

Sea Girt Surf SCHOOL 2.0.2.3

Session 1 - July 7, 8, 15, 16

Session 2 - July 22, 23, 29, 30

Session 3 - July 31-Aug 3



On Thursdays we will offer “Private Small Group Surf Sessions” These sessions are \$200 and can be for you and 1 of your friends!

www.seagirtbeachpatrol.org

Lead Instructor: Gary Finnigan

- Has Been teaching surf lessons for 17+ years.
- Currently a judge for Amateur and Professional Eastern surf contests.
- Former ESA Surf Competitor
- Surfing since age 8, taught by his father who is now in the NJ surfing Hall of Fame
- Global Surf experience



SEA GIRT SURF SCHOOL

FAQ

- How do I register for Surf School?
 - [Click here](#) to register
 - Or Visit www.seagirtbeachpatrol.org → select the Junior Lifeguard & Surf School tab → “Click here to begin the registration process”
- What are the age requirements for Surf School?
 - Ages 8 & up
- What is the schedule for Surf School?
 - Surf School will be held from 8:30-9:30
 - Session 1 - July 8, 9, 15, 16
 - Session 2 - July 22, 23, 28, 29
 - Session 3 - July 31 - August 3
- What are “Small Group Surf Sessions?”
 - Small group surf sessions are one set price for up to 2 surfers (1 surfer & a friend for the session) These sessions are 1 hour long, and tailored to you and your group. The instructor - surfer ratio is about 1:2
 - We will hold these sessions on THURSDAYS. There are two options for a session each Thursday. The time for these is TBA Based on the Tides, we will contact you 48 hours in advance to schedule a time.
- Where do the Surfers meet?
 - North Beach (Lifeguard stand 0)
- Should my child know how to swim? What are the swimming expectations?
 - We expect surfers to be comfortable swimming in the ocean by themselves.
- What should surfers bring with them? Do you provide surfboards?
 - We provide the surfboards! Surfers just have to wear a swim suit & rash guard, or wetsuit. We recommend bringing a towel and water!
- What will my child be doing during Surf School?
 - Our goal in Sea Girt is to inspire each Surfer to become the best version of themselves, on the waves of course =). Surfers will have a mixture of fitness and educational experiences.
 - Fitness - stretching, strengthening, paddling, and of course SURFING!
 - Educational - respect for the ocean