15 Day Intermediate Surfing Course

About This Experience

Ready to take the next step in your surfing? **Our Intermediate Surf Course** is for returning beginners, **15 hour** experience. You'll deepen your **knowledge of tides and riptides** and refine your **paddling, pop-up, and wave selection** while building the confidence to paddle out **whenever** conditions are good.

Highlights

Learn from a Surfing Instructor at Santa Cruz Surf Camp in Santa Cruz, Bonyeri, Gikongoro, Rwanda. Our instructors are passionate about helping you progress safely and have a lot of fun. Learn how to get better at rolling waves, wave selection basics, of course and much more! Learn how to read the ocean, understand tides and riptides, and develop the confidence to paddle out whenever conditions are good. Our instructors will guide you through practice drills and real-wave sessions so you can apply what you've learned in the water.

Quick Facts

- **Level:** Intermediate
- **Duration:** 15 days
- **Accommodation:** Shared rooms
- **Meals:** Breakfast, lunch, and dinner included
- **Pickup:** Available on request
- **Private:** Available on request

Inclusions and Exclusions

Inclusions

Everything you need for an unforgettable surf camp experience, from pickup to last wave:

- **Equipment rental:** We take the hassle out of gear so you can focus on learning. Boards, wetsuits, and all the essentials are included.
- **All lessons:** Each session's theme changes so you can keep progressing throughout your stay.
- **Meals:** Breakfast, lunch, and dinner are included so you can focus on surfing instead of logistics.
- **Accommodation & all inclusions:** We handle the details so you can focus on the waves.

Exclusions

- **Accommodation is not included:** We offer shared rooms. Please reach out to us if you have questions about accommodation options.
- **Personal expenses:** Souvenirs, extra snacks, and anything else you want to bring home.

Book Now

Pay in Full	
Pay Deposit (Pay the rest later)	
Pay Deposit	

Book Now

Plan in Detail

What will we do?

15 - Day Intermediate Surfing Course at Santa Cruz Surf Camp, Gikongoro, Rwanda

Day 1: Arrival & Introduction to Surfing Basics (0)
Arrival: Please arrive at Santa Cruz Surf Camp between 8 and 10 minutes before your session starts. Our friendly staff will greet you and introduce a concern check-in. **Introduction to Surfing Basics:** Learn the basics of surfing, including how to read the ocean, understand tides and riptides, and develop the confidence to paddle out safely. Practice fundamentals, wave selection, and pop-up technique on land before hitting the water. **Beach Session:** Head to the beach for your first session in the water. Practice paddling, pop-up, and wave selection in shallow, beginner-friendly conditions. **Evening Recap:** Wrap up the day with a group debrief and preview what's coming in the next sessions.

