

# EXTREME ACADEMY

## SURF BREAK SCHEDULE

### DAY ONE

- 3.00pm Arrive and check in at Watergate Bay Hotel
- 5pm Meet at the Extreme Academy
- 5pm – 7.30pm Surf lesson one 'Fundamentals of surfing' with video analysis  
Surf safety  
Wave selection  
Board control  
Wave catching techniques  
The surfing stance  
Standing techniques  
In-water coaching
- 7.30pm Dinner, arranged by guest

### DAY TWO

- 7.30am Breakfast in Zacry's
- 9am Meet at the Extreme Academy
- 9am – 11am Surf lesson two 'Progression session'  
Feedback from session one  
Rip tides  
Types of waves  
The prone position  
Techniques for improving length of ride  
Turning techniques
- 11am – 12pm Handplaning and bodysurfing session
- 12pm – 2pm Lunch, arranged by guest
- 2pm – 5pm Equipment workshop, surf forecasting and video analysis in the board room  
Video analysis of participants working  
Board, wetsuit, leash selection

Surf wax and board waxing  
Surf forecasting  
Tides  
Surf travel planning

5.30pm – 7.30pm  
Surf lesson three ‘Sunset surf’  
Advanced techniques  
Paddling out  
Sitting in the line-up  
Catching un-broken waves  
Traversing waves

7.30pm – 9.30pm  
Dinner, arranged by guest

### DAY THREE

7.30am  
Breakfast in Zacry’s

9am  
Meet at the Extreme Academy

9am – 11am  
Surf Lesson four ‘Morning surf’ with video analysis  
Feedback from day one  
Re-cap of important points  
Surf with in-water coaching

11.30am – 12.30pm  
Yoga relaxation session

1pm  
Surf clinic wrap-up and debrief  
Free surf hire for the rest of day