



# LEARN TO SURF



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

*Book your Surf lesson today with  
**FIRST WAVE SURF SCHOOL**  
Main Beach, Gold Coast*

*For all the info visit the website  
**[www.firstwavesurfing.com.au](http://www.firstwavesurfing.com.au)**  
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**

# GOLD COAST SURFING BEACHES



## STRADDIE (TOS)

Quality beach break  
Wind... NW - SW

## THE SPIT

Catches a bit more swell on the small days  
Wind... NW - W

## PHILLIP PARK

Beach Break Wind... NW - W

## MAIN BEACH

1st Wave Learn To Surf & Board Hire  
Beach Break Wind... NW - W

## NARROWNECK

(Artificial Reef) Wind... NW - W

## SURFERS PARADISE

Beach break Wind... NW - W

## BROADBEACH

Beach Break Wind... NW - W

## MERMAID BEACH

Beach Break Wind... NW - W

## MIAMI

Beach Break Wind... NW - SW

## BURLEIGH HEADS

Point Break, long rides, nice barrels,  
holds a large swell  
Wind... SW - S

## PALM BEACH

Beach Break Wind... W - SW

## CURRUMBIN (THE ALLEY)

Point Break, workable face, long rides, popular learn to surf  
Wind... SW - SE

## TUGUN / BILINGA

Beach Break, Doesn't catch a lot of swell  
Wind... SW - S

## KIRRA GREENMOUNT

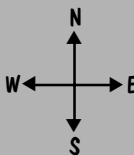
Continuation of the snapper superbank

## SNAPPER

Worldclass Point Break, barrels, heavy crowd  
Wind... SW - SE

## DURANBAH

Beach Break, very consistent  
Wind... NW - SW



### SWELL SIZES

1-2 ft	Small surf
3-4 ft	Definitely a wave
5ft +	Getting big

### WIND DIRECTION

#### NORTHERLY WINDS

Try northern beaches

#### SOUTHERLY WINDS

Best at Southern beaches and protected points

#### WESTERLY WINDS

Ideal for providing offshore conditions on open beach breaks

#### EASTLEY WINDS

No Good

Read a description of these surf breaks on the website

[www.firstwavesurfing.com.au](http://www.firstwavesurfing.com.au)

### DISTANCES

#### From North to South Surf Break / Beach KM

Straddie (TOS)	a paddle
The Spit	0.00
Phillip Park	4.00
Main Beach - 1st Wave	5.00
Narrowneck	6.50
Surfers Paradise	8.50
Broadbeach	11.0
Mermaid Beach	12.5
Miami	16.0
Burleigh Heads	18.0
Palm Beach	23.5
Currumbin (The Alley)	26.0
Tugun	28.0
Bilinga	30.5
Kirra	33.5
Greenmount	34.5
Snapper (Superbank)	35.5
Duranbah (D'Bah)	36.0

1st Wave Surf School  
Main Beach - Gold Coast  
Phone for Lesson Schedule & Surf Reports  
Mobile 0412 729 747

# GOLD COAST SURFING BEACHES

**STRADDIE (TOS)** Straddie also known amongst surfers as TOS which stands for 'the other side' are a result of the Gold Coast Seaway sand-bypassing project. The project was designed to mimic the natural northwards sand movement that existed before the rock walls were built on either side of the river mouth. Sand dredged from the southern side of the seaway is channelled underneath it and dumped into the wave zone at TOS, creating a build up of sand resulting in bigger, better formed 'barrelling' waves than at most other Gold Coast beach breaks. Mainly suited for the experienced to advanced surfers, to get over there you have to go to the spit and paddle across the seaway which can be quite dangerous having some dangerous marine life and boats constantly driving through.

Ideal Conditions: Wind NW - SW

**THE SPIT** can provide quality waves for beginner and advanced surfers. Although a bit tricky for those who do not know the conditions, The Spit is very popular in northerly winds or days when the surf is very small. The Spit can provide a really nice white wash wave for beginner surfers but it is recommended some local knowledge is consulted before surfing in this area. For experienced surfers the use of the rips currents near the pier and rock wall will make your surf a lot more enjoyable.

Ideal Conditions: Wind NW - W

**MAIN BEACH** like most open beaches is a surf break that is always changing, some days it good some days it bad. Scattered sand banks can be found all through this area and picking up a lot more swell then the southern beaches. Good waves are easily accessible at Main Beach, Sheraton Mirage, Phillip Park (opposite Seaworld) and north all the way to The Spit.

