



Surf check of conditions @ Port Noarlunga

Surf Culture Australia

Cheryl Buck of Surf Culture Australia surf school runs her classes from Moana and Port Noarlunga beaches. Surf Culture Australia is the original surf school for this region and has been running since 1991.

- Surf locations that could be visited and surfed at include South Port, Moana, Seaford, Middleton, Goolwa etc.
- There is also a possibility of a surfing camp to locations at a further distance from the school if there are enough Hallett Cove International students interested.



Who are we?

About Surf Culture Australia

Surf Culture Australia is South Aust's Original Surf School, since 1991.

Learn to surf in a safe and fun environment, with all equipment provided.

We are a Surfing Australia accredited Surf School providing surf lessons at Moana, South Port, Middleton and Goolwa.

Owner and Head Coach Cheryl Buck leads our team of qualified coaches who are all experienced surfers with a passion for teaching others.

Cheryl has been surf coaching since 2004 and is passionate about providing the best surfing experience for all surfers attending a Surf Culture lesson.

Cheryl is also the president of SurferGirls Surf Club SA www.surfergirls.com.au

Contact Us

Phone: HCS 83921020 (ask for Belinda)



Surf Culture Australia
@HCS

Adelaide

<https://www.surfcultureaustralia.com.au/>



Surf Culture Australia @HCS

*South Australia's original Surf School
since 1991*



Surf Culture Australia- what is it?

- It is a local surfing company that our school has asked to provide surfing lessons to International students.
- This is a unique offer!
- No other school in South Australia offers this!
- The surf lessons are for all ages and all levels of experience: beginner to advanced.
- This is a group lesson run over a school term.
- Either Term 1 (Jan-April) and Term 4 (October to December) or you can do both!
- Students from Brazil, Germany, Japan, Italy, China and Mexico have all surfed at our local beaches.
- If interested, let a member of the International team know so we can book your spot!
- Wet suit, board and how to surf instructions are all included

What does it involve?

It has a cost of \$30 per two-hour surf lesson.

There will be one x 2hr lesson per week for 10 weeks.

The lessons will be held on Friday mornings (so you won't be at school for lessons 1-4)

“Don't be shy! Show them how fabulous you are! This is a great opportunity for you to try an Aussie sport.”

Lesson 1 is the 'meet & greet'

Fill out registration forms, check medical forms, let organizer know if you have injuries, learn about sunscreen, introduce the coaches, location of showers/toilets, brief history of surfing in South Australia etc.

Lesson 2 - Beach hazards, equipment & a beach session

Learn about types of waves, tide movements, wind direction, how to put on a wet suit, types of boards, how to attach a leg rope etc.

Beach session includes how to lie prone, paddle, push up, steer, surfers stance, avoid a nose dive, stop taking a wave etc.

MOANA | SOUTH PORT | MIDDLETON | GOOLWA



Surf lessons locations in South Australia

Lesson 3 is about controlling the board & keeping safe

How do you wipe out safely, use of safety talk and signals, emergency whistle, distress calls, entering the water safely, how to hold the board, managing the board when in the water etc.

Then it is all... just into the water and practice, practice and practice!

