

## PRIMAL SURF - LESSON INFORMATION 2024 SEASON

Sign up at; **Primal Surf**, 3106 Revere Blvd., Brigantine, NJ., or you can call the shop: 609-264-1999. You must sign up in advance and arrive on time for your lesson.

**TEXT ALERTS:** After you book a lesson, we will send out a text alert for the surfing beach location the night before your lesson. We always choose the best location for the surf conditions. **Please check your phone for early morning updates** for the possibility of cancellations or location change due to poor weather or rough surf. We will often make a location change one hour before the start of your lesson.

**Beach Location:** We will send a location co-ordinate via text from cell phone # 609-457-3812

**YOUR BOOKED LESSON DATES** \_\_\_\_\_

**NOTES:** \_\_\_\_\_

### LESSON INFO:

- If you are fair skinned, and need sunscreen, please note: Apply sunscreen before you arrive for your lesson if possible. Wetsuits cover the student to above the elbow and just above the knee, so it's not needed under the suit. Keep it limited on the bottom of the arms and knee tops as it can make the surfboard very slippery. We always start early in the morning before the sun gets too intense.
- Arrive at lesson 15 min. before start time to sign in and suit up.
- Wetsuits: shorty wetsuits provided for all students. We soak our suits in sanitizer and sun dry them after each use.
- **\*\*Please note** that not all physiques will not fit into standard size wetsuits.
- Land lesson begins covering surfing fundamentals, such as ocean safety, how to pop up, paddling, positioning, wave catching and falling without getting injured.
- Paddle out to the surf for the rest of your lesson with your instructor assisting you to catch and ride waves..
- Wrap it up at the water's edge. Instructors will help you wrap up your surfboard leash and walk the boards to the trailer.
- Session review with Mike at the board trailer.
- Questions & Answers
- On rare occasions, the ocean is flat with no wave to ride, but we still have a lot to teach you. The lesson will consist of paddling, positioning, pop-ups, balance training, reading the line-up, ocean knowledge and awareness.
- **Students receive a discounted rate for board rentals for the 2024 season. Pick up and return boards at Primal Surf, 3106 Revere Blvd, Brigantine.**
- **A Parent or Guardian must accompany minors to the lesson and/or board rentals.**
- **What to Bring:** Towel, sandals, water bottle, something warm to put on after the surf session for cloudy days. Waterproof sunscreen should be applied early to sun sensitive skin parts such as the head, shoulders, and tops of arms. Shorty wetsuits are included in the lesson, and they cover from above the knee to the neck and to above the elbow, so no sunscreen needed there.
- **Be sure to check out our surf lessons on our website at: [www.psurf.com](http://www.psurf.com)**

**Ages requirements for group surf lessons: 9 to 60 years of age ~ you must be an adequate swimmer and able to paddle out through the small waves. 5 to 8 year old private only / 60-65 private only**

**Interested in purchasing a board?** We have the area's largest selection of softboards to choose from. Please visit our shop.

**\*\*\* 24 HR. ADVANCE NOTICE FOR CANCELLATIONS OR RE-SCHEDULING \*\*\*NO EXCEPTIONS\*\*\***

### CANCELLATION POLICY:

For cancellation with proper 24 hr. advance notice, customers will be issued a class credit. If your lesson is canceled due to bad weather or extreme surf conditions, the same terms apply.

**CONTACT INFO / SHOP: 609-264-1999 or Text Mike's Cell: 609-457-3812**