

Dynamic classes

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



A black and white photograph of a beach. In the foreground, there is a sandy beach with some debris. The ocean is in the middle ground, with waves breaking. In the background, there is a large, dark, rocky formation or headland. The sky is overcast.

Theory (2h)

- 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 **

An aerial photograph of a coastline. On the left, dark, jagged rocks are partially submerged in deep blue-green water. White, frothy waves are crashing against the rocks, creating a stark contrast. To the right, the water transitions into a sandy beach, with white foam from the waves washing onto the shore. The overall scene is dynamic and captures the raw power of the ocean.

Material

- Surfboard and wetsuit incl.
- Test center
- Daily advice adapted to the current conditions

Spotguiding

- 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 (16h)

- 10 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 ***



A person is surfing on a wave at sunset. The person is in the foreground, crouching on their surfboard, facing left. The ocean is blue with white foam on the waves. The sky is a mix of orange, yellow, and dark blue, indicating the sun is low on the horizon. In the background, there are dark, silhouetted mountains or hills.

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 balance ball etc.)

- * Beginner
- ** Intermediate
- *** Advanced

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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.

