



getting sunsmart
is easy!

Ultraviolet (UV) radiation from the sun is very powerful. Even though we can't see or feel it, we can see the damage it causes from the rays that penetrate the skin and eyes.

UV radiation causes ageing, wrinkles, discolouration, sunburn, skin cancer and eye disease.

Some UV reaches you directly from the sun, but much is scattered and reflects off your surroundings, especially from the water and sand at the beach. You even get burnt under a beach umbrella.

- >> USE GOOD SUN PROTECTIVE CLOTHING. LONG SLEEVE SHIRTS, WIDE BRIMMED HATS AND SUNGLASSES.
 - >> LAYER ON SUNSCREEN WITH MINIMUM SPF 30+ THICKLY AT LEAST 20 MINUTES BEFORE GOING INTO THE SUN.
 - >> REAPPLY AT LEAST EVERY 2 HOURS.
 - >> TAKE EXTRA CARE BETWEEN 10AM AND 3PM WHEN UV RADIATION IS MOST INTENSE.
- For more information visit: www.cancerwa.asn.au

REMEMBER TO...

- SLIP on sun protective clothing
- SLOP on SPF 30+ sunscreen
- SLAP on a hat
- SEEK shade
- SLIDE on some sunglasses

WHERE ARE WE ?



Carpark No 2, 360 West Coast Dr, Trigg Beach WA 6029

CONTACT US !



PO Box 382, Karrinyup WA, 6921

ABN 81 948 248 683

T: +61 8 9448 0004

F: +61 8 9447 0309

E: info@surfingwa.com.au

W: www.surfingwa.com.au

Office Hours: Monday-Friday
8am - 4pm

HOW TO ENROL

1. Complete the enrolment form and sign the participant waiver. (Form available online or at Surfing WA Office.)
2. If the participant is under 18, this must be signed by a parent/guardian.
3. Enrolments can be made online, over the phone or in person at the Surfing WA Office.
4. For more info check out www.surfingwa.com.au

EMAIL TO: info@surfingwa.com.au

POST TO: Surfing WA, PO Box 382, Karrinyup WA 6921
(Cheque, money order or credit card only)

FAX TO: 9447 0309
(Visa and Mastercard payments only)

IN PERSON: Surfing WA, 360 West Coast Dr, Trigg Beach
(Mon-Fri, 8am - 4pm)
(All payment forms accepted)

PLEASE NOTE: Enrolments received without a payment WILL NOT be accepted.

LEARN TO SURF

PERTH & ROTTNES



SURFING
WESTERN
AUSTRALIA



Department of
Sport and Recreation



www.surfingwa.com.au

LEARN TO SURF OPTIONS

SCHOOL HOLIDAY COURSES

4 X 90min SESSIONS **\$120**

- Courses run during all school holidays
- 3 time slots available (dependant on numbers)
- All equipment supplied, certificate & give aways at end of course

Whether you're a total beginner or an accomplished surfer wanting to improve your skills, we have the coaches for you. Our professional coaches will teach you the fundamentals of surfing and select the right equipment for your needs and yo suit conditions. Learn how to catch waves and be taught to stand the correct way. Learn about surf safety, surf etiquette and Sun smart behaviour.

WEEKEND COURSES

4 X 90min SESSIONS **\$120**
7:00 - 8:30am or 9:00 - 10:30am

- Courses run every Saturday and Sunday
- Commencing at the beginning of each month
- All equipment supplied
- Certificate presented at end of course

Learn the basics of surfing or take your surfing to a new level with our professional instructors. Learn paddling, wave catching and standing techniques as well as how to read the surf, ride better waves and surf safely.

KIDS CLUB

FRIDAY MORNINGS SCHOOL HOLIDAYS **\$50**

- Every friday morning, school holidays
- 9am till 12pm
- All equipment supplied
- 6:1 student/coach ratio

Every Friday morning during School Holiday's – if your aged between 7 and 12 – why not spend the morning surfing or boogie boarding and learning about the surf. Our professional coaches will teach all the necessary skills for an enjoyable morning at the beach. Eating healthy snacks and making new surf buddies.

Mum can grab a coffee & relax or get the shopping done.

PRIVATE & GROUP LESSONS

START FROM **\$55**

- Special tuition available 7 days a week, at a time & program to suit your needs.

Whether it's for a birthday party, a work team-building exercise or just to take your surfing to a new level with a 1 on 1 lesson. Our highly skilled coaches will work with you or your group to meet your needs. These lessons are fully flexible and we will tailor a course & price to meet your needs. Please contact our office for more information.

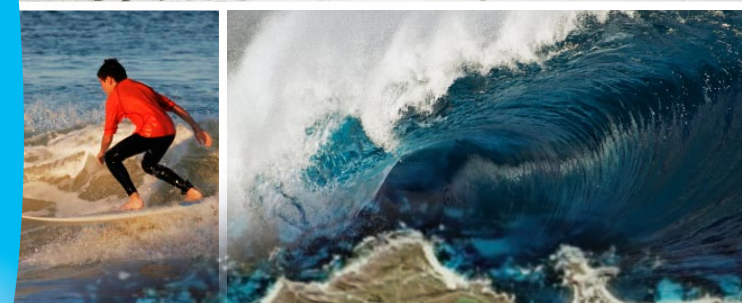
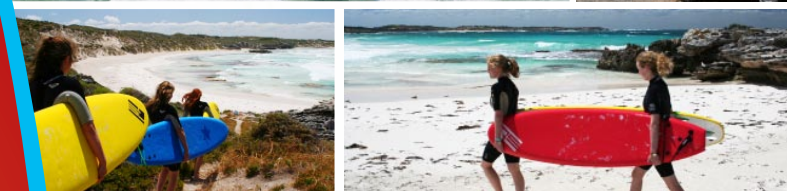
SPECIAL OFFERS

Surfing WA has great deals running all year so please keep an eye on our website for special offers. For the months that have 5 weekends in them, the 5th month will be a special weekend so why not get an introduction in this great activity at a great price.

LEARN TO SURF AT ROTTNEST ISLAND!



Did you know we now have a surf school on Rottnest Island? From October to the end of April Surfing WA will be operating out on Rottnest Island. For more information please call our office or check out our website.



ROTTO ROCKS!