Ideal Conditions: Wind NW - W

**NARROWNECK BEACH** is one of the most popular surfing beaches on the open stretch and there is no doubting the artificial reef which was constructed by the Gold Coast City Council is helping provide quality waves.

In small to medium size surf you can almost be guaranteed to find a sand bank and a wave at Narrowneck. When it gets big, every now and then the artificial reef can provide some of the best rides to be had on any of the open beaches, the artificial reef can be a tricky wave more suitable for advanced surfers.

Ideal Conditions: Wind NW - W

**SURFERS PARADISE** is the main tourism stretch and you will find the beach and the line-up can be crewed out with plenty of international and local visitors. Like any of the open beach breaks you need to have a bit of luck to score quality waves, definitely there is a better chance of scoring clean waves and offshore winds early in the morning with the predominant SE to NE on-shore winds coming in during the early afternoon. Drive along the beachfront Esplanade and look for banks that are always scattered throughout the stretch. When surfing keep an eye on the lifeguard patrolled swimming areas as lifeguards will have no problem hassling you with their loud speaker if you keep surfing in between the flags.

Ideal Conditions: Wind NW - W

**BROADBEACH** and **MERMAID BEACH** are a continuation of the open stretch of beach. You will find nice breaks if you keep an eye on the wind, swell and tide, but when the surf starts to get big sometimes the swell can be too straight for the open beaches and just close-out, on smaller days fun shore-breaks can be found especially on the high tide or on the edge of rip currents.

Ideal Conditions: Wind NW to SW

**MIAMI** is at the southern end of the open stretch. A nice beach break that can provide lefts and rights and can break better than the northern beaches when the swell is big and straight and the SE wind is blowing. Miami is more of a residential neighborhood with plenty of regular beach go'ers and local crew, it is a nice beach to escape the tourism crowd with an occasional nice bank forming on the outside, on the northern side of the headland.

Ideal Conditions: Wind NW to SW

**BURLEIGH HEADS** is a world class right hand point break offering long rides, deep barrels and can hold a large swell. A sand bottom that breaks along the edge of a rocky bouldered headland, on a low tide and a SE swell this wave can be all time perfection. Most surfers jump off the rocks at the cove at the top of the headland and do regular run arounds to get back out to the top of the point. Always crowded with a strong current don't go out expecting an easy relaxing surf.

If the point is not your go, check out the Burleigh beach break, you can regularly find a bank with no crowd and a bit of protection from the onshore winds.

Ideal Conditions: Wind W to SW

**PALM BEACH** provides nice beach breaks that can really turn it on. Good banks can regularly form up throughout the area and the swell can peak up and provide nice lefts and rights. Worth a look if you are looking for a beach break when the wind is a bit to on-shore and the northern beach breaks are shutting down.

Ideal Conditions: Wind W to SW

**CURRUMBIN (THE ALLEY)** is a very popular surf spot providing for advanced surfers with a nice righthand point break with a workable face and also caters for beginners with clean cruisy fun whitewash waves on the inside. The outside wave can jack up on the take off (outside of the tip of the rocky point) and provide an occasional barrel section and then wall up and provide a fun wave that can run right down the point. If you catch a good one or get swept across the creek mouth it is a bit of a trek to paddle in, walk up, paddle back across the creek and then run back up to the tip of the point. (but on it's day this wave can be worth it). Expect a crowd and have a good stretch of the arms before paddling out.

For the **BEGINNERS** the Alley is a very popular learn to surf spot, protected from the southerly onshore winds and the swell by way of a man made groyne that connects with the outside point, the wave wraps around the rock and then pushes in across the sandy bottom providing a very friendly whitewash wave that is perfect to improve your techniques. Be careful not to go too wide or you will get swept across the creek mouth.

Ideal Conditions: Wind W to S

**HIRE SURFBOARDS GOLD COAST** - PHONE 0412 729 747

**TUGUN AND BILINGA** beaches provide beach breaks at the southern end of the Gold Coast. Although these beaches do not catch a lot of swell and are regularly overlooked by surfers you can find some nice clean smaller waves which are great for intermediate surfers who are attempting to catch green waves and improve their board and paddling skills or, for those who just want to have a surf without too much hassle of a big crowd.

