

Mermaid Surf School

Intermediate Surf Camp Series 2025

Hey Ladies!

Are you ready to drop-in on your most stoked year yet?

Do you want to take your surfing to the next level with a fun and supportive group of women?

If so, this is the camp series for YOU!

Maybe you've been out of the waves for a while or you've hit a plateau... or maybe you would just like to keep your momentum flowing.

Our intermediate camps are specifically designed for women who have already completed a Mermaid Surf: Beginner Camp Series or for women who have been surfing for at least one season. New mermaids are welcome to join the fun!

If you are interested in building more confidence in the waves, refreshing the basics, learning new surf skills, and taking your surfing to the next level, then drop-in on this party wave and keep surfing this season!



Who is this program for?

- Women who are stoked to continue their journey as an independent surfer.
 - Women who have completed the Mermaid Surf: Beginner Camp Series and/or have been surfing for at least one season already.
 - Women who can already paddle and catch waves on their own... it doesn't have to be pretty ladies!
 - Women who simply want to get better at surfing and have fun along the way!
- Intermediate campers must have a basic understanding of the following concepts:
- Ocean conditions (wind, tides, currents)
 - Paddling and board control
 - Campers must be able to turtle roll without assistance...it doesn't have to be pretty or perfect, but you do have to know how to do it for this camp!
 - The basics of reading waves (lefts, rights, peaks, close-outs, etc..)
 - Catch waves without assistance
 - Pop-up and stand-up on waves... it's okay if you still fall most of the time, we will be working on that during this camp series ;)



What does this program include?

- 16 hours of surf coaching and support!
 - 10 hours: in-water surf coaching (all sessions are filmed)
 - 6 hours: on-land lectures, training, and film review
- Intermediate Surf Camps include lectures & training on the following topics:
 - Refresher on the beginner basics
 - Surf-based yoga, breathwork, & fitness
 - Reading waves & positioning (intermediate)
 - Angeling your take off
 - "Perfecting" your pop-up
 - Surfing the face of the wave
 - Learn how to turn
 - An intermediate surfer's guide to surfboards

- All campers are required to bring their own surfboard. Any board you feel comfortable on will work great! You will have the opportunity to try out some different boards during your camp series as well.
- All surf sessions are filmed. Watching yourself surf can be very humbling, but it is also the most effective and efficient way to make progress! Film feedback coaching will be provided for select sessions. You will SEE the difference!

When are the camp series?

Intermediate Surf Camp Series: 4-week surf program
Select series meet on Tuesdays & Thursdays while others will only meet on Saturdays.
See below for meeting days & times during each series.

Series #1:

Saturday, April 5th- Saturday, April 26th
Saturdays @ 8:00 AM- 12:30 PM

Series #2:

Tuesday, April 22nd- Thursday, May 15th
Tuesdays & Thursdays @ 10:00 AM- 12:00 PM

Series #3:

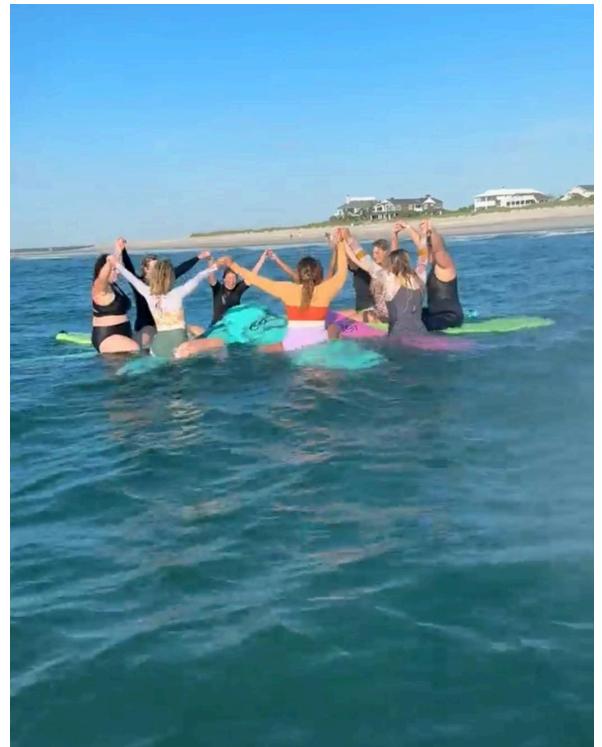
Saturday, May 3rd- Saturday, May 24th
Saturdays @ 7:00- 11:30 AM

Series #4:

Tuesday, May 20th- Thursday, June 12th
Tuesdays & Thursdays @ 6:15- 8:15 AM

Series #5:

Tuesday, June 17th- Thursday, July 10th
Tuesdays & Thursdays @ 6:15- 8:15 AM



Where do we meet for surf camp?

- The South End of Wrightsville Beach, NC.
- Public Access #40 (Albright St.)
- Lectures and film review will be held at Coach Kelly's House (by access #40).

Why should I sign-up for an Intermediate Surf Camp Series?

1. Surfing is more fun in a supportive group of stoked ladies!
2. Make time to PLAY and experience JOY this year.
3. Commitment. Continue to invest in your journey as an independent surfer.
4. Accountability. You will pay attention to what you pay for.
5. You will continue to build confidence, strength, and surf skills.
6. If you don't think you're good enough yet, you're in the perfect place!
7. Surfing & Sisterhood... we say more? We'll see you this spring!

How do I sign-up?

- Submit the Intermediate Surf Camp request form linked here:

[Mermaid Surf Camp Request Form](#)

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

How much does this camp series cost?

Earlybird (before January 31st): \$700

Full Price (after February 1st): \$750

Payment Requirements:

- 30% deposit required at registration to secure your spot
 - Refunds may be issued in case of injury, illness, or emergencies*
- Camp remainders are due by the start of your series.
- Payments can be made via Venmo or cash. Payment details will be included in your camp request confirmation email.

If you have any questions, please contact me and I will be happy to help. I look forward to sharing this fun, transformational, and empowering surf experience with you soon!



Surf's Up,

Kelly Donovan

Mermaid Surf Owner and Head Coach

Phone: (910) 707-4789

Email: MermaidSurfCo@gmail.com

Website: www.MermaidSurf.com