15 Day Intermediate Surfing Course

About This Experience

Take your skills to the next level with our **Level 3 Intermediate Surf Course**, for adrenaline-fueled fun and lasting memories. Surf in Dream Land, Kandawala Beach, and Hikkaduwa, with certified instructors who help you improve your skills and have a great time. Whether you want to perfect your technique, boost your confidence, or just enjoy the ocean, our expert guides will tailor each session to your needs. We focus on building strong foundations, exploring advanced surf techniques, and a focus on safety, so you can start your journey to becoming a confident surfer here.

Duration: 15 Days

Location: Weligama Surf Club
Go to the location

INCLUSIONS AND EXCLUSIONS

INCLUSIONS	EXCLUSIONS
Everything you need for an incredible experience is taken care of, hassle-free, at our place: • **Equipment rental:** No need to bring your own gear, we've got you covered. • **Surf lessons:** Learn from our expert instructors who know their stuff. • **Safety first:** We prioritize your safety above all else. • **Wet suit:** Stay comfortable and warm in the water. • **Snacks:** Fuel up with delicious snacks to keep you energized.	• **Accommodation is not included** in the above price. Please check out our accommodation options here: https://www.surfdreamlanka.net/accommodation/ • Food and drinks • Surf photos • Travel • Any additional activities These can be arranged separately if you let us know, and we'll be happy to help you with them.

BOOK NOW

Pricing

15 Day Intermediate Surfing Course	₹ 32000/- Per Person
Variable Price	
15 Day Intermediate Surfing Course	₹ 32000/- Per Person
Add On Photos	
Surf Photos	₹ 1000/- Per Person

Book Now

PLAN IN DETAIL

What will we do?

15 - Day Intermediate Surfing Course at Mawella Surf Club, Made 2022

Day 1: Arrival & Introduction to Surfing Basics (2 - 3 hours)
- **Arrival:** Please arrive at Mawella Surf Club at least 15 minutes before your scheduled session to check in and meet your instructor.
- **Welcome & Meet Your Instructor:** Meet our experienced, Sri-certified surf instructor who will be your guide throughout the course.
- **Gear Up:** Get suited up with all the necessary surfing equipment, including surfboards, safety gear, and a quick safety briefing.
- **Land Drills:** Practice paddling, pop-ups, and balance on dry land in 15-minute sprints, based on the instructor's discretion, perfect for beginners.
- Morning Surf Session (Beginner 2 - 2.5 hours)
- Lunch Break
- Time to get on the board
- Time to paddle efficiently
- Time to practice the technique to stand on your board
- **Safety First:** Learn how to identify and avoid rip currents, understand basic ocean safety, and know what to do if you need help.
- **Board Handling:** How to carry and control your surfboard
- **Paddle Technique:** Learn the correct way to paddle.
- Tying the leash around your ankle and the e-pancy tree-line
- End of Day 1: Enjoy some time to explore Mirissa, relax by the beach, or visit nearby attractions as a refreshing weekend getaway.

Day 2: Ocean Awareness & Pop-Up Perfection
- **Ocean Awareness:** Learn how to read the ocean, find a short warm-up, to get your body ready for an entire day of surfing.
- **Review of Day 1:** Quick revision of all the techniques you learned on the first day.
- Morning Surf Session (Beginner 2 - 2.5 hours)
- **Focus Areas:**
- Pop-up practice: Learn how to go from a prone to a standing position.
- Improving your paddle technique for efficient movement in the water
- **Wave Practice:** Surf as many times in the water to practice and find your sticky spot, the sweet spot where you can stand and ride the wave.
- End of Day 2: Feel the stoke, enjoy a warm sunset at the beach, or simply relax with fellow surfers.

Day 3: Surf Theory & Independent Surfing (3.5 - 4 hours)
- **Surf Theory:** Learn about wave formation, tides, and interacting warm-up session.
- Morning Surf Session (Beginner 2.5 - 3 hours)
- **Surf Theory Class:**
- Understanding how waves and tides affect surfing
- Read surf breaking waves to find the perfect one to ride
- **Catch the Waves:**
- Put your theory into practice learned and try catching the whitewater waves on your own.
- Training exercises to help you improve and hit the wave frequently
- **Tips & Tricks:** Pro tips and progress with more time, learn how to build confidence on the board.

Day 4: Advanced Techniques & Stronger Paddling I
- **Arrival & Warm-Up:** Get ready with a quick warm-up session.
- **Review of Day 3:** Brief revision of previous skills to prepare you for advanced techniques.
- Morning Surf Session (Beginner 2.5 - 3 hours)
- **Advanced Surf Skills:**
- Learn how to time the perfect pop-up point of waves to enhance your rides
- Developing a pop-up paddle to ensure your speed and control
- **Practice & Feedback:** Receive personalized tips from your instructors to refine your technique.
- End of Day 4: Relax and unwind with a group celebration and share your experiences with fellow surfers.

