



EC San Diego: English + Surfing

Take advantage of San Diego's incredible coastline and many amazing surf spots. Both exhilarating fun and a great workout, this course offers advanced training techniques, professional coaches and a total fitness facility to help you reach your full surfing potential.

WHAT CAN YOU EXPECT ON THIS COURSE?

Improve your English both inside and outside the classroom with English + Surfing. After a minimum of 1 week of General English instruction you will head to one of the most impressive beaches in San Diego to learn how to surf. With professional coaches and excellent training techniques, you will be provided with a safe and fun atmosphere to practice this thrilling sport. Surfing lessons will take place in English, teaching you new vocabulary and practical speaking skills. Lessons could be held in Pacific Beach. You will learn to read the water, gauge the wave for takeoff, develop your own feel, and intuition.

At the end of the programme you will receive a Surf Certificate and T-shirt.

First Session (3-3.5 hours)

- Introduction to Surfing/ History of surfing and southern California classroom presentation
- Teach basic surfing, water safety, and ocean terminology
- Interactive discussion and participation of the fundamentals of surfing (pop ups, stance, timing, wave position, core stabilization, communication, surfing etiquette)
- Surfing with emphasis on pop ups, stance on board, positioning, and core stabilization

Second Session (1.5 hours)

- Review of terminology and surfing fundamentals from first session
- Teach terminology of currents, wave types, and process of reading the wave
- Interactive discussion of the anatomy of a surfboard, and types of surf breaks and surfboards
- Surfing with emphasis on basic turns, written assessment

Third Session (1.5 hours)

- Review of terminology, anatomy of the surfboard, and types of surf breaks from prior session.
- Interactive discussion of the physics of surf tricks and maneuvers (speed, acceleration, barrel, turns)
- Surfing with emphasis on progressing surfing maneuvers and turns and coaching to be able to catch waves independently
- Written assessment

Fourth Session (1.5 hours)

- Interactive discussion and review of the surfing principles during the program
- Surfing with emphasis in student collaboration and communication with a team surf contest
- Celebratory BBQ and participant slideshow

LEVEL

Beginner through advanced

1 LESSON

Surfing: 1.5 hour sessions (a total of 8 hours surfing lessons).

COURSE DURATION

Minimum 1 week of General English plus 5 surfing sessions (1-3 weeks)

COURSE START DATES

- Any
- Course available all year round.

LESSONS PER WEEK

Weekdays, morning or afternoon

AVAILABLE IN

[EC San Diego](#)



THIS COURSE IS SUITABLE FOR STUDENTS

- Who are at any level of English
- Want to learn how to surf while improving their English skills
- Who know how to swim and have no pre-existing medical conditions

