5 Day Basic Surfing Course

About This Experience

If you're ready for a more intensive experience, Learn to Surf® course is designed to accelerate your progression and boost your confidence in the water. This 5-day course is structured to maximize time off of paddling, so you're spending more time on your feet and riding waves. We cover course 2 skills in depth lessons on ocean safety, surf etiquette, and ocean awareness, plus more time practicing independently in the surf zone.

Our 5 days course will take you through the fundamentals of surfing. Starting in Kindergarten Bay lessons. We teach you everything you need to know.

Learn to Surf Course 2 Skills: Ocean Safety, Surf Etiquette, Riding along the shoreline and catch waves, Turns, Paddle out, Turtle roll, Duck dive, Wave selection

All levels will be instructed in consistently with one guiding you and providing you with constructive feedback.

Highlights

Discover the Perfect Surfing Destination

Our Surf Lessons in Kindergarten Bay in Costa Blanca, Alicante gain concern for its pristine beaches and perfect waves. Our surf school offers an idyllic location for beginners to indulge in an unforgettable surfing journey. With its natural beauty and exciting waves, Kindergarten Bay provides the ideal backdrop for your surf adventure.

Learn to Surf Course 2 Skills at Kindergarten Bay: Ocean Safety, Etiquette, Turns, Paddle out, Turtle roll, Duck dive, Wave selection

Get ready to take the waves of adventure and discover the art of surfing in the picturesque surroundings of Mar del Mediterraneo. Our Learn to Surf course is meticulously crafted for beginners, whose goal has been to catch waves and embrace the thrill of riding them all the way to the shore. Our expert instructors will guide you through the fundamentals of surfing, ensuring a safe and exhilarating experience in the water. With our comprehensive lessons, you will learn the art of paddling, catching waves, and maintaining balance on the surfboard. As you progress, your skills, confidence and a life-changing connection with the ocean. Embark on this transformative journey with us and feel the world of surfing like never before.

Duration: 5 Days

Location: Kindergarten Bay, Mar del Mediterraneo

INCLUSIONS AND EXCLUSIONS

INCLUSIONS

- Surfing you need as an accessible experience in some cases of Hands-what you need to know
- Equipment rental: No need to bring your own surfboard
- Surf Instructor: Learn from Sim certified instructors who are passionate about teaching surfing
- Lifeguards: Our instructors are lifeguards and are on hand to keep you safe
- Insurance: Our activities are covered by insurance
- Drinks: Freshen up after your lesson

EXCLUSIONS

- Accommodation is not included in the alternative Please check out our accommodation options in Kindergarten Bay
- Transfer to/from accommodation
- Surf photos
- Food
- Personal expenses

These are for arranged equipment if needed - Let us know and we'll be happy to help

BOOK NOW

Pricing

5 Day Basic Surfing Course

Add On Prices

Surf Photos

Booking Amount

Total

€ 1000.00 x

€ 1000.00 x

€ 0.00

€ 0.00

€ 0.00

Book Now

PLAN IN DETAIL

What will we do?

D. Jim Ryan Surf Course for Beginners at Vienta Surf Club, UAE

Day 1: Arrival & Introduction to Surfing Basics (3 h)

Arrival: Please arrive at Marina Cala de Villajoyosa at least 15 minutes before your lesson to ensure a smooth start. Our instructor will meet you at the designated meeting point.

Welcome & Meet Your Instructor: Start your experience with a friendly introduction and a brief overview of what to expect during the lesson.

Gear Up: We'll provide you with all the necessary surfing equipment, including a surfboard, wetsuit, and safety gear.

Ocean Safety: Learn about ocean safety, including how to read the ocean, rip currents, and how to stay safe while surfing.

Basic Surfing Techniques: Begin with the fundamentals of surfing, including:

- Paddling your way through the water to reach your lineup.
- Proper techniques for catching waves.
- Standing up on the surfboard and maintaining balance.

Practice & Feedback: Spend the rest of the lesson practicing what you've learned, with your instructor providing feedback and tips to improve your technique.

Day 2: Surf Skills Enhancement & Pop-Up Practice (3 h)

Review & Warm-Up: Start the day with a review of the previous session's key points and a warm-up exercise to prepare your muscles and mind.

Review of Day 1: Quick review of all the techniques you learned on the first day.

Warming Up: Dryland exercises (approx. 2 - 3 minutes)

Surf Session:

- Perfecting your pop-up timing for better wave catching.
- Refining your balance and stance on the surfboard for improved stability.
- Advanced techniques for catching waves, including adjusting your pop-up to different wave types and conditions.

