

# Surfing in Nicaragua

## Surfing Capital of Central America

Phone for Reservation 8887-6255 "Baldo"

Nicaragua is well known for its world-class waves, especially in San Juan del Sur and Tola area because of the year-round offshore winds that hit the coast. There are great waves around for all type of surfers, from beginners to experienced surfers. While on your vacation at Casa de Cooper, why not take a day and experience the ease of learning to surf?



If you need a Surf Lesson for you and your family or need a Surf Guide to show you around, then your best option is our friend Baldo, a well-known professional bilingual Surf Instructor, he is very helpful and enjoys playing on the waves.

Surf Boards for ever level will be included in your lesson including the transportation to the beach and back to Casa de Cooper. Here is what you should expect to learn on your first day of lessons:

- ✓ Catch a Wave      Get straight into the action and catch some waves from a standing position. This is a great way to get the rush of riding on a wave. You will start on the shore showing you how to get up quickly to catch a wave.
- ✓ Duck Diving      Have to get out to the wave. This is an absolute essential if you want to reach the lineup and surf unbroken waves. You will learn this technique.
- ✓ Standing Up on your Board      Now we see how you put it all together from duck diving to getting to the line-up to using the standup technique your were taught on shore.

There are many other techniques you can learn and practice with tips from Baldo:

- Paddling Out
- Bottom Turns
- Paddling a Surfboard
- Sitting in the lineup
- Turtle Role
- How to Pop Up
- Cutbacks
- Wave Position
- Paddling a Surfboard



Thinking you will have a hard time? Take a look at this 10 year old that got up past his knees on the first wave. Baldo is in the back coaching him.

This is a perfect way of enjoying a new adventure.

Beginner : U\$50 per Student\*  
Follow-up: U\$40 per student\*  
Maximum 4 Students per Instructor

# BALDO'S SURF LESSONS

Duration: 2 hours

Location: Usually Remanso beach, the best spot for beginners.

Includes:

- surfboard rental
- rash guard (lycra shirt)
- transportation to the beach

(Picture is of First Day - 10 year old.)

## Theory:

We start on the sand with a little talk about safety in the water, how to avoid accidents with your board and with other surfers; depending on the conditions I talk about the waves, how they break, and how to be prepare for them.

## Practice on the Sand:

We practice on the sand the few steps you need to do to stand up on the board, working on your body position, balance on the board and timing. We repeat this many times with the intention to get muscle memory (follow the steps without thinking, your body start doing it by "itself").

## Practice in the Water:

Then we get in the water (shallow part) where you get pushed into the waves so you can focus on doing the steps you practice before on the sand to stand up on the board.

## Catching Waves:

Once we see that you are standing up with no problem and you learned to have some control of the board, then you start paddling to catch you own waves woking on your timing and paddling techniques.

## Follow Up Lessons:

For follow up lessons we recommend to go on your own at least one day (after the first lesson) and then get the follow up lesson to correct mistakes and make small adjustments. Also, we focus more on the timing, learn to read the wave's direction and speed.

<b>Begining Leasons - U\$50.00 per person*</b>	<b>Follow-Up Leason - U\$40 per person*</b>
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**Upto 4 Students Per Instructor**

## **Baldo's Experience**

- Surfing for 17 years, working as a surf instructor for the last 10 years.
- ISA Certified Surfing Judge level 1.
- PADI Certified EFR - Primary Care (CPR) & Secondary Care (1st) w/ AED
- Founder and ex-President of the National Surf Circuit.
- Ex-Manager and ex-coach of the Nicaragua Surf Team.
- Vice-President of the San Juan del Sur Surfing Association.
- Currently General Secretary of the Nicaragua Surfing Federation - FENISURF.
- Fully Bilingual

## Contact Information

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