



IT'S ON Information Sheet

(everything you need to know for your surf lessons with IT'S ON)

The Basics:

Our surf lessons include transport to and from the beach, the use of a wetsuit and surfboard, and insurance. We accept students of all levels: first time surfers to advanced, and children 8 years of age and older.

We surf at either the Salie Sud Beach in La Teste de Buch or Vivier in Biscarrosse. There are multiple departure points for the surf van: the Arcachon train station, the Centre Nautique Pierre Mallet (Arcachon), and the parking at Rue du Baou (La Teste de Buch). If you're not sure which departure point is closest to your accommodations, we are happy to help you out! Just send us a message :)

Between transport to and from the beach, walking down to the surf spot, plus the surf lesson itself, the total lesson time is about 4 hours.

What to bring:

Wear your swimsuit and bring along a small bag or backpack with a change of clothes, towel, bottle of water, snack, and any other beach essentials you may need (sun cream, hat, sandals, jacket - according to the day's weather). Please leave your valuables at home.

What to expect:

Our surf van will pick you up and bring you to the beach. Once you arrive at the beach parking, you will walk down to our surf spot with the other participants (10-15 minutes depending on where we are surfing). The surf instructors will be waiting there for you with everything you need for the lesson. Once everyone has changed into their wetsuits, it's time to surf! Each lesson lasts 2 hours, with at least 1.5 hours in the water and around 30 minutes of warming up, coaching, etc. After the lesson, the surf van will bring you back to Arcachon/La Teste.

Contact information:

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