

# SURF ACADEMY [5 NIGHTS]

24-30 JULY 2023

SAMPLE TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:45 – 08:30		Wake up & Roll Call	Wake up & Roll Call	Wake up & Roll Call	Wake up & Roll Call	Wake up & Roll Call
08:30 – 08:45		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
09:00 – 10:00	Arrival Day	<b>OFF-BEACH</b> Welcome & Course Outline	<b>OFF-BEACH</b> Healthy Minds	<b>OFF-BEACH</b> Surf Fitness & Nutrition 1	Full Day in Bristol. Bristol Street Art Walking Tour & Shopping  Discover the life and work of Banksy and learn about the stories behind the paintings and the culture that makes Bristol the street art and graffiti capital of the UK!	<b>SURF AWARDS</b>  Closing Ceremony
10:30 – 12:30		<b>OFF-BEACH</b> Understanding Surfing better	<b>OFF-BEACH</b> Surf Ready	<b>OFF-BEACH</b> Surf Fitness & Nutrition 2		
12:30 – 13:30		LUNCH	LUNCH	LUNCH		LUNCH
13:45		Roll Call	Roll Call	Roll Call		
14:00 – 15:00		<b>SURF EXPERIENCE</b> Practical Surf Session 1	<b>SURF EXPERIENCE</b> Practical Surf Session 3	<b>SURF EXPERIENCE</b> Practical Surf Session 5		
15:00 – 18:00		<b>SURF EXPERIENCE</b> Practical Surf Session 2	<b>SURF EXPERIENCE</b> Practical Surf Session 4	<b>SURF EXPERIENCE</b> Practical Surf Session 6		
18:30 – 19:00		DINNER	DINNER	DINNER		DINNER
19:45 – 21:30	Welcome Party	Surf Quiz	Team Games	Talent Show	Disco	Departure Day
22:00 – 22:30	Roll Call & Bed	Roll Call & Bed	Roll Call & Bed	Roll Call & Bed	Roll Call & Bed	

HIGHLIGHTS
<b>OFF-BEACH</b> unique surf-inspired theory content
<b>ON-BEACH / SURF EXPERIENCE</b> surf experience and instruction with our resident surf coaches
All learning materials
5 nights full-board residential accommodation at Kingsley school in Biddeford, Devon
Full day trip to Bristol experiencing the unique Bristol Street Art Walking Tour
A full programme of organised evening activities
Your very own sustainable surf kit to take home
Certificate of Achievement and a Surf Passport
A closing ceremony with our Kingsley Surf Awards
An organised meet and greet airport pick-up and drop-off on arrival and departure
Travel and Medical Insurance for every participant