



# LEARN TO SURF



***“Surfing Australia has over 80 affiliated surf schools operating Australia wide”***

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**FIRST WAVE SURF SCHOOL**  
Main Beach, Gold Coast*

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or call Mobile 0412 729 747*



**SURF SCHOOLS**



# Learn to SURF

Phone Mobile 0412 729 747



## GIVE IT A GO SURF LESSON

Basic Techniques and Great Fun.  
1 x 2 Hour Lesson - Stand and Surf  
Everything included .... **Only \$50.00**  
Preferred Lesson time 10.00am



## SURFING INTRODUCTION - 2 Lessons

More Time on the Surfboard and Heaps of Fun.  
2 x 2 Hour Lessons - Improved Stance and Style  
This is where it starts to happen ....  
**Awesome Value - \$95.00**



## SURFING PROGRESSION - 4 Lessons

Progression & Understanding of Basic Skills.  
4 x 2 Hour Lessons  
**PLUS** 2 Extra Hire/Practice Session.  
You're on your way .... **Recommended - \$185.00**



## PRIVATE LESSONS

Personal Instructor ... 1 x 1.5 Hour Lesson  
1 Person .... - **\$95.00**  
2 Person .... - **\$170.00**  
3 Person .... - **\$240.00**

**GIFT  
VOUCHERS  
AVAILABLE**

# WHAT YOU WILL LEARN

## Lesson Structures

*Surf Awareness, Catching Waves, Standing Up & Surfing Waves*

### LESSON 1

- Surf safety and awareness
- Parts of the surfboard
- Body positioning and lying on the surfboard
- Catching and riding broken waves (lying down)
- Paddling technique and paddling onto white water waves
- Standing up and surfing broken waves



**'SURFING  
PROGRESSION'  
Lessons 1 to 4  
\$185**

### LESSON 2

- Standing up and Surfing Style
- Wave selection and surf etiquette
- Trimming the Surfboard on broken waves
- Changing the angle while surfing broken waves

**'SURFING  
INTRODUCTION'  
Lessons 1 & 2  
\$95**

### LESSON 3

- Standing up and Surfing Style continued
- Trimming & Changing the angle developing to turns
- Introduction to Paddling through the break zone

**'GIVE IT A GO'  
SURF LESSON  
Lesson 1  
\$50**

### LESSON 4

- Standing up, Surfing Style and turning
- Paddling through the break zone
- Confidence building and Surfboard control in deep water
- Introduction to catching unbroken waves

**2 Hour Lessons  
All Equip. Supplied**

1st Wave Surf School

**1ST WAVE SURF SCHOOL LOCATED AT**

**Main Beach Pavillion, Macarthur Pde, Main Beach  
(Next to Southport SLSC/Kiosk - Lifeguard Tower 40)**

**BOOKINGS - PHONE 0412 729 747**

# What Surfboards Suits You?

As a surfer you don't need much, at the very minimum all you need is a surfboard and a wave. But as a beginner you should not be riding the same shape of surfboard as an experienced surfer. To progress your surfing and assist you choosing a suitable surfboard shape for your ability, ask yourself... what standard am I at? How often do I surf? and what are the waves like at my local break?

To make it easier for you to choose the right type of board we have described a few boards and their performance.

## MALIBU

**HIRE  
BOARDS** \$25 - 2 HOURS  
at 1st Wave

A big board that offers length, width and stability, great for first time surfers who require a board that offers plenty of buoyancy and cruises easily with waves. A malibu surfboard is also great for surfers who have access to nice cruisy point break waves. As these boards are rather large they do lack manoeuvrability unless you can develop turns.

Also suitable for larger heavier persons.



## MINI - MAL

**TEST  
RIDE** MINI MALS FOR HIRE  
at 1st Wave

Probably the most recommended surfboard suitable for the beginner. Shaped similar to a malibu but shorter in length provides all the features of it's bigger parent but gives a little bit more in manoeuvrability. At the early stages of learning to surf it is necessary to have a board that will help you catch waves and provide some stability when standing up. The mini mal is a great all rounder and suitable for small to large persons and provides for all beginner to intermediate surfers.





