



## Beach Agenda

Open 9.30am - 7.30pm

Group Beach Intro every Sunday and Monday Morning at 11am - 11.30am: Join us for an essential session where you'll learn how the beach operates, meet the team, cover the beach safety procedures and connect with your groups.

Key:

\*Sign-Up Required

+Additional Cost Associated

	Monday	Tuesday	Wednesday	Thursday	Friday Race Day!
<b>Paddle</b> (Included in Paddle Upgrade)	10am - 11am SUP Yoga*		10am - 11am Local Beach Venture	From 6am Sunrise Paddle *	
<b>Sail</b> (Included in Full Upgrade)	5pm - 6pm Sailing Basics Covered	4pm - 5pm Smooth Sailing - Control	5pm - 6pm CAT Cruise	3pm - 4pm Refine & Race Skills	3pm - 5pm Fusion & CAT Race Heats*  5pm - 6pm Finals!
<b>Wing</b> (Included in Full Upgrade)	4pm - 5pm WingTro Clinic	3pm - 4pm WingTro to Pro	4pm - 5pm WingProgression	4pm - 5pm WingPro Clinic	3pm - 4pm Pro Playground - Freestyle Ride with the Pros
<b>Windsurf</b> (Included in Full Upgrade)	3pm - 4pm Intro To Windsurfing Clinic	5pm - 6pm WindRide Clinic	3pm - 4pm Flow & Go Windsurfing	5pm - 6pm Hooked on Harnessing	4pm - 5pm Pro Playground - Freestyle Ride with the Pros
<b>Nippers</b> 8-10Yr Olds (Included in Full Upgrade)	10am - 12pm Paddle Power - Balance Games, Relay Races, Paddle Tag	10am - 12pm Ready, Set, Sail! - Fun Intro to Sailing	10am - 12pm Peligoni Gives You Wings! - Intro to Windsurfing	10am - 12pm CAT Cruise - Intro to CAT Sailing, Joy Rides and Fun	10am - 12pm Mega SUP Racing  From 3pm Regatta*
<b>Salties</b> 11 - 13 Yr Olds (Included in Full Upgrade)	11am - 12.30pm Go With The Flow - Kayaking  2pm - 3.30pm WingTro - Winging Intro	11am - 12.30pm First Mate Basics - Sailing Intro  2pm - 3.30pm Windsurfing 101	11am - 12.30pm SUP & Sip - Mikro Nisi Trip  2pm - 3.30pm Smooth Sailers	11am - 12.30pm Blue Caves Kayaking Adventure  2pm - 3.30pm CATch the Wind - Cat Intro	11am - 12.30pm Paddle Race  From 3.00pm Regatta*
<b>Beach Bums</b> 14 - 17Yr Olds (Included in Full Upgrade)	11.30am - 1pm Sail Smart - Sailing Intro  2.30pm - 4pm Windsurfing 101	11.30am - 1pm SUP & Sip - Mikro Nisi Trip  2.30pm - 4pm WingTro - WingSurf Basics	11.30am - 1pm Blue Caves Trip - Kayak  2.30pm - 4pm WindRide Clinic - Progression	11.30am - 1pm Explore Little Italy - SUP  2.30pm - 4pm Master the Wind - Captain's Choice	11am - 12.30pm Paddle Race  From 3pm Regatta*
<b>Motorised</b> Operates 8am - 5pm	3pm - 4pm Ringo Rampage+	3pm - 4pm Ringo Rampage+  6pm - 7pm Sundown Wakesurf Group *+	3pm - 4pm Ringo Rampage+	3pm - 4pm Ringo Rampage+  6pm - 7pm Sundown Wakesurf Group *+	3pm - 4pm Ringo Rampage+