Day 2: Tide & Wave Fundamentals (1)
Arrival & Check-In: Start your day with a short warm-up and review what you learned yesterday. **Tide & Wave Theory:** Deep dive into how tides and waves work, and why they matter for your surf session. **Beach Session:** Apply what you learned about tides and waves in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 3: Paddling Mastery & Wave Selection (2)
Arrival & Warm-Up: Start your day with a short warm-up and review what you learned yesterday. **Paddling Mastery:** Focus on paddle technique, endurance, and positioning to catch more waves. **Wave Selection:** Learn how to read incoming sets and choose the right waves for your skill level. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 4: Pop-Up Technique & Stance (3)
Arrival & Warm-Up: Start your day with a short warm-up and review what you learned yesterday. **Pop-Up Technique:** Learn the mechanics of a clean pop-up, from prone to standing. **Stance & Balance:** Find your stance and practice balance drills on land before hitting the water. **Beach Session:** Apply the pop-up in real waves. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 5: Advanced Techniques & Stronger Paddling (4)
Arrival & Warm-Up: Start your day with a short warm-up and review what you learned yesterday. **Advanced Paddling:** Push your endurance and learn techniques to paddle stronger and faster. **Advanced Wave Selection:** Refine your wave selection skills and learn to read more complex conditions. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 6: Paddling Endurance & Wave Selection (5)
Arrival & Warm-Up: Get ready for your first day with a guest coach and review what you learned yesterday. **Paddling Endurance:** Build stamina and learn techniques to paddle longer and stronger. **Wave Selection:** Refine your wave selection skills and learn to read more complex conditions. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 7: Pop-Up Refinement & Stance (6)
Arrival & Warm-Up: Start your day with a short warm-up and review what you learned yesterday. **Pop-Up Refinement:** Focus on speed, consistency, and landing in a strong stance. **Stance & Balance:** Refine your stance and balance drills on land before hitting the water. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 8: Advanced Pop-Up & Wave Dynamics (7)
Arrival & Warm-Up: Start your day with a short warm-up and review what you learned yesterday. **Advanced Pop-Up:** Learn techniques to pop up faster and more consistently. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 9: Paddling Endurance & Wave Dynamics (8)
Arrival & Warm-Up: Get ready for your first day with a guest coach and review what you learned yesterday. **Paddling Endurance:** Push your stamina and learn techniques to paddle longer and stronger. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 10: Pop-Up Refinement & Wave Dynamics (9)
Arrival & Warm-Up: Start your day with a short warm-up and review what you learned yesterday. **Pop-Up Refinement:** Focus on speed, consistency, and landing in a strong stance. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 11: Advanced Paddling & Wave Dynamics (10)
Arrival & Warm-Up: Get ready for your first day with a guest coach and review what you learned yesterday. **Advanced Paddling:** Push your endurance and learn techniques to paddle stronger and faster. **Advanced Wave Dynamics:** Refine your wave selection skills and learn to read more complex conditions. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 12: Advanced Pop-Up & Wave Dynamics (11)
Arrival & Warm-Up: Start your day with a short warm-up and review what you learned yesterday. **Advanced Pop-Up:** Learn techniques to pop up faster and more consistently. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 13: Paddling Endurance & Wave Dynamics (12)
Arrival & Warm-Up: Get ready for your first day with a guest coach and review what you learned yesterday. **Paddling Endurance:** Push your stamina and learn techniques to paddle longer and stronger. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 14: Pop-Up Refinement & Wave Dynamics (13)
Arrival & Warm-Up: Start your day with a short warm-up and review what you learned yesterday. **Pop-Up Refinement:** Focus on speed, consistency, and landing in a strong stance. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 15: Advanced Paddling & Wave Dynamics (14)
Arrival & Warm-Up: Get ready for your last day with a guest coach and review what you learned yesterday. **Advanced Paddling:** Push your endurance and learn techniques to paddle stronger and faster. **Advanced Wave Dynamics:** Refine your wave selection skills and learn to read more complex conditions. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 16: Pop-Up Refinement & Wave Dynamics (15)