## FUNBOARD

**TEST  
RIDE**

This shape available  
for HIRE at 1st Wave

A funboard is a cross between a mini mal and a shortboard. Shaped and designed for a little bit more performance than the bigger boards, the funboard will allow a surfer to work on turns and drive. Offering more rail and rocker a funboard allows for more speed and is a great progression board for those who have intentions to develop to steeper, faster waves. The funboard provides buoyancy with nice volume through the centre of the board which will help the surfer with easier paddling and provide some stability while cruising waves at the early progression stage.

# BOARD HIRE

## SURFBOARDS

- Softboards
- Mini - Mals
- Malibus
- Funboards
- SUP
- Shortboards

**ALSO**

**Body Boards, Fins, Wetsuits, Rashies**

**CONVENIENT BEACHFRONT LOCATION  
NEXT DOOR TO KIOSK AT SOUTHPORT SLSC  
SURFBOARDS ONLY \$15 FOR 1 HOUR  
OPEN DAILY**

For FUN  
&  
PRACTICE  
Convenient  
Beachfront  
Location



**ASK ABOUT OUR EASY HIRE MEMBERSHIP PACKAGE AND SAVE!!!**

Available at Main Beach Pavillion, (Southport SLSC),  
Macarthur Pde, Main Beach, Gold Coast Ph: 0412 729 747



## FISH

**DEMO  
BOARDS** for HIRE  
at 1st Wave

A fish shaped board provides for intermediate surfers and is also a shape that a lot of advanced surfers will have in their quiver of boards. A slight difference is that intermediate surfers should be using a bigger size while advanced surfers will use a fish shape that is shorter than their regular size board.

A fish is a great board to take your surfing to the next level, not too big but not too small. This board is great for surfers who are competent surfing green waves with speed and developing their turns. The width and thickness of a fish board will help with paddling but the length and tail shape will allow for cleaner lines and more performance in and out of turns.



## SOFTBOARD

**HIRE  
BOARDS** All sizes available  
at 1st Wave

Oh yeh lets go surfing!!! The ultimate choice for total beginner surfers who are keen on learning but will only be surfing on an occasional basis. Softboards offer size and bouyancy, are great for confidence building and slowly progressing from white (broken) waves to small cleaner waves. Softboards will help beginner surfers at the basic stages but do not offer as much performance once you develop to green waves. Softboards are a great 'holiday' board, offer heaps of fun, suitable for all shapes, sizes and ages, do not ding or crack and will last for a very long time.



## COACHES TIP

If your budget will allow it, it will be much more beneficial to spend a few more dollars to purchase the correct shape and size surfboard.

# Buying a Secondhand Surfboard



Like buying anything that has already been used, when buying a secondhand surfboard you are only going to get what you pay for. There are plenty of secondhand boards out there and few things you should consider when purchasing your surfboard are:-

- (1) your budget, how much do you want to spend?
- (2) type of board, although the board might be the right price, is the size and shape suitable for you?
- (3) condition of the board, does it have a few dings or is it ready for the surfboard cemetery in the back of the garden shed?

Work out your budget, but also remember that there is not a lot of costs involved in surfing, once you have your surfboard there isn't too much else you have to spend money on. That's one of the great things about this sport, it's absolutely free and consider that when you're juggling prices and budget.

Make sure the surfboard you are buying is not totally based on the price (or colour), know what type of board is going to suit your ability and shop around for that board, it may not be easy to find but it will be much more beneficial to you in the surf if you are surfing on the right size and shape of surfboard.

