

DAY 1 - SUNDAY

AFTER 2 PM PICK-UP



PICK-UP FROM THIRROUL STATION

GUESTS TAKE A TRAIN FROM SYDNEY CENTRAL TO THIRROUL AND WILL BE PICKED UP AT THE STATION. THEY WILL BE CHECKED IN TO THEIR ROOM AND SHOWN AROUND THE PREMISES.

6 PM INTRODUCTION

MEET EVERYONE

WE INTRODUCE YOU TO OUR STAFF MEMBERS AND SURF COACHES. WE ALSO MAKE SURE YOU ALL KNOW EACH OTHER. YOU WILL BE SURPRISED HOW MANY LIFE-LONG FRIENDS YOU HAVE BY THE TIME YOU LEAVE!

DAY 2 - MONDAY

8 AM BREAKY

BREAKFAST AT JOSE JONES

PANCAKES, CEREAL, FRUIT, YOGHURT, MUESLI, BIRCHER, COFFEE, TEA & SPECIAL MINCE PIES!. THE BEST WAY TO START THE DAY AT THE SURF CAMP AND ALL LAID ON FOR YOU BY OUR EXCELLENT CHEFS

9 AM MEET UP

INTRO

EVERYONE WILL MEET UP IN THE RECREATIONAL AREA IN THE SURF LODGE FOR A BRIEF ABOUT THE COMING WEEK

10 AM SURF SESH

CATCH YOUR FIRST WAVE

THIS SURF SESSION WILL BE HELD DURING THE BEST TIME, TIDE AND WIND CONDITIONS AND WE WILL FIND THE PERFECT LOCATION FOR THOSE CONDITIONS. ARE YOU READY TO CATCH AND RIDE YOUR FIRST WAVE?

12 PM LUNCH

LUNCH IS SERVED

DEPENDING ON WHERE WE WENT TO SURF, YOU CAN ENJOY YOUR LUNCH AT THE BEACH OR BACK AT THE MOTEL!

1:30 PM SURF SESH

SHAKA!

NEXT TIME YOU CATCH A WAVE, THROW YOUR COACHES A SHAKA AND A "YEEEW". YOU WILL SEE THIS HELPS WITH CATCHING WAVES!

4 PM RETURN

WASH THE SALT OFF AND GET READY!

TAKE A REFRESHING SHOWER AND RELAX BEFORE DINNER STARTS. TIME TO REST THOSE ARMS FROM ALL THE PADDLING!

6:30 PM DINNER

NOTHING BEATS AN OZZY BBQ!

AFTER A DAY OF SURFING YOU WILL BE HUNGRIER THAN EVER BEFORE, AND NOTHING IS MORE SATISFYING THAN THE FOOD FROM OUR FAMOUS AST BBQ NIGHT! OF COURSE, YOU MAY COMBINE THE FOOD WITH A BEER OR TWO!

DAY 3 - TUESDAY

8 AM BREAKY

BREAKFAST AT JOSE JONES

PANCAKES, CEREAL, FRUIT, YOGHURT, MUESLI, BIRCHER, COFFEE, TEA & SPECIAL MINCE PIES!. THE BEST WAY TO START THE DAY AT THE SURF CAMP AND ALL LAID ON FOR YOU BY OUR EXCELLENT CHEFS

8:30 AM SURF CHECK

SWELLS, WIND AND WAVES

YOU WILL LEARN HOW TO INTERPRET THE WEATHER FORECAST OF THE DAY TO CHOOSE THE BEST SURFING SPOT AND PREPARE FOR THE WAVES OF THE DAY.

10 AM SURF SESH

PERFECT THOSE POP-UPS

THIS SURF SESSION WILL BE HELD DURING THE BEST TIME, TIDE AND WIND CONDITIONS AND WE WILL FIND THE PERFECT LOCATION FOR THOSE CONDITIONS.

12 PM LUNCH

FILL THOSE BELLIES UP

DEPENDING ON WHERE WE WENT TO SURF, YOU CAN ENJOY YOUR LUNCH AT THE BEACH OR BACK AT THE MOTEL!

1:30 PM HIKE

LET'S GET TO THE TOP

TIME TO HIKE UP TO THE TOP OF SUBLIME POINT LOOKOUT WHICH IS ONE OF THE ESCARPMENTS BEHIND THE MOTEL.

4 PM RETURN

WASH THE SALT OFF AND GET READY!

TAKE A REFRESHING SHOWER AND RELAX BEFORE DINNER STARTS. TIME TO REST THOSE ARMS FROM ALL THE PADDLING!