Arrival & Warm-Up: Start your last day with a short warm-up and review what you learned yesterday. **Pop-Up Refinement:** Focus on speed, consistency, and landing in a strong stance. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 17: Paddling Endurance & Wave Dynamics (16)
Arrival & Warm-Up: Get ready for your last day with a guest coach and review what you learned yesterday. **Paddling Endurance:** Push your stamina and learn techniques to paddle longer and stronger. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 18: Pop-Up Refinement & Wave Dynamics (17)
Arrival & Warm-Up: Start your last day with a short warm-up and review what you learned yesterday. **Pop-Up Refinement:** Focus on speed, consistency, and landing in a strong stance. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 19: Advanced Paddling & Wave Dynamics (18)
Arrival & Warm-Up: Get ready for your last day with a guest coach and review what you learned yesterday. **Advanced Paddling:** Push your endurance and learn techniques to paddle stronger and faster. **Advanced Wave Dynamics:** Refine your wave selection skills and learn to read more complex conditions. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 20: Pop-Up Refinement & Wave Dynamics (19)
Arrival & Warm-Up: Start your last day with a short warm-up and review what you learned yesterday. **Pop-Up Refinement:** Focus on speed, consistency, and landing in a strong stance. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 21: Paddling Endurance & Wave Dynamics (20)
Arrival & Warm-Up: Get ready for your last day with a guest coach and review what you learned yesterday. **Paddling Endurance:** Push your stamina and learn techniques to paddle longer and stronger. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 22: Pop-Up Refinement & Wave Dynamics (21)
Arrival & Warm-Up: Start your last day with a short warm-up and review what you learned yesterday. **Pop-Up Refinement:** Focus on speed, consistency, and landing in a strong stance. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 23: Advanced Paddling & Wave Dynamics (22)
Arrival & Warm-Up: Get ready for your last day with a guest coach and review what you learned yesterday. **Advanced Paddling:** Push your endurance and learn techniques to paddle stronger and faster. **Advanced Wave Dynamics:** Refine your wave selection skills and learn to read more complex conditions. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 24: Pop-Up Refinement & Wave Dynamics (23)
Arrival & Warm-Up: Start your last day with a short warm-up and review what you learned yesterday. **Pop-Up Refinement:** Focus on speed, consistency, and landing in a strong stance. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 25: Paddling Endurance & Wave Dynamics (24)
Arrival & Warm-Up: Get ready for your last day with a guest coach and review what you learned yesterday. **Paddling Endurance:** Push your stamina and learn techniques to paddle longer and stronger. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 26: Pop-Up Refinement & Wave Dynamics (25)
Arrival & Warm-Up: Start your last day with a short warm-up and review what you learned yesterday. **Pop-Up Refinement:** Focus on speed, consistency, and landing in a strong stance. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 27: Advanced Paddling & Wave Dynamics (26)
Arrival & Warm-Up: Get ready for your last day with a guest coach and review what you learned yesterday. **Advanced Paddling:** Push your endurance and learn techniques to paddle stronger and faster. **Advanced Wave Dynamics:** Refine your wave selection skills and learn to read more complex conditions. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 28: Pop-Up Refinement & Wave Dynamics (27)
Arrival & Warm-Up: Start your last day with a short warm-up and review what you learned yesterday. **Pop-Up Refinement:** Focus on speed, consistency, and landing in a strong stance. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 29: Paddling Endurance & Wave Dynamics (28)
Arrival & Warm-Up: Get ready for your last day with a guest coach and review what you learned yesterday. **Paddling Endurance:** Push your stamina and learn techniques to paddle longer and stronger. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 30: Pop-Up Refinement & Wave Dynamics (29)
Arrival & Warm-Up: Start your last day with a short warm-up and review what you learned yesterday. **Pop-Up Refinement:** Focus on speed, consistency, and landing in a strong stance. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 31: Advanced Paddling & Wave Dynamics (30)
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Day 32: Pop-Up Refinement & Wave Dynamics (31)
Arrival & Warm-Up: Start your last day with a short warm-up and review what you learned yesterday. **Pop-Up Refinement:** Focus on speed, consistency, and landing in a strong stance. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