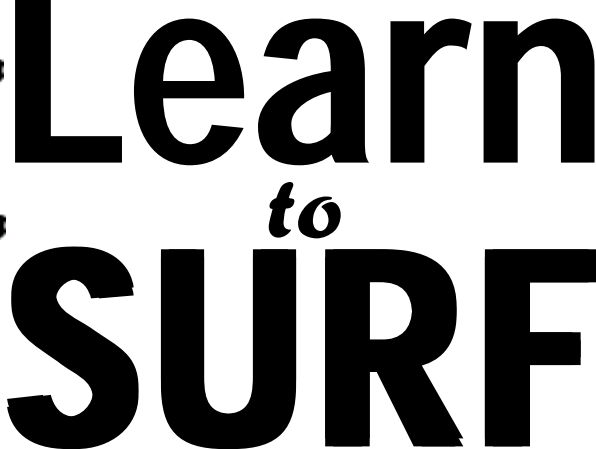
When you think you have found a suitable board and it fits into your budget the next thing is to have a good look at it. All secondhand boards are going to have dings and depressions, that's not really a big deal, however, it is when the outside glass on the surfboard is cracked or chipped and not treated that the inside foam can deteriorate. Run your hands all over the board and pay particular attention to any cracks, chips or sharp splintering edges you may find. If the surfboard is a darker colour around any crack this may mean water has been seeping into the board. Also look through the wax or feel through stickers to make sure nothing is being hidden. If you do purchase a surfboard with dings that need repairing try and get them fixed rather quickly.

Another good idea is to actually pick a surfboard up and place it under your arm to get a feel of the width, weight and shape of a board, also place the board on the ground and look at it from different angles.

The final line is feel good about the board you are buying, buy the board, put it under your arm, walk out and feel the stoke.....'I'm going surfing.'

(Don't forget you will also need a legrope and wax and if you have a small car you may need some roof racks.)

**The BEST lesson on the Gold Coast**



# Learn to SURF

**Beginners Group Lesson ... From \$50 - PH: 0410 400 800**



# Surfing Accessories & Equipment

One of the great things about surfing is the freedom you have while in the surf. At the very least all you need is a surfboard and a wave, however, you will find there are a few accessories and pieces of equipment that will improve your surfing, make your surfing more enjoyable and help you look after your surfboard.

## SURFBOARD BAGS



Surfboard bags are an absolute necessity to protect your surfboard from dings, chips, cracks and general damage. Surfboard bags range from lightweight covers to standard padded day bags, to heavy padded travel bags. A padded day bag is the most popular bag and will provide your surfboard with a protective cover while you are transporting or storing your surfboard. Most quality board bags will have a silver protective side which is designed to reflect the sun, plus a wax and fin pocket on the inside of the bag and a shoulder strap for easy handling.

## GRIPS

Grips are placed on the deck of your surfboard at the tail end to do exactly that.... give extra grip. Once your surfing develops you will start to get more power and drive into your turns which are driven by your back foot. However as a beginner you will not benefit from a grip as an advanced surfer would, you will find a grip is great for your foot placement. You will clearly feel the patterned, grippy rubber when you plant your back foot on the grip and you will know you're back foot is positioned in the right place.



Grips come in a range of colours and patterns, they should be positioned just above the legrope plug on the deck of your surfboard.

## LEGROPES

Legropes come in a range of lengths. What you need to consider when purchasing a legrope is:

1. The size of the surf you usually surf in, the bigger the surf usually means the longer and heavier your legrope should be.
2. How big your surfboard is, longer surfboards with more weight require longer legropes.



You will find as a beginner the most suitable legrope will be one that is described as standard or regular and is roughly the same length as your surfboard. Most good quality legropes will have double swivels to help avoid curling of the cord, padded ankle cuff for extra comfort and a key pocket. Legropes are attached to your surfboard by a string that is looped around the legrope plug at the tail end of your surfboard.

It is important to remember that legropes **DO** break, have regular checks of your legrope and look for small cuts in the cord. Also, after a while the cord will become fully stretched and lose its elasticity, this means your surfboard will not return to you as easily. If your legrope does become fully stretched consider purchasing a new one.

## WAX & WAX COMB

**You need wax.** A common mistake by beginner surfers is not having enough wax on their surfboard. You should wax the deck of your surfboard from the tail or top of your grip to approximately eye level. Apply your wax by rubbing circles to form small beads.



Once you have a good coating of wax you will not have to apply wax every surf, however it is a good idea to have a wax comb which you can comb through the wax to rough up your wax and get to the fresher wax underneath the top shine.

