



Aquatic Explorations Surf Program

Surf lessons taught by AE owner Coach Jason C.

30 years surf experience/25 years of swim Coaching

15- or 30-minute Private Surf Lessons May-August

9" soft top surfboard provided for lesson

8" soft top & body board provided for 15-30 min practice after lesson

Where:

Seal Beach Jetty

1st St. Seal Beach / cross street Ocean Ave.

Paid parking available in the large parking lot at the end of 1st Street

Limited free street parking

Prerequisites:

Able to swim 2 consecutive laps at Aquatic Explorations or any other family sized pool without stopping/tread water 30 seconds/ expressed desire to learn to surf

Requisites:

A wetsuit either spring or full suit style; recommended wetsuits available for purchase through AE

Arriving at least 30 minutes before your scheduled lesson to allow time to-

find parking, time to walk to the surf location from the parking location, restroom use, and time to allow students to change into proper surf wear.

Highly Recommended:

Scheduling 15-minute lessons for beginning students under 12 years old, due to most student's physical and emotional capacity. Instructor will recommend when student is ready for 30 minutes

15 Minute practice swim/surf lesson in pool at Aquatic Explorations

Sunscreen

Towel

Water & snacks

Extra time to enjoy the beach and ocean after the lesson

Lesson plan includes:

stretching while formal verbal knowledge is given.

in-water practice given with precise attention to detail, safety and individual's needs and abilities.

return to beach/original location with summary of lesson

Skills:

Board Handling-

Riding: standing, foot positioning, white water vs. open face, accelerating, stopping, advanced footwork, stalling, turning, nose riding, roller-coastering, floaters, airs

Non-riding skills: sitting, paddling vs. sitting turns, turtle rolls, duck diving, knee paddling vs. prone paddling

Wave Awareness- Wave anatomy: face, back, shoulders, whitewater, lip, barrel, inside vs. outside, impact zone, reform, closeouts,

backwash, Ocean anatomy: long vs. short period swells, lulls vs. sets, tides, rip currents, side currents, wind conditions

Ocean Safety- Wave recognition, traffic patterns of fellow surfers, proper board awareness, potential sea life

Surfer etiquette- Right of ways & priority, line ups, sharing, encouragement, ocean & beach cleanliness

General Policies for Surf Lessons 2023

All lessons can be scheduled on a month-to-month basis as well as a week-to-week basis. Please note spots may fill up quickly so reserving your time for a longer period will ensure your day/time each week and provide consistency in the student's progress. Classes can be booked/reserved up to 2 weeks in advance from your desired surf date or desired start date. All lessons are 1-on-1 private surf lessons. If for any reason our instructor is running behind the student will still receive the full lesson time. If you arrive late to your lesson, please understand the instructor will do their best to give as much time as possible but missed time is not guaranteed and may be forfeited. Aquatic Explorations does not give refunds to any student that is enrolled and decides to end/discontinue lessons mid-month.

Cancellation/make-up lesson: We only offer 1 cancellation/make-up lesson per surf season April-Sept. Any other cancellations /missed lessons will not be eligible for make-ups (payment required to reserve all lessons scheduled). Cancellation required by 9am on the day of the scheduled lesson to be eligible for the make-up. Make-up lesson will be based on availability. Please email our office for availability.

Payment Schedule for Surf Lessons

Surf lessons are \$26 for 15 minutes or \$52 for 30 minutes.

There is a one-time registration fee \$40 per student for all new and returning clients. Registration fees are a one time/lifetime fee and covers scheduling for all future lessons at Aquatic Explorations

Payments are due at the time of enrollment for the entire month to reserve your lesson time, prorated if enrolling mid-month. If interested in reserving the time for multiple months, please confirm at the time of enrollment and the student will be added to auto payment to reserve the lesson time ongoing. With this option you can discontinue/end lessons by emailing a withdrawal/ discontinuation request to our office by the 28th of the month, if you are planning to discontinue for the next/upcoming month. Our office will send confirmation student has been removed

One-time lessons may be available, please email up to 2 weeks in advance of your desired date to check availability. Any lesson scheduled will be charged at the time of reserving.

Surf Lesson Location/Parking 1st / Ocean Blvd in Seal Beach



