

Nichols Surf Instruction-

We have been providing surf lessons to people of all ages and abilities since the 80's and have developed a unique teaching routine that takes two hours, with one hour on land and one hour in the surf.

The two-hour class consists of:

Land Time

- Safety
- Technique
- Standing Up
- Wave and Water Knowledge
- Design and Shape of Surfboards
- How to reach the goals you are trying to achieve
- Product Overview
- Having Fun!

Water Time

- Checking out surroundings (conditions)
- Techniques of paddling out
- Working with water and board techniques
- Timing of catching waves
- Avoiding a nosedive
- Standing Up
- Water Safety
- Impact Zone
- Coming in on a good wave

All this is also covered in a booklet that is yours to keep and refer to in the future. The use of a board and wetsuit (if needed) is included in the cost of the lesson. If you have your own board, bring it and we can help you get the most out of it.

Classes are limited to no more than 4 people in each class as this makes it a more focused learning experience for everybody. We've found that confusion and chaos tends to erupt when there is more than four in a class. Group classes are available with reservations and we provide additional instructors if necessary.

Contact us for reservations and availability at (386)-427-5050.

To get the most out of your surfing experience, we suggest booking your surf class at the beginning of your vacation so that you can enjoy your newly learned surfing skills throughout your stay.

Each two hour class is \$95.00 per student. Friends and family members can drop you off, meet you on the beach to watch the water portion of the class or meet you back at the surf shop when you are done. Unfortunately, to avoid disruption we ask that only students are in attendance for the land portion of the class.

Every student receives a certificate upon completion of the class **plus** a gift bag that includes a Nichols Tee Shirt, bar of wax, stickers and some product samples.

Prices are subject to change.

All students under the age of 18 **must** have their parent or legal guardian sign the legal waiver required for all students.