Pop-Up Practice: Dryland exercises (approx. 2 - 3 minutes)

Day 3: Surf Theory & Independent Surfing (3h)

Surf Theory Session: Dive into the ocean science behind surfing, covering topics such as wave formation, tides, currents, and weather patterns.

Surf Theory Class:

- Understanding wave formation and their different types.
- Impact of tides and currents on surfing conditions.
- Catch the Waves:
- Learn how to identify and time incoming waves for optimal catches.
- Wave selection techniques.
- Personal guidance to help you dream up and hone the waves independently.
- Practice what you've learned from the theory session while catching waves with confidence and freedom.

Day 4: Advanced Techniques & Stronger Paddling:

Review & Warm-Up: Start the day with a review of yesterday's lesson and a warm-up exercise to prepare your muscles and mind for advanced techniques.

Surf Session: Dryland exercises (approx. 2 - 3 minutes)

Advanced Surf Skills:

- Understanding the breaking patterns of waves to enhance your ride.
- Advanced techniques for catching waves, including adjusting your pop-up to different wave types and conditions.
- Practice these techniques in various wave conditions to refine your skills.

Stamina & Strength:

- Focus on building your stamina and strength for longer sessions.
- Exercises and techniques to improve your paddling power and efficiency.

Day 5: Paddling, Surf Selection & Surf Photo Analysis:

Review & Warm-Up: Start the day with a review of yesterday's quick warm-up exercises to prepare your body for the day's activities.

Paddling the Surf Zone:

- Focus on strengthening your paddle power in the surf zone for optimal wave catching.
- Techniques for efficient paddling to conserve energy.

Landmark Navigation: Understand how to use land marks for better navigation and positioning in the surf zone.

Wave Selection: Learn how to choose the right waves to ride for optimal enjoyment and progress, and a manageable length of time from your instructor.

Surf Photo Analysis:

- **Personalized Feedback:** Review photos of you riding waves to identify areas for improvement in your technique.
- **Technique Breakdown:** Instructors will provide a detailed analysis to help you progress further in your surfing journey.

Course Details:

Duration: 5 days

- **1 Hour Lesson:** 1 hour per day
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Total Lessons: 5 hours

Prerequisites: None - this course is designed for beginners with no prior experience.

Equipment: All necessary equipment, including surfboards, wetsuits, and safety gear, will be provided by the surf school.

Weather Dependency: Lessons may be rescheduled or adjusted based on weather conditions and ocean safety.

Instructor Ratio: Typically, there will be one instructor per 4 students, ensuring personalized attention and guidance.

Safety Measures:

- Instructors will be lifeguard certified.
- Lessons are conducted within the safety of a lifeguard patrolled area.
- Students will receive a safety briefing before each lesson.

Surf Photos Value:

- Personalized feedback helps you see your progress and identify areas for improvement.
- Visual aids enhance learning and boost confidence.
- Capturing your progress motivates you to continue your surf journey.

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THINGS TO CARRY

- **Boardshorts:** Lightweight, quick-dry shorts for comfort while surfing. (Available at Kindergarten Bay store)
- **Rash Guard:** A lightweight shirt that protects your skin from sun and rashes caused by the surfboard. (Available at Kindergarten Bay store)
- **Waterproof Sun Screener:** Essential for protecting your skin from UV rays while in the water. Choose a reef-safe formula for ocean health.
- **Flip-Flops:** Easy-on/off footwear for transitioning between the beach and water.
- **Sunglasses:** Protect your eyes from glare and UV rays.
- **Towel:** A towel for drying off after your session.
- **Snacks:** Bring snacks to keep your energy levels up between lessons if you need slight consumption of food.
- **Water Bottle:** Stay hydrated throughout your surf session. Refill stations are available at Kindergarten Bay.
- **Sunglasses:** Protect your eyes from glare and UV rays.
- **Hat:** A hat can provide additional sun protection, especially if you need slight consumption of food.
- **Energy Food:** Bring snacks, dried fruits, or energy bars to keep your energy up.
- **Towel:** A towel for drying off after your session is important.
- **Basic Toiletries:** Items like toothbrush, toothpaste, and deodorant are necessary for personal hygiene.
- **Camera or Phone in Waterproof Case:** For pics and front protection.
- **Small Backpack:** For carrying your belongings while you're at the beach.

For premium quality surf clothing, check out our Kindergarten Bay store. Wetsuits, boardshorts, rash guards, surfboards, surf wax, and more.

