

# Women's Surf Camp Series 2024

## *Hey Mermaids!*

Have you always wanted to learn how to surf? I mean *really* learn... so you can surf on your own, without an instructor, and with confidence too?

If so, this is your year ... and this is your program!

Imagine how you would feel if you actually followed through on your dream of learning how to surf? Imagine the strength, courage, and confidence you would experience...

This is your step-by-step guide to getting started and sticking to it! Our Women's Surf Camp Series includes everything you need to get started: mindset coaching, surf instruction, film and feedback, surf based fitness, surf science, and a supportive group of women to share the journey with!

It is time to dive outside of your comfort zone and discover your superpower. Join us for this transformational experience and release your inner mermaid... she's ready to be set free!



## *WHO is this program for?*

- Women who want to live a more courageous and empowered life.
- Women who are seriously committed to learning how to surf this year!
- New and beginner surfers.
- You do NOT need to have any experience, but you DO need to be 110% committed to the process and most importantly, to yourself.

## *WHAT does this program include?*

- Everything you need to know to get started on your surfing journey!
- 30 hours of surf instruction and education:
  - 20 hours: in-water surf instruction
  - 10 hours: on-land education, training, & coaching
- Filmed surf sessions and film review with personalized feedback.
- Soft-top surfboards are provided. You can bring your own board if you have one.
- The Mermaid Surf Manual and Mermaid Surf Journal to help guide you along this transformational journey.
- Membership to our local women's Mermaid Surf Club. You will gain access to all club events so you can meet other local surfer ladies. Once you complete this program, you can join our FREE group surf sessions as well. SO FUN!



## *WHEN are the camp sessions?*

Series #1-3 have already been completed for the 2024 season.

**Series #4:**

**Monday 7/29- Thursday 8/29**

**This is a 5-week program.**

**We will meet 3x per week: Mondays, Tuesdays, & Thursdays**

**PLEASE NOTE THE DIFFERENCE IN TIMES EACH WEEK:**

**Week #1:** 7/29- 8/1 [M, T, & Th @ 6:00- 8:00 PM]

**Week #2:** 8/5- 8/8 [M, T, & Th @ 6:30- 8:30 AM]

**Week #3:** 8/12- 8/15 [M, T, & Th @ 6:00- 8:00 PM]

**Week #4:** 8/19- 8/22 [M, T, & Th @ 6:30- 8:30 AM]

**Week #5:** 8/26- 8/29 [M, T, & Th @ 6:00- 8:00 PM]

-Fridays are our built-in make-up day in-case we need to cancel a session due to dangerous weather or ocean conditions.

-We strongly encourage all campers to attend ALL sessions listed in each camp series. Each day provides valuable information for your surf journey. We understand that you may have scheduling conflicts. We will do our best to support you in any way we can!

## *WHERE do we meet for surf camp?*

- The South End of Wrightsville Beach, NC.
- Public Access #40 (Albright St.)

## *WHY should I sign-up for the Women's Surf Camp Series?*

- Because this will be the year you stop *talking* about learning how to surf and you will actually do it. You deserve it!
- Surfing is medicine for your mind, body, and soul... and it's so FUN!
- You will build the strength, confidence, and skills to live a more empowered life.
- Surfing is an incredibly fun and challenging work-out.
- Join a supportive, fun, and inspiring group of women.
- SURFING & SISTERHOOD... need we say more?

## *HOW do I sign-up?*

- Submit the Women's Surf Camp request form on our website:

<https://www.mermaidsurfco.com/camps>

- You will receive a confirmation email with the next steps to confirm your spot.



- This is the final Women's Surf Camp Series for the 2024 season. There are only 8 available spaces per camp. Please only sign-up if you are seriously committed to learning how to surf this year. We have limited space available.

**IMPORTANT NOTE:**

*We will NO longer be offering "Learn-2- Surf" lesson packages. We want to offer a more in-depth and supportive program that produces better results for our adult students. If you have previously signed-up for a "Learn-2-Surf" package, you will receive a 20% discount if you sign-up for our Women's Surf Camp Series.*

## *HOW much does this program cost?*

**Women's Surf Camp (new Mermaids): \$1,250**

**Women's Surf Camp (returning Mermaids): \$1,000**

**Payment Requirements:**

- 25% deposit required at registration to secure your spot
  - Refunds may be issued in case of injury, illness, or emergencies
- Total remainder is due by the start of your program.
- Payments can be made via Venmo. Payment details will be included in your camp request confirmation email.

**If you have any questions, please contact us and we will be happy to help. We look forward to surfing with you soon!**

**Surf's Up,**

Kelly Donovan

(Women's Camp Coach)

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