

Beginner level surfing classes taught by the UCLA Marina Aquatic Center are held at Rose Avenue at Venice Beach: [Directions for Surfing I at Rose Ave](#)

Classes run for two sessions, 2 hours each (4 total hours). The class is designed for people with little or no surfing experience. What to bring to class:

- Towel and Change of clothes
- Bathing suit or shorts and a t-shirt.
- Wetsuit (provided by the MAC, but if you have your own you may bring it.)
- Water booties or aqua socks are optional, but may provide warmth and foot protection.
- Flip flips or shoes to wear on the sand and in parking lot
- Sun protection it is recommended that all students wear sunscreen. Hats and sunglasses may provide extra protection, but are hard to keep on while surfing.
- Water Bottle – Surfing is very physical and it can be dangerous if you do not stay properly hydrated.

The class meets in the parking lot where participants will get ready in wetsuits and will carry their surfboards down to the beach. The class will start with lecture and practice from the sand, but most of the class will be spent practicing in the water.

Topics covered in the class include:

- Surf Zone Geography: beach/shore, inside, white water, impact zone, outside
- Types of Breaks: beach, reef, point
- How Waves Form and Break
- Anatomy of Wave: face, shoulder, tube, white wash, lip, peak
- Parts of a Surfboard: nose, tail, rails, fins, stringer, deck, bottom, leash, sweet spot
- Types of Surfboards: length, shape, thickness
- Entering the water
- Keeping yourself safe in the water: sting ray shuffle, hand helmet, side “t grip” of board
- Catching a wave
- Paddling
- Popping Up
- Exiting a wave: when you bail vs when the wave dies
- How to sit on the board and how to turn around while sitting on board
- Rip Currents: what they look like and how to escape them

When the class is over, students will rinse their boards and wrap their leashes. They will carry the boards back to the truck, remove their wetsuit and return it to the instructor (right-side out).