Ideal Conditions: Wind W – SW

**KIRRA** (Bring Back Kirra). Back in the day before sand pumping Kirra was rated as one of the 10 best waves in the world. Unfortunately due to too much sand the famous right hand point break rarely breaks and it's amazing to think surfers now drive past Kirra Point without even checking it. If you are a visitor to the area, park next to the surf club, walk up to the hut and imagine what it must have been like to take off at the big groyne and pull into one of the most perfect barrels that broke right along the point. These days it takes a big cyclone swell to wrap into Kirra and occasionally the perfect barrels start to run again.

Ideal Conditions: Wind SW – S

**GREENMOUNT** is located in the corner of Coolangatta beach and is a great point break that is connected to snapper rocks, this wave works when the swell is about 1 to 2.5 metres but can also hold some larger swells. A standard ride runs for about 50 to 100 metres but on good days can break up to 150 - 300 metres. The bottom is sand with some rocks and it's mostly suited for the intermediate to advanced but on the smaller days its perfect for beginner surfers.

Ideal Conditions: Wind SW – S

**SNAPPER** is a world class wave and home of the Quiksilver Pro Surfing Competition. The wave is a righthand point break that regularly barrels and on the big days produces heavy hollow barrels only suited for the experienced surfer. In most swells it produces a fun wave that breaks for about 150 metres but on the good days an exceptional 500 metres, it can break from the start of Snapper Rocks, travel through Rainbow Bay, continue into Greenmount and then down to the big groyne at Kirra creating a long powerful wave that can be ridden for hundreds of meters. Snapper is all ways over crowded and the home break of many semi professional and professional surfers.... so "Good Luck" catching some waves.

Ideal Conditions: Wind SW – S

**DURANBAH** also known as D-Bah is probably the most consistent quality beach break on the Gold Coast. You can regularly find peaking waves creating fun left and right hand waves with wackable lips and solid hollow barrels. It catches more swell on the smaller days but can also hold a large swell if the banks are right. It is definately suited for the more experienced surfer and it is located around the corner from Snapper Rocks at Point Danger in Coolangatta.

Ideal Conditions: Wind NW - SW

*No blurry cameras,  
No shonky wind  
predictions,  
Just honest surfers  
telling YOU how it is!!*

## **SURF REPORTS**

**PHONE THE GUYS AT 1ST WAVE SURFING**

**FOR A CURRENT SURF REPORT.**

**PHONE MOBILE 0412 729 747**

# Surf Talk *LEARN THE LINGO*

Try and understand the what these surfers are saying.

- (a) "It was so sick out there, everyone was taking off on these gnarly lefts, pulling into the tube and getting totally pitted."
- (b) "I saw a grommett jag a bomb, he made the drop and then the lip just smashed him."
- (c) "It's absolutely pumping, the whole crew is ripping and totally stoked."

bail	To jump off the surfboard when the wave will not let you surf it anymore
bomb	A big unexpected wave
carve	nice turns
crew	The other surfers in the water
ditched	To jump off your surf board and swim under a wave when paddling out
drop	The top to the bottom of a steep wave at the take off
drop in	Cutting in front of a surfer who is already surfing on a wave
dredging	A wave that is sucking the water off a shallow bottom and breaking heavily
esky lid	Body boarder
falls	The part of the wave that throws out when it breaks
filth	Really good, excellent
gnarly	A fierce, heavy, intimidating but surfable wave
green room	Inside the tube of a breaking wave
goat-boater	Surf ski rider
grommett	A young surfer
jag	a lucky wave that happened to come your way
keg	A nice heavy tube

kook	A beginner surfer
lip	The part of the wave that first throws out as it breaks
pit	The base of the wave inside the tube
pitted	Riding inside the tube with the total wave coming over your head
pitching	The lip of the wave throwing out away from the wave
pumping	Really good surf
quiver	A surfers collection of boards
rip	A section of water pulling out to see
ripping	When a surfer is surfing really good
schredding	When a surfer is performing multiple radical manouvres
sick	Good, unreal
snake	To paddle inside of someone who is in a position to catch the wave and effectively stealing the wave off them
slotted	inside a nice tubing section
stoked	feeling great
sucky	a wave that is breaking heavy
styling	looking good on the surfboard
skegg	80's term for a surfer
smashed	To receive a thumping by any part of a wave
sweep	the flow of water pulling along the beach
trim	To cruise along a wave
tube	The hollow section inside a wave as it breaks
waxhead	Bad term for a surfer
wipe out	To fall off the surfboard heavily
worked	To be pulled under and tossed around by the wave after falling off



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