



# 8-Week Curriculum Overview

**Kids Go Surfing is an 8-week program designed to teach children aged 7-17 the fundamentals of surfing, water safety, and teamwork. Every Sunday from 9:30 AM to 1:00 PM, students rotate through three 45-minute stations—Beach Break, Rescue Bay, and Beach Blitz—building skills progressively across surf technique, rescue scenarios, and land-based activities.**

## Beach Break program breakdown

### SURF FUNDAMENTALS IN THE POOL

#### Week 1: Pop-up

Introduction to the pop-up technique on land and in shallow water. Kids practice the movement repeatedly to build muscle memory

#### Week 2: Pop-up and surf stance

Refining the pop-up while determining each child's natural stance—regular or goofy-footed. Focus on balance and body positioning.

#### Week 3: Paddle technique and wave awareness

Teaching proper paddling form and how to read incoming waves. Kids learn timing and positioning in the lineup.

#### Week 4: Paddling and catching whitewater

Putting paddling skills into practice by catching broken waves. First experiences riding the momentum toward shore.

#### Week 5: Basic board control

Introduction to steering and maintaining direction while riding. Kids learn how small adjustments affect their trajectory.

#### Week 6: Trimming

Learning to maintain speed by positioning correctly on the wave face. Kids practice riding across the wave rather than straight to shore.

#### Week 7: Turns

Introduction to carving basic turns. Kids work on shifting weight and using rails to change direction.

#### Week 8: Introduction to green waves

Graduating to unbroken waves. Kids practice everything they've learned on clean wave faces.

## Rescue Bay program breakdown

### WATER SAFETY AND EMERGENCY RESPONSE TRAINING

#### Week 1: Surfboard parts and paddling

Learning surfboard anatomy and proper paddling technique in a controlled environment. Understanding equipment basics.

#### Week 2: Surfboard rescues

Practice how to use a surfboard as a flotation device to assist others. Kids learn safe rescue approaches.

#### Week 3: Rips and currents

Hands-on experience in the basin's rip currents. Kids learn to identify, understand, and navigate turbulent water safely.

#### Week 4: Water safety rules and tube rescues

Introduction to lifeguard tube techniques in the swimming pool. Simulated rescue drills teach proper victim approach and towing methods.

#### Week 5: Jetski and nurse station tour

Behind-the-scenes look at water safety operations. Kids learn how jet skis work, see rescue sleds, and get to ask questions to our nurse.

#### Week 6: Basic first aid

Practical first aid training, including checking vital signs and basic first aid. Real hard skills for emergency situations.

#### Week 7: Swim and surf skills

Combining swimming endurance with surf-specific skills. Building stamina and confidence in the water.

#### Week 8: SLS Amazing Race

Fun competition that tests all skills learned throughout the program to wrap up the Rescue Bay curriculum.

## Beach Blitz program breakdown

### LAND-BASED THEORY AND TEAM DEVELOPMENT

The Beach Blitz station includes a theory session covering the fundamentals being practiced in the water that week. Topics include wave mechanics, ocean safety, surf etiquette, and equipment care—all aligned with the week's Beach Break curriculum.

In the second part of the session, kids participate in team-based games designed to build communication, leadership, and problem-solving skills. Activities include relay races, capture the flag, obstacle courses, and strategic team challenges. Games are selected week by week to maintain engagement and complement the physical demands of the water stations.

# Program Details

Schedule: Sundays, 9:30 AM – 1:00 PM

Duration: 8 consecutive weeks

Age groups: 7-10 years | 11-14 years | 15-17 years

Class size: 10 students per age group (30 total spots)

Price: AED 2,500 for 8 weeks

#### What's included:

All surf equipment (boards, fins, leashes, wax), wetsuits, safety gear, towels, access to showers and changing rooms, professional instruction from certified guides and water safety team.

#### What to bring:

Swimwear, sun protection, water bottle. Kids should arrive water-ready.

#### Parent requirements:

Week 1 is open to all parents. After that, parents of the 7-10 age group must remain on-site. Parents of older groups may stay and receive complimentary pool access (subject to availability).

#### Certificate of completion:

Awarded to participants who attend at least 6 of the 8 sessions.

# Frequently asked questions

#### What if my child misses a session?

Kids need to attend at least 6 sessions to receive certification. We recommend not missing more than 2 sessions to maintain progression continuity.

#### Can my child join if they've never surfed before?

Absolutely. The program is designed for all skill levels and builds from the ground up.

#### Can siblings in different age groups attend together?

Yes, but they'll be in separate groups matched to their age bracket for appropriate instruction and safety.

#### Is there a refund policy?

Please contact [Hello@SurfAbuDhabi.com](mailto>Hello@SurfAbuDhabi.com) for our cancellation and refund policy details.