6:30 PM DINNER

OPTIONAL CHRISTMAS EVE DINNER

REFUEL YOUR BODY AND ENJOY A QUIET NIGHT (OR NOT) BEFORE TOMORROW'S BIG FEAST (NOT INCLUDED).

EVENING

GO PARTY IN TOWN!

ENJOY THE REST OF THE NIGHTS IN TOWN OR RELAX AT THE SURF LODGE WITH MOVIES AND GOOD STORIES.

DAY 4 - WEDNESDAY

7 AM BREAKY

BREAKFAST

CHRISTMAS PANCAKES, CHRISTMAS CEREAL, FRUIT, YOGHURT, MUESLI, BIRCHER, COFFEE, TEA & SPECIAL MINCE PIES!. THE BEST WAY TO START THE DAY AT THE SURF CAMP AND ALL LAID ON FOR YOU BY OUR EXCELLENT CHEFS

8:30 AM SURF CHECK

SWELLS, WIND AND WAVES

YOU WILL LEARN HOW TO INTERPRET THE WEATHER FORECAST OF THE DAY TO CHOOSE THE BEST SURFING SPOT AND PREPARE FOR THE WAVES OF THE DAY.

9 AM SURF SESH

CATCH AND RIDE

YOU GET MORE AND MORE CONFIDENT ON YOU BOARD WITH EVERY WAVE YOU CATCH, AND OUR COACHES ARE THERE TO BETTER YOUR SKILLS TO PERFECTION.

12 PM CHRISTMAS LUNCH

AST'S FAMOUS CHRISTMAS LUNCH (INCLUDED)

THE MEAL OF THE YEAR IS ABOUT TO BE SERVED, AND EVERY YEAR THIS FEAST SEEMS TO GET BIGGER AND BETTER! HAM ON THE BONE, WILD TURKEY, SMOKED SALMON, THE LIST GOES ON AND ON!

4 PM BEACH GAMES

GAMES UNDER THE SUN

AFTER OUR CHRISTMAS LUNCH WE DON'T RECOMMEND GOING FOR A SURF, SO WE WILL PLAY GAMES ON THE BEACH INSTEAD! SOCCER, BEACH VOLLEYBAL AND LOTS OF CHRISTMAS DRINKS UNDER THE SUMMER SUN!

8 PM DINNER

CHRISTMAS DINNER TIME

IF YOU ARE STILL A LITTLE HUNGRY AFTER THE AST CHRISTMAS LUNCH YOU CAN MAKE YOURSELF SOME DINNER (NOT INCLUDED).

DAY 5 - THURSDAY

8 AM BREAKY

BREAKFAST AT JOSE JONES

PANCAKES, CEREAL, FRUIT, YOGHURT, MUESLI, BIRCHER, COFFEE, TEA & SPECIAL MINCE PIES!. THE BEST WAY TO START THE DAY AT THE SURF CAMP AND ALL LAID ON FOR YOU BY OUR EXCELLENT CHEFS

8:30 AM SURF CHECK

SWELLS, WIND AND WAVES

YOU WILL LEARN HOW TO INTERPRET THE WEATHER FORECAST OF THE DAY TO CHOOSE THE BEST SURFING SPOT AND PREPARE FOR THE WAVES OF THE DAY.

10 AM SURF SESH

PERFECT THOSE POP-UPS

THIS SURF SESSION WILL BE HELD DURING THE BEST TIME, TIDE AND WIND CONDITIONS AND WE WILL FIND THE PERFECT LOCATION FOR THOSE CONDITIONS.

12 PM LUNCH

FILL THOSE BELLIES UP

DEPENDING ON WHERE WE WENT TO SURF, YOU CAN ENJOY YOUR LUNCH AT THE BEACH OR BACK AT THE MOTEL!

1:30 PM SURF SESH

ANOTHER DAY, ANOTHER WAVE

ARE YOU ABLE TO CATCH AND RIDE A WAVE PERFECTLY? TIME TO START PRACTICING SOME TURNS AND MANOEUVRES THEN!

4 PM SKATE SESH

SKATE SESSION

TO HELP YOU PRACTICE YOUR TURNS AND MANOEUVRES WE DO A WEEKLY SKATE SESSION!

6:30 PM DINNER

SCHNITTY NIGHT AT THE BEACHES (OPTIONAL)

GOING FOR 2 FOR 1 SCHNITTIES AT THE BEACHES IS A TRADITION AT AST! SO PICK A FRIEND AND GO GET YOUR SCHNITTY!

EVENING

GO PARTY IN TOWN!

