

Surf Emporium February - May Surf & SUP Divas Programme

	February		March		April		May		Key
Tuesday					2	SUP Divas 9am			Surfing Session
Thursday					4	Surf Divas 9am	2	Surf Divas 9am	Includes a Pilates Session
Saturday	2	Surf Divas 2pm	2	Surf Divas 9am	6	Surf Divas 9am	4	Paddle & Pick Up SUP Divas 9am	Breakfast Talk & Surf Session (R70pp)
Tuesday	5	Surf Divas 9am	5	SUP Divas 9am	9	Surf Divas 9am	7	Surf Divas 9am	SUP Session
Thursday	7	SUP Pilates 9am	7	Surf Divas 9am	11	SUP Divas 9am	9	Surf Divas 9am	Includes a Yoga Session
Saturday	9	Surf Divas 2pm	9	Divas RSY	13	Surf & Adaptive Surf Volunteer	11	Breakfast Talk & Surf 9am (R70 pp)	Bootcamp & Surf Session
Tuesday	12	Surf Divas 9am	12	Breakfast Talk & Surf 9am (R70 pp)	16	Breakfast Talk & Surf 9am (R70 pp)	14	Boot Camp & Surf 9am	Run SUP Yoga Programme
Thursday	14	Valentine's Day Breakfast Talk & Surf 9am (R70 pp)	14	SUP Divas 9am	18	Yoga & Surf 9am	16	Surf Divas 9am	
Saturday	16	SUP Divas 2pm	16	Surf & Adaptive Surf Volunteer	20		18	Surf & Adaptive Surf Volunteer	
Tuesday	19	Yoga & Surf 9am	19	SUP Pilates 9am	23	Surf Divas 9am	21	SUP Pilates 9am	
Thursday	21	Yoga & SUP 9am	21	Yoga & Surf 9am	25	SUP Pilates 9am	23	Surf Divas 9am	
Saturday	23	SUP Divas 2pm	23	Boot Camp & Surf 2pm	27	Boot Camp & Surf 2pm	25	Divas RSY	
Tuesday	26	Surf Divas 9am	26	Surf Divas 9am	30	Surf Divas 9am	28	Yoga & Surf 9am	
Thursday	28	Surf Divas 9am	28	Surf Divas 9am			30	Surf Divas 9am	
Saturday									

To sign up, simply head on over to: <https://surfemporium.co.za/events/surf-divas/>

If for any reason you are not able to make the dates in the above schedule, you may also select to join the **Adult Group Surfing Lessons at 9am on a Saturday and Sunday morning each week (men & women)**