

www.adventure-centre.org

surf activities

adventure 2011



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Surfing lessons

Group surfing lessons in the tranquillity of this private surf beach where no other surf schools are able to operate.

Includes qualified surf instruction, 1/10 instructor ratio, surf board and wetsuit.



Half Day Surf Lesson: (2.5 hours)

Body Boarding Lesson: (2.5 hours)

Private Surf Lesson: (2.5 hours)



Surf and De-stress!

Half day surf lesson with our instructors will teach you the basics to get you started.

All instructors are trained lifeguards, so you couldn't be in safer hands.

...Followed up by a 40 minutes massage in one of our beach side massage cabanas. This is a very popular activity so "book early" as they say!

Surf and De-stress: (2.5 hours surf lesson plus 40 minute back, neck and shoulders massage)



Surf and Spa!

For the ladies ...once you have pushed yourself to the limits in the surf its time for you to pamper that body!

We'll nip you to our favourite pamper house where you have the spa room to yourselves.

Price includes glass of bubbles and robes

Surf and Spa: (approximately 4.5 hours)