## SOFT RACKS

Soft racks are a removable roof rack. They are a specially designed padded rack that strap around the roof of your car and allow you to easily transport your surfboard. They come in single or double racks, are quick and easy to install and are a much cheaper alternative than a permanent roof rack.

# Before You Enter The Surf

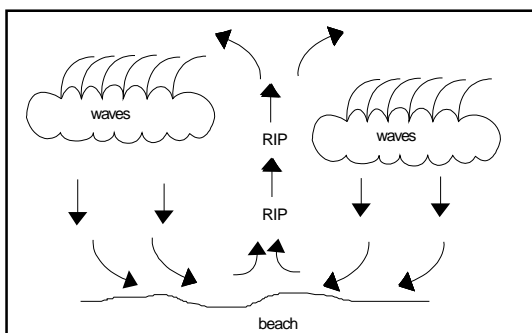
**Be Aware and take notice....**

## Rips & Currents



A rip is a body of water that is pulling away from the beach and back out into the ocean.

A wave breaks and washes into shore, the water contained in the wave must move back out to sea. This happens by a channel being formed and the water flowing into it to create a current that is strong enough to pull out through the incoming waves.



As a beginner surfer what you need to know is that the rip only goes out as far as the back breaking waves. It will not drag you for miles and miles out to sea, if you find yourself in a rip you should go with it and then simply paddle to the side and catch a wave back in. Do not panic, be aware of what is happening, stay on your surfboard and keep an eye on the breaking waves which may become bigger as you go further out.

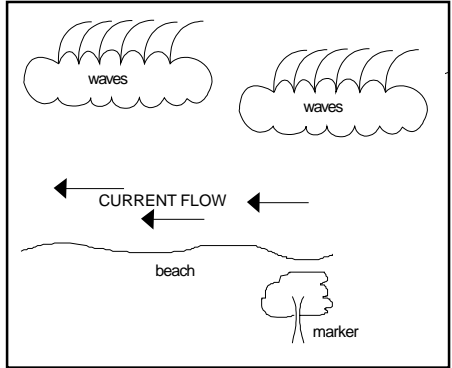
Rips are identifiable by a number of ways:

- The colouring of the water may have changed to a murky dirtier colour, this is caused by the sand being stirred up from the bottom.
- The surface of the water may be choppy or rougher, this is created by the incoming and outgoing flows of water colliding.

You may see surfers entering the surf directly into a rip, an experienced surfer who wishes to surf the back breaking waves can use the rip to be pulled out. It is the quickest and easiest way to get out into the line-up.

Remember, you are a beginner, until your confidence and surf awareness skill increases, conditions closer to the beach will most likely be more suited to your ability level, you should stay within your limits and avoid rips but look forward to their assistance as you improve.

Currents run parallel with the beach, they can be quite strong and can drag you some distance if you are not aware of them. Before entering the surf identify a marker on the beach and take notice of how far away from that marker you have moved during your surf.



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**WITH ANY SURF LESSON BOOKING**

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**IMPORTANT ... ONLY REDEEMABLE WHEN THIS VOUCHER IS MENTIONED AT TIME OF BOOKING**

# Your Surfboard

The basic rule to remember for your beginner board is “the bigger the better”, a bigger surfboard will offer more flotation and stability which will assist you in paddling, catching waves, standing and surfing. As a general guide, if there is no experienced person to offer you assistance when purchasing your surfboard, put one arm straight up into the air and the length of your beginner board should approximately reach the tips of your fingers. This booklet has been written for surfers using a correctly sized beginner board.

## Parts of your surfboard

There are parts to the surfboard that you will have to know to help you with your surfing.

1. The more rounded or pointed end is known as the nose.
2. The opposite end with the legrope is known as the tail, this is the end where your feet go when lying on the surfboard.
3. The sides of the surfboard are the rails, the rails are used for turning the surfboard, but at this stage you should use them for HOLDING ON.
4. The top side is the deck, this is the side you lie and stand on.
5. The bottom is simply called, the bottom.
6. The legrope is what attaches you to the surfboard, it is a velcro strap that goes around your back ankle when standing. (We'll work on that later)
7. Surfboard Wax is applied to the deck to add grip, your surfboard may have deck grip stuck to the tail end.

