

# Surf Levels

## First Timers

### Experience:

- First experience with surfing
- People who have had some experience, but would like to have a full introduction to surfing

### Skills we work on:

- Board components
- How to use a surfboard in the water, getting past waves, paddling position.
- Safety instructions
- Introduction to catching waves
- Introduction to pop/up technique

## Beginner 1

### Experience:

- Surfing a few times, but still have difficulties standing and balancing on the board

### Skills we work on:

- Surfing white water waves: pop-ups and stance on the board.
- Beginning turns in the white water

## Beginner 2

### Experience:

- Surfing a few times before
- Confidently standing up in the white water; ready to surf unbroken waves

### Skills we work on:

- Dropping down an unbroken wave and riding under control
- Starting to surf across the face of the wave
- Learning how to turn, stall, and accelerate

## Intermediate 1

### Experience:

- Comfortable with take offs, balancing and standing up on small unbroken waves

### Skills we work on:

- Developing timing and take off on unbroken waves
- Riding the wave face: trimming and doing basic turns

## Intermediate 2

### Experience:

- Able to catch unbroken waves, but not consistently
- Able to ride across an unbroken wave

### Skills we work on:

- Refining timing and take off
- Riding the wave face: trimming, bottom turns, and mid-face turns

### **Intermediate 3**

#### **Experience:**

- Regular Surfer who understands surf etiquette
- Comfortable out the back catching head high unbroken waves on most attempts
- Able to ride waves frontside and backside
- Able to do mid-face turns consistently

#### **Skills we work on:**

- Developing top and bottom turns and basic cut backs
- Developing frontside and backside techniques
- Linking manoeuvres