ENJOY THE REST OF THE NIGHTS IN TOWN OR RELAX AT THE SURF LODGE WITH MOVIES AND GOOD STORIES.

DAY 6 - FRIDAY

8 AM BREAKY

BREAKFAST AT JOSE JONES

PANCAKES, CEREAL, FRUIT, YOGHURT, MUESLI, BIRCHER, COFFEE, TEA & SPECIAL MINCE PIES!. THE BEST WAY TO START THE DAY AT THE SURF CAMP AND ALL LAID ON FOR YOU BY OUR EXCELLENT CHEFS

8:30 AM SURF CHECK

SWELLS, WIND AND WAVES

YOU WILL LEARN HOW TO INTERPRET THE WEATHER FORECAST OF THE DAY TO CHOOSE THE BEST SURFING SPOT AND PREPARE FOR THE WAVES OF THE DAY.

10 AM SURF SESH

PERFECT THOSE POP-UPS

THIS SURF SESSION WILL BE HELD DURING THE BEST TIME, TIDE AND WIND CONDITIONS AND WE WILL FIND THE PERFECT LOCATION FOR THOSE CONDITIONS.

12 PM LUNCH

FILL THOSE BELLIES UP

DEPENDING ON WHERE WE WENT TO SURF, YOU CAN ENJOY YOUR LUNCH AT THE BEACH OR BACK AT THE MOTEL!

1:30 PM SURF SESH

ANOTHER DAY, ANOTHER WAVE

ARE YOU ABLE TO CATCH AND RIDE A WAVE PERFECTLY? TIME TO START PRACTICING SOME TURNS AND MANOEUVRES THEN!

4 PM FACTORY VISIT

DO YOU KNOW HOW A SURFBOARD IS MADE?

VISIT TO OUR LOCAL SURFBOARD FACTORY TO SEE THE EXPERTISE IT TAKES TO MAKE THE PERFECT SURFBOARD.

6:30 PM DINNER

ALWAYS HUNGRY!

COOK YOURSELF A MEAL IN THE SURFLODGES' KITCHEN OUR GRAB A BITE AT JOSE JONES!

EVENING

GO PARTY IN TOWN!

ENJOY THE REST OF THE NIGHTS IN TOWN OR RELAX AT THE SURF LODGE WITH MOVIES AND GOOD STORIES.

DAY 7 - SATURDAY

7 AM BREAKY

BREAKFAST

PANCAKES, CEREAL, FRUIT, YOGHURT, MUESLI, BIRCHER, COFFEE, TEA & SPECIAL MINCE PIES!. THE BEST WAY TO START THE DAY AT THE SURF CAMP AND ALL LAID ON FOR YOU BY OUR EXCELLENT CHEFS

ANYTIME SURF SESH

THE PERKS OF LIVING NEXT TO THE OCEAN

YOU GET TO SURF EVERYDAY IF YOU WANT TO! THIRROUL BEACH IS ONLY A FEW METERS AWAY.

ANYTIME EXPLORING

SYDNEY OR THE GONG?

WITH A TRAIN STATION ONLY A FEW MINUTES WALKING DISTANCE AWAY AND EXCELLENT TRAIN CONNECTIONS TO THE NEARBY CITIES, THERE IS MORE THAN ENOUGH TO EXPLORE ON YOUR DAY OFF!

EVENING

LAST CHANCE TO GO OUT!

WETHER YOU WANT TO GO TO WOLLONGONG OR GO TO THE BEACHES IN THIRROUL, THIS IS THE LAST CHANCE YOU HAVE TO GO OUT WITH YOUR NEWLY MADE FRIENDS! LET'S GO GRAB A BEER!

DAY 8 - SUNDAY

7 AM BREAKY

BREAKFAST

PANCAKES, CEREAL, FRUIT, YOGHURT, MUESLI, BIRCHER, COFFEE, TEA & SPECIAL MINCE PIES!. THE BEST WAY TO START THE DAY AT THE SURF CAMP AND ALL LAID ON FOR YOU BY OUR EXCELLENT CHEFS

10 AM CHECK-OUT

TIME TO SAY GOODBYE (OR NOT!?)

CHECK-OUT FOR ALL OUR GUESTS WHOM COMPLETED THE 7 DAY SURF CAMP. GUESTS WILL BE DRIVEN TO THE TRAIN STATION IN THIRROUL TO GET TO THEIR NEXT DESTINATION.

DON'T WANT TO LEAVE YET? EXTEND YOUR STAY FOR ANOTHER WEEK OR 2!