Lake Ainsworth activity days
(7-13 years) A fun filled day of activities which may include canoeing, swimming, archery, rock climbing, bike riding and much more at beautiful Lake Ainsworth Centre.
Lake Ainsworth Centre, Lennox Head
9am – 4pm daily
Wednesday 11 and Friday 13 April 2012
Cost $55 per day

Extreme fun – sailing
(10-14 years) An opportunity for teenagers to learn sailing fundamentals and become proficient in the skills required for rigging, racing, teamwork and safety. Participants will have plenty of opportunity to practise their new skills on the day.
Lake Ainsworth Sport and Recreation Centre
9am – 4pm daily
Thursday 12th and Monday 16th April 2012
Cost $55 per day

Surf clinic (Level 1)
(8 - 15 years) If you want to learn to surf or simply brush up on your existing skills, this is the perfect program for you. Learn about safe surfing, skill development, rips, currents and surfing etiquette.
Lennox Head – Meet at Sport & Recreation Centre
Thursday 12 and Friday 13 April, 9am – 4pm daily
Cost $130

Surf clinic (Level 2)
(8 - 15 years) If you have previously completed the Level 1 Surfing program and are looking to improve on your surfing skills, then come and join us as we take you through wave selection, turning and dismounting correctly, paddling and catching unbroken waves.
Lennox Head – Meet at Sport & Recreation Centre
Monday 16 and Tuesday 17 April, 9am – 4pm daily
Cost $130

Surf clinic (Level 3)
(10 - 15 years) Level 3 consists of intermediate surfing skills and techniques including wave negotiation, catching and riding unbroken waves, trimming left and right and the introduction of bottom to top turns. Learn how to: identify a set of waves; time your paddle out to flat water; choose safe entry and exit points and utilise your skills to eliminate danger.
Prerequisite - must have previously completed Level 1 and 2.
Lennox Head – Meet at Sport & Recreation Centre
Wednesday 18 to Friday 20 April, 9am – 4pm daily
Cost $220

How to enrol
By phone: Call (02) 6618 0400 and have your credit card details ready (Visa, MasterCard).
By fax: Complete the enrolment form, include your credit card details and fax to (02) 6687 4175.
By mail: Complete the enrolment form and send to:
Sport and Recreation
PO Box 121
Lennox Head NSW 2478