

5 Day Surf Course Conil de la Frontera

Description

Oceano Surf Camp Spain and Surf School Spain are pleased to offer children's surfing lessons in the format of a 5 day surfing courses for Children in Conil de la Frontera, Playa de Los Bateles, Andalucia, Spain.

The 5 day surfing courses are specially designed for Children from 7 years old to 14 years old. The kids will love this learn to surf experience.

The 5 Day Surf Courses that are 10 hours long include surfing lessons from Monday through until Friday.

The Surfing lessons are two hours long.

If the young people still have plenty of energy in the afternoons they can opt for the afternoon board and wetsuit rental to practice all that they learned during the morning surfing lessons.

ITINERARY

DAY 1

We meet at the designated surfing beach. Please confirm the day before with the Surf School by calling / e-mail or WhatsApp message.

The meeting time is 9:30am.

Sign the booking form, size up for a wetsuit and surfboard. Join the rest of the group and make your way to the beach with your assigned surfing instructor.

The Surfing lesson is 2 hours long and includes theory on the beach and practice in the water. Before the lesson our warm up with the children is normally fun beach games that we all play together.

- Learn prone position and how to catch waves in prone position.
- Wade out into waist depth water (where you feet can touch the ground at all times)
- Catch waves into the beach lying down (prone position).
- Once you can do this then come out of the water and learn three different techniques for how to stand up.
- Finish the lesson off catching waves in prone then trying to stand up in the white water.

DAY 2

Meet at the designated surfing beach at 9.45am.

Before the lesson our warm up with the children is normally fun beach games that we all play together.

The lesson objectives are:

- Learn how to paddle
- Learn your pop-up choice and practice on beach with feedback from instructor
- Stance refinement
- How to dismount from the surf board

DAY 3

Meet at the designated surfing beach at 9.45am.

Before the lesson our warm up with the children is normally fun beach games that we all play together.

- Catching waves out of depth (depending on the surf conditions)
- Techniques to get you out through the whitewater paddling for and catching green waves
- Taking the drop. Leaning forward and generating speed.

DAY 4

Meet at the designated surfing beach at 9.45am.

- Theory on surf etiquette, rules and regulations. Play out realistic scenarios on the beach.
- Take off frontside backside
- Introduction to trimming the board in green waves
- Introduction to the bottom turn

DAY 5

Meet at the designated surfing beach at 9.45am.

- Introduction to Ocean Safety and beach life guarding techniques

- Explanation of beach environment, surfboard rescues etc
- Understanding surf and weather conditions and how they affect your surf experience
- Free surfing with Instructor feedback during the lesson
- After the lessons the children will be presented with a certificate

WHAT IS INCLUDED IN THE CHILDREN'S SURF COURSE

- 5 Morning Surfing Lessons (2 Hours long)
- Surfboard, wetsuit and rash vest for the surfing lessons
- Professional Surfing Instructors
- 3rd Party Public Liability Insurance
- Certificate of Congratulations upon completion of the Surf Course

WHAT IS NOT INCLUDED IN THE CHILDREN'S SURF COURSE

- Beach Towel
- Suncream (Please use SPF 50 plus for faces hands and feet) The Sunscreen should be a physical protection not chemical as this stings the eyes of the children whilst surfing
- European Health Insurance for European residents <https://www.gov.uk/european-healthinsurance-card>
- Drinking water

5 DAY SURF COURSE 10 HOURS

- 5 morning Surfing lessons (two hours duration per lesson)
- Surfboard and wetsuit for the duration of the lessons
- Surfing Instructors (English / Spanish speaking)
- 3rd Party Public liability insurance

5 DAY SURF COURSE 20 HOURS

- 5 morning Surfing lessons (two hours duration per lesson)
- 5 Afternoon equipment rental (two hours per session)
- Surfboard and wetsuit for the duration of the lessons
- Surfing Instructors (English / Spanish speaking)
- 3rd Party Public liability insurance

5 DAY SURF COURSE WHATS NOT INCLUDED?

- Sunscreen
- Towels
- Photographs
- Fully comprehensive travel insurance
- EU medical card
- Food
- Accommodation
- Transport to and from the beaches

5 DAY SURF COURSE MEETING POINT / TIME / LOCATIONS

Conil de la Frontera is host to several different beaches. Although essentially it is one long beach it is very important to know the beach location, meeting time and lesson times before you arrive here in Conil de la Frontera.

Please. The day before your lessons start call Andy (+34) 626 940 804 or e-mail: info@surf-school-spain.com or WhatsApp message: (+34) 626 940 804.

If you can't reach Andy please try Rosalia (+34) 654 163 865 or e-mail: rosalia@surf-school-spain.com or WhatsApp message (+34) 654 163 865.

SPRING MEETING TIME & BEACH LOCATION

La Fontanilla Beach Meeting Location Spring & Autumn

ADDRESS: CALLE EL ROQUEO, 113, 11149 CONIL DE LA FRONTERA, CÁDIZ, SPAIN

GPS COORDINATES LATITUDE: 36.283469 | LONGITUDE: -6.102203

During the Spring Months March through until 15th May. Also during the Autumn Months 1st October 31st November

The usual beach location is the **Playa de la Fontanilla**.

The meeting time for the morning lessons is 9.45am, with a 10am start time. The morning lessons are from 10am until 12pm.

Oceano Surf will have their mobile Surf School trailer parked in the beach car park. Here you can sign the booking form, put on your wetsuit and get your surfboard.

Oceano Surf will have a clearly marked space on the beach with a beach flag. This is where the surfing lessons will be carried out.



SUMMER MEETING TIME / POINT & BEACH LOCATION

GPS COORDINATES LATITUDE: 36.270742 | LONGITUDE: -6.08805

During the Summer Months 15th May until 30th September the usual location for Oceano Surf is the **Playa de los Bateles beach in Conil de la Frontera**.

The meeting time for summer lessons is 9.45am and the start time is 10am until 12pm.

Ideally on your very first day the meeting time is 9.30am, so that you can sign the booking form, size up your wetsuit and become familiar with the team and location.

The afternoon practice sessions are between the hours of 4pm and 6pm.

LOS BATELES BEACH MEETING POINT / MAP

LATITUDE: 36.270742 | LONGITUDE: -6.08805



Oceano Surf Los Bateles Beach Location

What Happens If I Can't Find Oceano Surf Location

If you have a booking with Oceano Surf we will be expecting you. Please therefore call the day before or e-mail to confirm the meeting place and time.

On Saturdays and Sundays during the high summer season Oceano Surf will be enjoying a rest day with their family and guests and will not have the Surf School located on the beach. It is therefore needless to say if you come and look for us on Saturdays and Sundays you will not find us on the beach with the Surf School.