

7 DAY CAMP ITINERARY



Day 1 - Sunday 23rd December 2018

Anytime Pick-Up	Thirroul Station Students 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 given their arrival pack (hat, t-shirt, map of the area, room key, itinerary...)
6:00pm Introductions	Meet Everyone We introduce you to all of our REALLY friendly staff and our 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 24th December 2018

7:00am Breakfast	Breakfast Pancakes, cereal, fruit, yoghurt, muesli, bircher, coffee, tea...and more. The best way to start your day at surf camp, and all laid on for you by our friendly chefs.
9:00am	Introduction Everyone will meet in the Recreation room of the surf lodge for a brief about the coming week.
10:00am Surf Session Learn to Surf in Paradise!	Beginners Never surfed before? No problem! During your first surf session we will introduce you to all of the equipment and to what we consider the best 'learn to surf' beach in Australia. You will be on your feet and riding a wave before the end of the day – GAURANTEED! Competent Surfers South Coast of NSW is a surfer's paradise! There are waves and beaches for all skill levels – points; beach breaks; reefs and slabs. Join our surf coaches at a location suitable for you, and develop your skills with us in uncrowded perfection!
12:00pm Lunch !	Lunch is served Depending where you went surfing, enjoy your lunch at the beach or back at the motel.
1:00pm PM surf session	2nd Surf Session – Perfect That Pop-Up Now its time to perfect your pop-up. A good pop-up is the difference between a wobbly ride and a great ride! You'll be catching loads of waves by the end of this session!!
5:00pm Debrief	Debrief Back at the Surf Lodge for a quick shower and a debrief of that first day of surf.
7:00pm Christmas dinner <i>(optional)</i>	Christmas Eve dinner at AST! After a big day of surfing, you may need to refuel your body. Enjoy a quiet one (or not) before to tomorrow's big feast.
Evening <i>(optional)</i>	Go party in town! Enjoy the rest of the night in town or just relax at the surf lodge.

Day 3 – Tuesday 25th December 2018

8:00am Christmas Breakfast	Breakfast Christmas pancakes, Christmas cereals, fruit, yoghurt, muesli, Christmas bircher, coffee, tea...and MINCE PIES!! The best way to start your Christmas Day at surf camp, and all laid on for you by our friendly camp chefs.
8:30am Surfcheck	Surfcheck Check forecast of the day and learn how to interpret online surf forecast.
9:00am AM surf session	3rd Surf Session The surf session of the day will be held at the best time, tide and wind conditions. It may be early morning or late morning but everyone will be told by their coach the day before.
12:00pm AST's FAMOUS CHRISTMAS FEAST	Christmas Lunch is served!!! The meal of the year is about to be served! We pull out all the stops for this feast...and it seems to get better and better, and bigger and bigger each year! Ham on the bone; Wild Turkey; Smoked Salmon; Cold Meats; Roast Pumpkin Salad; Pasta; Nut Bakes; Mince Pies; Christmas Pudding; Cakes; Shortbreads...the list goes on!!! You will remember this meal for a LONG time...and don't forget the wine; beers; and cocktails that will be sitting on ice for you!
4:00pm Beach party	Beach Games under the Sun Beach Volleyball; soccer; football; and Christmas drinks, all enjoyed at a stunningly beautiful and uncrowded beach overlooking the waves. We don't recommend any surfing this afternoon due to the copious amounts of food and drink on offer, but we have plenty of alternative options that are just as great!
7:00pm Christmas dinner	Christmas Camp Dinner Our Christmas Day dinner is a little later for obvious reasons, but trust us, you're going to love it! Indulge in a chef prepared feast this evening...baked potatoes; chili con carne; homemade coleslaw; dessert and more mince pies!!

Day 4 – Wednesday 26th December 2018

8:00am Breakfast	Breakfast Pancakes, cereal, fruit, yoghurt, muesli, bircher, coffee, tea...and more. The best way to start your day at surf camp, and all laid on for you by our friendly chefs.
8:30am Surf Check	Surfcheck Check forecast of the day with your surf coach.
9:00am AM Surf Session	4th Surf Session This will be a day trip to The Farm, Shellharbour. Students will be asked to bring lunch spending the whole day within the National Surfing Reserve.
12:00pm Lunch is Served!	Lunch time Enjoy your lunch by the beach of The Farm.
1:00pm PM Surf Session	5th Surf Session Afternoon surf session at the Farm.
4:00pm	Relax

Back at the Surf lodge	Have a shower and relax after a day of surfing at The Farm.
5:30pm Yoga session (optional)	Yoga time in Wollongong Enjoy a Yoga Vinyasa class at the Yoga Hive in Wollongong. Yoga is a very important and useful discipline when you start surfing. It helps you with your balance and strengthen your core muscles.
6:00pm Dinner time!	Pizza&movie night Enjoy a pizza and movie night in the surf lodge's lounge. The calm after a big day of surfing!
9:00pm Party night in the Gong! (optional)	Night out! Wednesday night is the local party night in Wollongong so students will be taken out at their leisure and pre-party drinks will happen at Jose Jone's in Thirroul.