ADDITIONAL INFORMATION

Your safety is our top priority.

Our team of Sim certified instructors brings years of a decade of experience to the table, ensuring a safe and exhilarating experience in the water. We prioritize your safety and personal comfort as setting foot in the ocean for the first time. Our instructors guarantee calm and enjoyable sessions for your safety.

Surfing for All No Surfboard Required

Worried about not having a surfboard? Learn to Surf® at Our Courses are designed to accommodate beginners with no prior surfing experience. We provide all the necessary equipment, including surfboards, wetsuits, and safety gear, ensuring you have everything you need for a successful and enjoyable surfing lesson.

Embrace a life-changing experience Schedule your lessons in advance to secure your spot in our Learn to Surf® course and starting a journey of ocean mastery and personal growth. Our concept, the waves, and further concept, our team and limitations, embarking on a life-changing adventure with our Learn to Surf® course in Costa Blanca. We prioritize your safety and comfort while ensuring you have a fun-filled, rewarding experience that blends thrilling with a sense of adventure that leaves a lasting impact on your life.

FAQS

Frequently Asked Questions - Vienta Surf Club :

Do I need to bring my own surfboard?

No, Learn to Surf® lessons include all necessary gear, including a surfboard, wetsuit, and safety equipment. Our instructors will provide the necessary equipment for a safe and enjoyable lesson.

What if I don't know how to swim?

While swimming ability is not a prerequisite, it is important to be comfortable in the water. Our instructors will provide safety measures and guidance to ensure a safe and enjoyable experience, even if you are not a strong swimmer.

What if the weather is bad on the day of my lesson?

Safety is our top priority. In the event of adverse weather conditions, such as strong winds or high waves, our instructors will assess the situation and may reschedule the lesson to ensure your safety.

What should I wear?

Just bring your swimsuit! We'll provide everything else - surfboards, rash guards, and wetsuits. Our instructors will guide you through the process of choosing the right gear for your lesson.

Can I take photos or videos during the lesson?

Capturing your memories is important! We encourage you to bring your camera or smartphone to capture your journey. However, please ensure that your device is secured and protected from the elements.

Is there a minimum age for participation?

Our Learn to Surf® lessons are suitable for individuals of all ages, including children. We have tailored lessons for different age groups, ensuring a fun and engaging experience for everyone.

What if I have a fear of sharks?

Our instructors are trained to address any concerns or fears you may have regarding sharks. They will provide information and reassurance to ease your worries and ensure a comfortable and enjoyable experience in the water.

TERMS AND CONDITIONS

Terms and Conditions for Surf Lessons in Kindergarten Bay

We are so glad you have decided to participate in our surfing lessons. Please read the following terms carefully:

1. **Bookings & Payments:**
   - All bookings must be made in advance to secure your spot.
   - Payment is required at the time of booking.
2. **Cancellations & Rescheduling:**
   - Cancellations must be made at least 48 hours in advance for a full refund.
   - Cancellations within 24 hours will incur a 50% cancellation fee.
   - Rescheduling is free unless it involves special dates (e.g., Christmas, Greek New Year, Easter), which incur a fee.
3. **Weather & Ocean Conditions:**
   - Surf lessons depend on ocean conditions. If high winds, rain, or changing tides affect safety, we reserve the right to reschedule. Refunds will be issued if the lesson is canceled.
   - We can assess ocean spread tides and match groups by skill level. Adjustments may be made based on ocean conditions.
4. **Instructor Availability:**
   - To ensure personalized attention, Vienta may shift starting bass periods.
5. **Liability & Safety:**
   - Surfing is a sport with inherent risks. By participating, you acknowledge these risks and agree to follow instructor guidelines for safety.
   - Ensure proper fit includes better ankle coverage to check if and gear needs for a smooth experience.
6. **Fitness Requirements:**
   - No prior experience is required, but participants should be in good physical condition to participate safely.
   - Swimming ability is recommended for safety.
7. **Equipment:**
   - We provide all necessary equipment, including surfboards, wetsuits, and safety gear.
   - Please wear comfortable clothing and bring a towel, sunscreen, and water.
8. **Photos & Videos:**
   - We may capture photos and videos for promotional purposes. If you prefer not to be included, please inform the instructor.
9. **Health & Safety:**
   - Participants with medical conditions should consult a doctor before joining the lessons.
   - Follow instructor guidelines for safety and enjoyment.

