

LEARN TO SURF IN NICARAGUA

Learn to surf in a well-diversified beach with waves for all levels from super to intermediate beginners. Casa La Barra Surf Resort has everything you need to catch your first wave or improve your surfing skills.

A man and a woman are surfing on a wave at sunset. The man is on the left, wearing a white t-shirt and dark shorts, riding a wave. The woman is on the right, wearing a dark one-piece swimsuit, also riding a wave. The background is a bright orange and yellow sunset over the ocean.

Casa la Barra
SURF RESORT NICARAGUA

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with Casa La Barra
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SURF LESSONS

Here at Casa La Barra our surf school package is all inclusive so the only thing you need to worry about is having fun and learning to surf. Your package will include airport transfers, accommodations, meals, all amenities and above all a world class Nicaraguan Surf Experience.

Surf Lessons are by group or individual, we accommodate our program to fit your needs. The surf season are all year round with best beginner months starting in November to March.



A TYPICAL DAY OF SURF LESSONS WITH CASA LA BARRA



6:00 AM Early Riser Coffee, Fresh Banana Bread, Cereal and Fruit to start the day.

7:00 AM Classes start right on the beach! Warm up, stretch muscles, some exercise, theory, practice on the sand... to the water!!!

7:30 AM Surf Lessons starts! If first day some theory will be imparted on our facility or at the beach.

9:00 AM We finish our first sessions, and we'll go to enjoy a hearty and healthy breakfast prepared by our house cook

11:00 AM Personal time to Nap, relax, or hang out by the pool Classes start right on the beach! Warm up, stretch muscles, some exercise, theory, practice on the sand... to the water!!!

12:00 MD Lunch and break.

2:30 PM Lessons continue, either right front the hotel or in the spots with the best conditions for you. Warm up, stretch muscles, some exercise, practice on the sand... to the water!!

4:00 PM Lessons end, while you free surf on your own or hang the board up for the day to enjoy some after pool or beach time.

SURF SCHOOL PROGRAM



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During your surf lesson package, we will always find something fun for you to do in the afternoons while on vacation.



PROGRAM INCLUDES:



KNOWLEDG OF SURFING

- Surfing history & Tradition
- Ocean environment
- Surfing Equipment
- Surfing Etiquete and rule

BASIC SURFING RULES:

- Before paddling out/ Check the line up
- Not paddle out if overcrowded
- Always paddle out around the break
- Always paddle towards the white water
- Never Drop in

TO AVOID:

- Dropping in
- Snaking

Localism/ Tolerance and Respect.

Nobody owns the ocean
Roles as environmental ambassadors.

SAFETY

Personal and surfing equipment
Surf and Weather conditions

- Weather patterns
- Tides
- Types of waves: Spilling wave, Plunging wave
- Parts of the wave
- Rips and sweeps:

When caught in a rip don't panic/paddle across the rip on a diagonal angle

- Sweeps: the body of water moves across the beach
- Marine creatures: Bluebottles, Stingrays, Blue ringed octopus, Oysters and barnacles

- Selecting a safe venue
Safe Surfing Zone/
according the surfers level.

EQUIPMENT FOR BEGINNERS

BEGINNERS

- Surfboards
- Fins
- Soft foam rails

BOARDS FOR INTERMEDIATE SURFERS:

Rounded square, Saquash tail, Rounded Pin, Swallow, Square, Rounded tail.

Parts of the surfboard:

Nose, Rocker, Rails, Tail, Deck, Bottom, Legrope.

Wetsuits: We don't need wetsuit in El Salvador Steamer, Sprinsuit, long john, wetsuit top Legrop, Surfboard wax, Deck grip, Storage

Warm up and stretch

- Indicate Surf Conditions
- Carrying board correctly
- Clear Feedback



OUR SURF TRAINING PROGRAM INCLUDES:

DEFINITION OF SURFING LEVEL

- Beginner/ To paddle properly, catch waves in prone position
Performance/ too much to do and improve.
- Intermediate/ Take off, bottom turn, Cutback
- Advanced stage/ Skills of taking off and catching challenging waves

CORE SKILLS

- Carrying the board
- Entering the surf zone
- Paddling the board
- Catching white water waves in the prone position
- Standing and riding white waters
- Traversing right and left
- Dismount

STANDING UP/ ERRORS

- Legs too far apart
- Legs too close together
- Legs too straight, knees not bent
- Feet not across the stringer
- Front foot pointing forward to one side of the stringer
- Standing too far back
- Standing too forward

STANDING AND RIDING WHITE WATER WAVES (PRONE TO FEET)

- Lying on board
- Paddling strongly
- Looking over shoulder
- Push up (arch back) on tail lift
- Jump to feet
- Correct stance and feet placement
- Practice on the beach
- Traversing Right and Left and right
- Dismounting the board

INTERMEDIATE STAGE SKILLS

- Wave negotiation
- Duck Diving
- Surf Awareness
- Basic Surfing Manoeuvres


YOUR COMPLETE GUIDE TO
SURFING
NICARAGUA



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