

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!
- A team of supportive female surf coaches.
- 36 hours of instruction and education:
 - 24 hours: in-water surf instruction
 - 12 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?

Women's Surf Camp Series #1:

Weekdays; Sunrise Sessions

Tuesday, April 23- Thursday, May 30th

Week #1: 4/23 & 4/25 @ 6:30- 8:30 AM

Week #2: 4/29-5/2 @ 6:30-8:30 AM

Week #3: 5/7 & 5/9 @ 6:30- 8:30 AM

Week #4: 5/13- 5/16 @ 6:30- 8:30 AM

Week #5: 5/21 & 5/23 @ 6:30- 8:30 AM

Week #6: 5/27- 5/30 @ 6:30- 8:30 AM

-Fridays @ 6:30- 8:30 AM will be our designated make-up day in case we need to cancel a scheduled day due to dangerous weather conditions.

Women's Surf Camp Series #2:

Weekdays; Sunrise Sessions

Tuesday, June 4th- Thursday, July 12

Week #1: 6/4 & 6/6 @ 6:00- 8:00 AM

Week #2: 6/10- 6/13 @ 6:00- 8:00 AM

Week #3: 6/18 & 6/20 @ 6:00- 8:00 AM

Week #4: 6/24- 6/27 @ 6:00- 8:00 AM

Week #5: 7/2 & 7/4 @ 6:00- 8:00 AM

Week #6: 7/8 -7/11 @ 6:00- 8:00 AM

-Fridays @ 6:00- 8:00 AM will be our designated make-up day in case we need to cancel a scheduled day due to dangerous weather conditions.

Women's Surf Camp Series #3:

Weekends; Mid-Morning Sessions

Saturday, May 4th- Sunday, July 14

Week #1: 5/4- 5/5 @ 8:00- 11:00 AM

Week #2: 5/18- 5/19 @ 8:00- 11:00 AM

Week #3: 6/1- 6/2 @ 8:00- 11:00 AM

Week #4: 6/15- 6/16 @ 8:00- 11:00 AM

Week #5: 6/29- 6/30 @ 8:00- 11:00 AM

Week #6: 7/13- 7/14 @ 8:00- 11:00 AM

- Saturday, July 27- Sunday, July 28 @ 8:00- 11:00 AM will be our designated make-up sessions in case we need to cancel scheduled day(s) due to dangerous weather 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 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.
- Exact location will be determined.

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.
- This program will transform your life.
- 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:
www.MermaidSurf.com
- You will receive a confirmation email with the next steps to confirm your spot.
- We will only offer TWO Women's Surf Camp Series for the 2024 season. There are only 9 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?

For less than \$35/hour... you can achieve your dream of becoming a surfer girl! This program is valued over \$2,000. We are offering our Women's Camp Series for only \$1,250. You no longer have any excuses not to join us for this transformational surf experience... Let's go ladies!

- **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 14 days prior to 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,
The Mermaid Surf Team**

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