



**SURF CAMP**  
A U S T R A L I A

**FACT**

**SHEET**

-----Weekend Surf Camp-----

**Factfinder:**

**Camp:** 2 Day/2 Night Surf Camp

**Style:** Adventure/Recreational

**Grade:** Beginners

**Pick-up:** Friday 6:00pm 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:** 2 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:** 2 x breakfasts, 2 x lunches, 1 x dinner. 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, Open Water Bronze Medallion/ APOLA and Senior 1<sup>st</sup> 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.

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

**Itinerary: (2 full days/ 2 nights)**

**Day 1:**

Meet the Surf Camp Australia drivers outside Sydney Central YHA/ Scubar, Sydney at 6:00pm.  
Bus departs at 6:15pm. Sit back and relax whilst we take you down the South Coast to our camp location in Gerroa.

**Average Temps for Surf Camp Season:**

Air Temps <sup>o</sup>	C	Sea Temps <sup>o</sup>	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

**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 the surfer a chance to escape the city and see what other beauties Australia has to offer.

Tour Briefing:

You'll be greeted by our head surf instructor and the onsite staff. After given an overview of the camp, get inspired by one of our surf movies. Rest up for your big day of surfing tomorrow

**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:

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. Saturday night is renowned for our Surf Camp Parties!

**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 then it's straight to the beach!

Lessons:

You'll have 2 x 2hour lessons, building on the skills you learnt yesterday, with lunch and a 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