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Arrival & Warm-Up: Get ready for your last day with a guest coach and review what you learned yesterday. **Paddling Endurance:** Push your stamina and learn techniques to paddle longer and stronger. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

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Arrival & Warm-Up: Start your last day with a short warm-up and review what you learned yesterday. **Pop-Up Refinement:** Focus on speed, consistency, and landing in a strong stance. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 71: Advanced Paddling & Wave Dynamics (70)
Arrival & Warm-Up: Get ready for your last day with a guest coach and review what you learned yesterday. **Advanced Paddling:** Push your endurance and learn techniques to paddle stronger and faster. **Advanced Wave Dynamics:** Refine your wave selection skills and learn to read more complex conditions. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 72: Pop-Up Refinement & Wave Dynamics (71)
Arrival & Warm-Up: Start your last day with a short warm-up and review what you learned yesterday. **Pop-Up Refinement:** Focus on speed, consistency, and landing in a strong stance. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 73: Paddling Endurance & Wave Dynamics (72)
Arrival & Warm-Up: Get ready for your last day with a guest coach and review what you learned yesterday. **Paddling Endurance:** Push your stamina and learn techniques to paddle longer and stronger. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 74: Pop-Up Refinement & Wave Dynamics (73)
Arrival & Warm-Up: Start your last day with a short warm-up and review what you learned yesterday. **Pop-Up Refinement:** Focus on speed, consistency, and landing in a strong stance. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 75: Advanced Paddling & Wave Dynamics (74)
Arrival & Warm-Up: Get ready for your last day with a guest coach and review what you learned yesterday. **Advanced Paddling:** Push your endurance and learn techniques to paddle stronger and faster. **Advanced Wave Dynamics:** Refine your wave selection skills and learn to read more complex conditions. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 76: Pop-Up Refinement & Wave Dynamics (75)
Arrival & Warm-Up: Start your last day with a short warm-up and review what you learned yesterday. **Pop-Up Refinement:** Focus on speed, consistency, and landing in a strong stance. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 77: Paddling Endurance & Wave Dynamics (76)
Arrival & Warm-Up: Get ready for your last day with a guest coach and review what you learned yesterday. **Paddling Endurance:** Push your stamina and learn techniques to paddle longer and stronger. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 78: Pop-Up Refinement & Wave Dynamics (77)
Arrival & Warm-Up: Start your last day with a short warm-up and review what you learned yesterday. **Pop-Up Refinement:** Focus on speed, consistency, and landing in a strong stance. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 79: Advanced Paddling & Wave Dynamics (78)
Arrival & Warm-Up: Get ready for your last day with a guest coach and review what you learned yesterday. **Advanced Paddling:** Push your endurance and learn techniques to paddle stronger and faster. **Advanced Wave Dynamics:** Refine your wave selection skills and learn to read more complex conditions. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 80: Pop-Up Refinement & Wave Dynamics (79)
Arrival & Warm-Up: Start your last day with a short warm-up and review what you learned yesterday. **Pop-Up Refinement:** Focus on speed, consistency, and landing in a strong stance. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 81: Paddling Endurance & Wave Dynamics (80)
Arrival & Warm-Up: Get ready for your last day with a guest coach and review what you learned yesterday. **Paddling Endurance:** Push your stamina and learn techniques to paddle longer and stronger. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 82: Pop-Up Refinement & Wave Dynamics (81)
Arrival & Warm-Up: Start your last day with a short warm-up and review what you learned yesterday. **Pop-Up Refinement:** Focus on speed, consistency, and landing in a strong stance. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 83: Advanced Paddling & Wave Dynamics (82)
Arrival & Warm-Up: Get ready for your last day with a guest coach and review what you learned yesterday. **Advanced Paddling:** Push your endurance and learn techniques to paddle stronger and faster. **Advanced Wave Dynamics:** Refine your wave selection skills and learn to read more complex conditions. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 84: Pop-Up Refinement & Wave Dynamics (83)
Arrival & Warm-Up: Start your last day with a short warm-up and review what you learned yesterday. **Pop-Up Refinement:** Focus on speed, consistency, and landing in a strong stance. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 85: Paddling Endurance & Wave Dynamics (84)
Arrival & Warm-Up: Get ready for your last day with a guest coach and review what you learned yesterday. **Paddling Endurance:** Push your stamina and learn techniques to paddle longer and stronger. **Wave Dynamics:** Learn how waves break and how to read wave shape and power. **Beach Session:** Put it all together in the water. **Evening Review:** Review what you learned today and preview tomorrow's session.

Day 86: Pop-Up Refinement & Wave Dynamics (85)
Arrival & Warm-Up: Start your last day with a short warm-up and review what you learned yesterday. **Pop-Up Refin