

PLAY LA YOUTH AND ADAPTIVE YOUTH SPORTS

Summer 2024 Learn to Surf

Program Requirements: Ages 9-17 years and swim 100 yards must be done prior to registration.

Learn to Surf is a program designed for youth to learn basic ocean safety through surf education. Participants will learn:

- Identification of hazards at the beach
- Body surfing
- Paddling in and around the surf zone
- Popping up

All necessary equipment will be provided to participants which includes surfboards and wetsuits. Each participant will also receive a rash guard, t-shirt and shorts.

Learn to Surf Levels

Level 1 Beginner

- No prior surfing experience.

Level 2 Advance Beginner

- Familiar with surfing with some prior experience.
- Needs assistance with standing on the board.

Level 3 Intermediate

- Can catch waves the majority of time without assistance.
- Riding in waves for a duration of 10 seconds.



\$10

On-site at beach
9:00 AM to 2:00 PM

No transportation to
the beach

Session	Dates	Registration*	Beach
#1	Monday 6/17 - Friday 6/21**	June 2	Cabrillo Beach
#2	Monday 7/1 - Friday 7/5**	June 2	Cabrillo Beach
#3	Monday 7/8 - Friday 7/12	June 29	Cabrillo Beach
#4	Monday 7/15 - Friday 7/19	June 29	Cabrillo Beach
#5	Monday 7/22 - Friday 7/26	July 13	Cabrillo Beach
#6	Monday 7/29 - Friday 8/2	July 13	Cabrillo Beach
#7	Monday 8/5 - Friday 8/9	July 27	Cabrillo Beach

*Online Registration opens @ 9:00 AM. No on-site registration.

**No class on 6/19 or 7/4

Visit: www.laparks.org/discover-activities to register.

Persons with disabilities are welcome to participate in our aquatic programs.
Reasonable accommodations will be made with prior arrangements.

Made possible by the LA28 Olympic and Paralympic Games

