

Beginners Surf and Wellness Retreat

This program is a draft only and is subject to change.

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| MON 5th | Arrival from 12.30pm | 1pm Lunch & Welcome brief | Afternoon Surf 1 | Wellness session | 7pm Dinner | 7.30pm Video Analysis |
| TUES 6th | Sunrise pilates | Breakfast at the beach | Surf 2 | 1pm Lunch | Afternoon Functional strength and Free time | 6.30pm Dinner and video analysis |
| WED 7th | Early morning Snack | Functional Strength 2 | 11am Brunch | Afternoon Surf 3 | Snacks and Wellness | BBQ on the Beach |
| THURS 8th | Breakfast Video analysis | Pilates and wellness | Packed lunch | 12-2pm Surf 4 Video analysis | Free Time | Evening Meal at local restaurant (not included) |
| FRI 9th | 9am Breakfast and Close of camp | 10am Departure | | | | |

Unfortunately we can not 100% guarantee the surf conditions. Please note in the unlikely event that the sea conditions are not suitable for surfing. We will adapt the program to include alternative water sports.