Day 5: Positioning, Surf Etiquette & Surf Photo Analysis I
- **Arrival & Warm-Up:** Get ready for your final day with a quick warm-up session to prepare for the exciting lessons.
- **Mastering the Surf Zone:**
- Learning how to position yourself in the ave for optimal wave catching
- Understanding the ocean's rhythm to anticipate the best waves
- **Lineup Etiquette:** Understand the unwritten rules of surf lineup for better orientation and positioning in the water.
- **Surf Photo Analysis:** Review footage for advanced practice in the coming days.

Bonus: Surf Photo Analysis
- **Personalized Feedback:** Receive photos of your surfing sessions to identify areas for improvement and celebrate your progress.
- **Technique Breakdown:** Instructors will provide a detailed analysis to help you progress further in your surfing journey.

Day 6: Advanced Paddle & Wave Mastery III
- **Arrival & Warm-Up:** Get your muscles ready with a quick warm-up session.
- **Review of Day 5:** Quick review of the previous day's lessons.
- Morning Surf Session (Beginner 2.5 - 3 hours)
- Lunch Break
- Time to get back on the board
- Time to practice the techniques learned
- **Advanced Paddle Techniques:**
- Learning how to position yourself in the ave for optimal wave catching
- Understanding the ocean's rhythm to anticipate the best waves
- **Lineup Etiquette:** Understand the unwritten rules of surf lineup for better orientation and positioning in the water.
- **Surf Photo Analysis:** Review footage for advanced practice in the coming days.

Bonus: Surf Photo Analysis
- **Personalized Feedback:** Receive photos of your surfing sessions to identify areas for improvement and celebrate your progress.
- **Technique Breakdown:** Instructors will provide a detailed analysis to help you progress further in your surfing journey.

Day 7: Advanced Challenges & Independence I
- **Arrival & Warm-Up:** Get your muscles ready with a quick warm-up session.
- **Review of Day 6:** Quick review of the previous day's lessons.
- Morning Surf Session (Beginner 2.5 - 3 hours)
- Lunch Break (Optional Afternoon Session)
- Group Surf Challenge Participation in a fun, friendly challenge to rate as many waves as possible.

End of Day 7: Wind down with a reflection on your journey so far.

Day 8: Advanced Paddle & Entry Technique I
- **Personalized Feedback:** Receive photos of your surfing sessions to identify strengths and areas for improvement.
- **Technique Breakdown:** Instructors will provide a detailed analysis to help you progress further in your surfing journey.

Day 9: Advanced Paddling & Entry Technique I
- **Warm-Up:** Light exercises to prepare for more advanced training.

Morning Surf Session (2 - 2.5 hours)
- Learn efficient ways to enter the surf zone.
- Practice advanced techniques like duck diving and turtle roll for bigger waves.
- Practice handling dynamic surf conditions with instructor guidance.

End of Day 9: Relax and enjoy the ocean breeze of Mirissa.

Day 10: Combining Skills & Ocean Wave Reading I
- **Warm-Up:** Prepare for advanced practice.

Morning Surf Session (2 - 2.5 hours)
- Combine paddling, pop-up, and positioning, and turning skills.
- Focus on catching and riding waves with improved timing and positioning.
- Spend more time on independent practice with occasional coaching.

End of Day 10: Celebrate your progress with the group.

Day 11: Mastering Ocean Waves & Progression Techniques (2.5)
- **Warm-Up:** Gain full sight stretches to prepare for the fields.

Morning Surf Session (2 - 2.5 hours)
- **Ocean Wave Mastery:**
- Perfect paddling and positioning for steeper waves.
- Time drop-in techniques for better rides.
- **Advanced Wave Techniques:**
- **Personalized Feedback:** Receive photos of your surfing sessions to identify areas for improvement and celebrate your progress.
- **Technique Breakdown:** Instructors will provide a detailed analysis to help you progress further in your surfing journey.

Day 12: Turning Techniques in Ocean Waves
- **Warm-Up:** Energizing stretches to prepare for focused practice.

Morning Surf Session (2 - 2.5 hours)
- Introduction to turning techniques.
- Understanding weight distribution for directional control.
- Understanding weight distribution and board balance during turns.
- Practice turning in green waves under instructor supervision.

End of Day 12: Relax and discuss progress with your instructor.

Day 13: Progressive Turning Skills & Positioning I
- **Warm-Up:** Light stretches to gear up for the session.

Morning Surf Session (2 - 2.5 hours)
- Refining turning techniques on green waves.
- Understanding wave dynamics for better positioning.
- Practice turning in different wave conditions with instructor feedback.

