



Dear Parents, Caregivers and Students,

Manly Surf School is pleased to have the opportunity to provide your school with Surf Coaching Programs that are fun, safe and educational.

Since 1995, Manly Surf School has been teaching the thrill of surfing as well as educating our students on how to identify the dangers of the ocean. We have over twenty years' experience in coaching Surf Safety and Surfing Programs to kids from all over Australia.

Each lesson will teach students how to spot rips, currents and sandbanks, where the safest spots are to swim and how to keep themselves safe in the water. Identifying the advantages and disadvantages of rips, how to make good, safe choices when in the water when it comes to wave selection and catching waves. Other activities include the body boarding, body surfing and of course our "Safe Surfing Program".

**What to bring on the day:**

- a hat
- sunscreen applied
- swimming costumes
- towel
- water & lunch;
- a change of clothes.

Manly Surf School will provide all other equipment of surfboards, bodyboards, rash vests & wetsuits (if required).

All of Manly Surf Schools' Instructors are highly trained in lifeguard equivalent First Aid, and have a Level 1 Surfing Accreditation with Surfing Australia.

At Manly Surf School we are passionate about delivering high quality, informative and positive surfing experiences, for each of the kids involved.

We look forward to seeing your school on the beach!

Regards,

Matt Grainger  
Owner of Manly Surf School

