

Air Temps ^o	C	Sea Temps ^o	C
SEPT	20	SEPT	18
OCT	22	OCT	19
NOV	24	NOV	20
DEC	25	DEC	21
JAN	26	JAN	23
FEB	26	FEB	24
MAR	25	MAR	23
APR	23	APR	22
MAY	20	MAY	21

Tour Briefing:

Arrive at the surf camp accommodation where you'll be greeted by our guide and onsite staff.

Lessons:

In the first lesson you'll be taken straight to the beach and receive a talk on tides and conditions, how to identify the safest part of the beach to surf, followed by paddling technique.

Once you feel comfortable with this, your instructor will then go on to teach you how to stand up on your board and take you into the water to experience catching your first wave. Most people will stand up within the first lesson.

Each lesson is two hours long and will progress from the previous one. You'll be provided with lunch and a rest period in between.

After your lessons, it's time to relax Eg. Unwind in a hammock, go for a walk along the National Park beach, watch DVD's, get to know other surfers, visit the local pub overlooking the ocean etc.

Day 2:

Start the day to the tunes provided by surf camp staff and meet for breakfast. You'll be given some time to get ready for your first lesson and then it's straight to the beach.

Lessons:

You'll have 2 x 2hour lessons with lunch and a rest period in between.

After your lessons, it's time to relax.

Day 3:

All you've dreamt about is getting back into the water! After breakfast you'll be given some time to get ready for your first lesson and hit the beach.

Day 3 is a similar plan as the previous day, however, you'll continuously be building on your surfing techniques, making turns and riding across the wave.

Day 4:

Start your day off in a similar way to Days 3 and 4. This is your last day at Surf Camp so make the most of those waves.

You'll have 2x 2hour lessons as usual with a lunch and rest period in between. After your last lesson, you'll be given time to pack and get ready for the journey back to Sydney.

Arrive in Sydney: at approximately 7pm.

You'll be dropped off at the Scubar where it's "Party Time!"

Enjoy free beer and pizza upon arrival with your new surf mates!

What to Bring:

- Swimwear/Boardshorts
- 30+ Factor Sun Screen
- A Towel
- A Huge Appetite
- Lots of Energy

What you will get out of Surf Camp:

- A unique and unforgettable experience
- Surfing skills
- Wave, ocean and surfing etiquette knowledge
- A Rip Curl T-shirt
- A taste of Australian surf culture.
- An addiction to surfing.