Day 5 – Thursday 27th December 2018

5:00am Early Session (optional)	Sunrise surf session Enjoy an early morning surf session and see the sunrise on the beautiful south coast. You won't regret getting up early!
8:00am Breakfast	Breakfast Pancakes, cereal, fruit, yoghurt, muesli, bircher, coffee, tea...and more. The best way to start your day at surf camp, and all laid on for you by our friendly chefs.
8:30am Video Correction	Video Correction Students will go through some video footage of themselves surfing and review any correction needed.
9:00am Surfboard Factory	Factory visit! Students will be taken to an operating surfboard factory to see how boards are made and what's actually under their feet while surfing :)
10:00am AM Surf Session	6th Surf Session The surf session of the day will be held where the conditions are best.
12:00pm Lunch is Served!	Lunch time Enjoy your lunch at the surf lodge.
1:00pm Afternoon hike	Hiking time! Afternoon hike up to the top of Sublime Point Lookout which is one the escarpment behind the AST Surf Lodge.
4:00pm Back at the Surf lodge	Relax Have a shower and relax after a great day in the Illawarra!
From 6:00pm Schnitzel! (optional)	Schnitty night! Enjoy a two-for-one Schnitzel at beaches, thirroul one of a kind pub! Find yourself a partner :)

Day 6 – Friday 28th December 2018

8:00am Breakfast	Breakfast Pancakes, cereal, fruit, yoghurt, muesli, bircher, coffee, tea...and more. The best way to start your day at surf camp, and all laid on for you by our friendly chefs.
8:30am Surf Check	Surfcheck Check forecast of the day with your surf coach.
9:00am AM surf session	7th Surf Session The first surf session of the day will be held at the best time, tide and wind conditions. It may be early morning or late morning but everyone will be told by their coach the day before.
12:00pm Lunch!	Lunch is served Depending where you went surfing, enjoy your lunch at the beach or back at the motel.
1:00pm PM Surf session	8th Surf Session The second session will commence when the conditions are best again.
3:30pm Back at the Surf lodge	Relax Have a shower and relax after a great day of surfing!
4:00pm Breath training	Strengthen your breathe! Sometimes when you surf, you might get caught underwater during a certain amount of time. Breath training will help you stay calm and longer underwater.
6:00pm AST BBQ	BBQ time! The evening consist of the famous AST BBQ and presentation dinner. Students will be presented with certificates of attainment by their coaches. They will also get an opportunity to watch the photos of themselves and an video of the week. Friday night end of week party begins!!

Day 7 - Saturday 29th December 2018

8:00am Breakfast	Breakfast Pancakes, cereal, fruit, yoghurt, muesli, bircher, coffee, tea...and more. The best way to start your day at surf camp, and all laid on for you by our friendly chefs.
Anytime surf session	Surf Session Perks of living at the surf lodge? The beach is literally across the street! Enjoy a surf by yourself or with your new friends at Thirroul Beach.
Anytime Getaway in the City	Have fun in Sydney! Another perk of living in Thirroul? Sydney is only 1 hour away by train. Enjoy a weekend getaway and wander in the city, there is so much to discover! Darling Harbour and its opera, the famous Bondi Beach or take a ferry to Manly!
Anytime Check-out	Thirroul Check-out days for those completing the 7 day course. Clients will be driven to the train station or bus stop of wherever they are going from Thirroul.

Evening Night out <i>(optional)</i>	Last big night out! Whether you are in the city or Thirroul, enjoy your last night in NSW! Go have a night out in the Pub in Thirroul, in one of the many club of Sydney or even take the train to Wollongong and have fun in the many pub down there!
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Day 8 - Sunday 30th December 2018

8:00am Breakfast	Breakfast Pancakes, cereal, fruit, yoghurt, muesli, bircher, coffee, tea...and more. The best way to start your day at surf camp, and all laid on for you by our friendly chefs.
Anytime surf session <i>(optional)</i>	Surf Session Perks of living at the surf lodge? The beach is literally across the street! Enjoy a surf by yourself or with your new friends at Thirroul Beach.
Anytime Getaway in the City <i>(optional)</i>	Have fun in Sydney! Another perk of living in Thirroul? Sydney is only 1 hour away by train. Enjoy a weekend getaway and wander in the city, there is so much to discover! Darling Harbour and its opera, the famous Bondi Beach or take a ferry to Manly! Note: train fare are 50% off on Sundays!
Anytime Check-out	Thirroul Check-out days for those completing the 7 day course. Clients will be driven to the train station or bus stop of wherever they are going from Thirroul.