End of Day 13: Unwind by the beach or enjoy group activities.

Day 14: Flipping Waves for Bigger Waves
- **Warm-Up:** Gentle stretches for flexibility and strength.

Morning Surf Session (2 - 2.5 hours)
- Introduction to the flipping stance.
- How to choose and ride the ideal for steep or hollow waves.
- Techniques for stability and control during hand sections.
- Practice flipping on green waves with instructor guidance.

End of Day 14: Celebrate your progress with the group.

Day 15: Combining Turns, Flipping & Wave Reading I
- **Warm-Up:** Full stretch routine to improve performance.

Morning Surf Session (2 - 2.5 hours)
- Combine all techniques learned.
- Paddling, positioning, pop-ups, turning, and flipping stance.
- Advanced wave reading for optimal positioning and timing.
- Instructor guidance/support to combine turns and flipping.

End of Day 15: Reflect on your progress and plan your final day with instructors.

Day 16: Final Challenge & Celebration
- **Warm-Up:** A quick warm-up to get ready for the finals.

Morning Surf Session (2 - 2.5 hours)
- Catch green waves independently, demonstrating all learned skills.
- Showcase your turning and flipping skills in a friendly group of challenges.
- Enjoy one-on-one coaching for any specific improvements.

Afternoon Activities
- Review your competition results.
- Group photo and a heartfelt farewell from instructors.
- Free day to continue advancing your surfing journey.

Course Details:
- **Available Time Slots:**
- **Group Size:** Small group lessons.
- **FEES:** USD 1,500 Per Participant.
- **Note:** Participants are responsible for their own lunch and other personal expenses.

HOW TO REACH

How to Reach Marriot Surf Club, Made
- **Bus:** Weligama Bus stand is 500 meter for about 30 km (approximately 40 minutes)
- **Train:** Weligama Train station is 500 meter for about 31km (approximately 35 minutes)

Tip: Can use easily that the stall on Google Maps by searching "Marriot Surf Club, Made" or "Surf Dream Land"

By Train
- **Nearest Railway Station:** Mata Rodiya Station (MKR), about 1km from the club.
- **Train Schedule:** Trains arrive at MKR around 30 min apart. You can take a tuk tuk or bus to Made.

By Bus
- **Bus Stop:** Weligama/Urban Board is two heading on Mirissa in the direction of Made. Get off at Kudu and walk up a short lane to the club.
- **From Weligama:** Daily overnight buses are available to Made, making it a convenient option.

By Taxi
- **Nearest Airport:** Weligama International Airport (WIA), about 20 km from Made.
- **Airport Pickup/Drop:** We can arrange airport pickup or drop off at an additional cost of 3200 INR, making it a hassle-free option.

Go to Google Maps

THINGS TO CARRY

- **Essentials:** Lightweight, quick-dry shorts for comfort while surfing. Sunglasses or a hat to shield your eyes from sun and water caused by the surfboard. Available at Dive Kandy stall.
- **Waterproof Zinc Sunscreen:** Essential for protecting your skin from UV rays while enjoying the ocean. Available at Dive Kandy stall.
- **Water Bottle:** Stay hydrated throughout your sessions. Available at Dive Kandy stall.
- **Snacks:** Bring some snacks for quick bites and to stay energized.
- **Contact Lenses/ Prescription Sunglasses:** If you need sight correction while surfing.
- **Towel:** Small Bring dries, dried hairs, or energy bars to keep your energy up.
- **Rash Guard:** Protects your skin from sunburn and chafing.
- **Extra Toiletries:** Include items like toothbrush, toothpaste, and moisturizer for post-surf comfort.
- **Water Shoes or Reef Shoes:** For grip and foot protection.
- **Small Waterproof Bag:** For personal items you want to keep dry.
- **Optional Items:** Consider bringing a waterproof camera, a portable Charger/Mobile/Key Sealing pouch, coasterbrella, surf wax, and a towel.

FAQS

Frequently Asked Questions - Marriot Surf Club :

1. Do I need to be a strong swimmer?
Not necessarily, but basic swimming skills are helpful. We'll teach you how to use your leash to stay close to the board. The Intermediate Course in August does offers some morning surfing for experienced beginners.

2. What if I don't catch any waves?
Not at all! We welcome all skill levels, even if you're not confident in the water. Our expert instructors will guide you, ensuring you enjoy your safety and comfort.

3. What should I pack for my surf lesson?
Just bring your swimwear! We provide everything else – surfboards, rash guards, and sunscreen. We recommend bringing a towel, a snack, and a change of clothes.

4. Can beginners join?
Absolutely! We love introducing newcomers to the joy of surfing. Our lessons are tailored to beginners of all ages and abilities.