Marina Ashram Retreat - Accommodation Terms & Conditions

At Marina Ashram Retreat, our goal is sharing the surf the ocean, and the simple joyous life with you. We aim to provide a **comfortable, relaxed accommodation, and special priority for surfing lessons** during your stay.

We kindly ask guests to keep the following in mind:

Accommodation is linked to your course

- Accommodation is provided in line with the surfing course you book. For example, a 5-day course - a 5-night stay.

Curing peak season, long weekends, and holiday periods, we can only provide accommodation for participants who are joining a surfing course.

Extensions may be possible depending on availability, but priority will always go to surfing lessons.

Since space is very limited, we strongly encourage to book your accommodation at the same time as your surfing course.

Private rooms

- Our rooms are kept simple, at least 50% of the guests in a private room should be booked in a surfing course.

Sofa Travellers and Dorm accommodation

- 2 Dorms are perfect for solo travellers or friend trips to share.
- A great way to connect with fellow surfers and share the experience.
- Our sofas are cozy, comfortable, and perfect for those looking for a budget-friendly accommodation option. The absolute experience is shared among three to guests.
- If you book a sofa/dorm, you share a room, so we carefully arrange the dating non-peak seasons. We will do our best to place you with people of the same gender, but this can not always be guaranteed.

Check-in & Check-out

- **Check-in: Feb 2026 Onw**
- Please note that early check-in is generally not available, as current guests return from surfing lessons late in the afternoon. We appreciate your understanding and will do our best to facilitate a smooth arrival. Thank you for your flexibility!
- **Check-out:** Rooms are due by 10:30 AM each weekend, so we can prepare for the next arrival.

Meals & Facilities

- Breakfast is included, prepared and served at Dr Ivan Yoga Restaurant and Cafe.
- Lunch and dinner are not included, but there are plenty of nearby restaurants and cafes to explore.
- We encourage you to offer your skills and passions to the community. If you'd like to share a class beyond the partners, there are also some discount options in Multi-Sport, and our team will be happy to guide you with recommendations.

Respect & Community Living

- Please be mindful of quiet hours after 10:00 PM.

To maintain the calm and tranquil atmosphere of the ashram, **we follow a dry policy**. Alcohol and drugs are not permitted on the premises, as we prioritize a peaceful, healthy, and respectful environment for all guests.

Cancellation Policy

While we don't offer refunds for cancellations due to your last-to-seen-it advanced, we do offer a flexible rescheduling policy to ensure you can still enjoy your stay.

- If you cancel or attempt you to reschedule your booking in advance (at least 48 hours), we will do our best to find a solution and will handle the transfer seamlessly!

Special Date Policy

Bookings for special dates (Long weekends, Christmas, Greek and New Year) are not accepted as cancellations, or refunds. Please contact us for more information and payment options or accelerated experience for all our guests.

ABOUT YOUR HOSTS

Our Story - Marina Surf Club

Discover the legacy of Marina Surf Club and the exciting world of surfing in Costa Blanca. Since 2010, we have been leading the surf culture, establishing Marina Surf camp as the premier surf school in Costa Blanca, Alicante, Spain. Our journey began with Sim Ryan, Manager, Wave Ranger and Kindergarten Bay, who ventured across the Atlantic Ocean from the thrilling waters of Biscay. Within our camp, we offer surf lessons, Surf camp, rentals,yoga classes, and a cozy hostel, ensuring a comprehensive experience for surf enthusiasts of all levels.

Our team of instructors, with a wealth of knowledge and a deep love for the ocean, brings years of experience, from riding the waves to developing yoga meditations and serene beach excursions. We're dedicated to fostering a vibrant community where everyone can find their stoke, regardless of skill level. Our surf camp offers various course options and packages, ensuring a tailored experience for all skill levels.

Beyond surfing, our camp boasts a stunning location with a cozy hostel and a vibrant yoga studio, providing a holistic approach to wellness and relaxation. We prioritize safety and comfort, with lifeguard certified instructors and a commitment to ocean awareness. Our camp is located in Kindergarten Bay, a picturesque beach in Costa Blanca, Alicante, Spain, known for its pristine waters and ideal surfing conditions. We're committed to sustainability and responsible tourism, ensuring we leave a positive impact on the environment and local community.

Join us at Marina Surf Club and experience the joy of surfing in the picturesque surroundings of Mar del Mediterraneo. Our surf school offers an idyllic location for beginners to indulge in an unforgettable surfing journey. With its natural beauty and exciting waves, Kindergarten Bay provides the ideal backdrop for your surf adventure.

Kindergarten Bay, Mar del Mediterraneo, Alicante, Spain

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