5. How do I get to Marriot Surf Club?
We're located in the beautiful town of Made, Kamatara. If you're flying, we can arrange airport pickup or drop-off for an additional charge. Airport pick-up service is available.

6. Are accommodations available?
While we don't have accommodations at the surf club, so you can enjoy after a day of catching waves. Enjoy delicious meals, refreshing drinks, and plenty of good vibes.

7. Do you offer any other activities besides the lessons?
Yes, you can explore the serene beach and enjoy other activities such as yoga, fishing, etc, you can explore the serene beach and enjoy other activities such as yoga, fishing, etc.

8. What's the booking process?
Simply fill out the form on this website or hit us up on WhatsApp. We recommend booking in advance, especially during peak seasons, to secure your spot.

9. Do you offer groups or private lessons?
Absolutely! We offer both group and private lessons for surfable one-on-one session or a fun group lesson with friends or family members.

10. What's the deal with Marriot Surf Club?
Marriot Surf Club is a vibrant, energy, community, and fun Dream land surf lesson, support and unforgettable experience both in and out of the water.

We're here to make your surfing adventure as smooth as the waves are ride. If you have any other questions, don't hesitate to reach out!

TERMS AND CONDITIONS

Terms and Conditions for Surfing Sessions

Please read carefully before booking your experience on the water! Please keep the following in mind:

1. **Bookings & Payments:**
Bookings are confirmed upon receipt of full payment via Razorpay and instructor availability.

2. **Rescheduling & Cancellation Policy:**
Rescheduling is permitted up to 48 hours before your session, subject to availability and instructor & ocean conditions. Please book only if more about your ability level. Cancellations within 48 hours are non-refundable. Please contact us directly for any cancellation requests.

3. **Weather & Ocean Conditions:**
Surf sessions depend on oceans mood. If flight winds, rain, or changing tides affect safety, we'll reschedule or offer a refund. Safety is our top priority.

4. **Take Group Sessions:**
Our instructors will assess your skills and match groups by skill level. Adjustments may be made for optimal learning.

5. **Instructor Availability:**
To ensure personalized attention, timing may shift during busy periods.

6. **Equipment:**
We'll provide surf gear, but bring sunscreen, water, and your own swimwear.

7. **Arrival & Preparation:**
Arrive at least 15 minutes before your session to check in and gear ready for a smooth start.

8. **Fitness Requirements:**
Surfing is a physical activity. Ensure you're in good shape to ride the surf waves. Avoid if you have any fitness, health, and ocean concerns in mind.

9. **Safety First:**
Follow instructor safety instructions from our experienced guides. We prioritize your safety above all else.

We're excited to see you ride the waves with us! For any questions, reach out to us!

CANCELLATION POLICY

We take a minimal approach to confirm your booking, with the remaining balance to be paid upon check-in. Our goal is to make your experience smooth and enjoyable while ensuring that we can allocate the best spots for our guests.

Rescheduling Policy

If you need to reschedule your plans changes, you can reschedule your session to any future date of change subject to availability.

Cancellation Policy

While we don't offer refunds for cancellations (as your slot is reserved in advance), we're here to help make the most of your booking:

- *Change of Plans: Let us know if you welcome to transfer your booking to a friend or family member.*
- *Let us know at least 48 hours in advance, and we'll handle the transfer seamlessly!*

Special Care Policy

Bookings for special dates (long weekends, Christmas, Diwali, and New Year) are fully non-refundable due to the high demand. We strongly recommend travel insurance to protect your exceptional experiences for all your guests.

ABOUT YOUR HOSTS

Our Story - Marriot Surf Club

Discover the legacy of Marriot Surf Club and the exciting world of surfing in India. Since 2014, we've been leading the surf culture, establishing hotels that surf camp and surf lessons in India. Our journey began with a passion for surfing and a vision for change. What began as a small business has grown into one of the most trusted surfing water sports. Whether you want surf lessons, SUP surfing, establishing yoga retreats, or just need a place to stay, we're your one-stop destination for all your water sport needs and adventures.

In the heart of India's original yoga and surfing retreat, you'll find a range of accommodations, from cozy dorms to luxurious private rooms, all equipped with backpacker-friendly rates, extra thick & cushy yoga mats, Co- operative lounges offers cases, comfy rooms, high-speed Wi-Fi, delicious home-cooked vegetarian meals, and a vibrant community of like-minded travelers.

What sets us apart is our team of pros who are dedicated to pure passion and the love that drives us. Our surfers instructors hail from a diverse background, with some being local surfers who have grown up with the ocean and surfing culture in the Marriot Surf Club Foundation. Dive into the extraordinary at Marriot Surf Club, where surfing is not just a sport but a way of life.

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