

Body Boarding



Body Boarding is a way of being carried into the beach by riding the crest, curl or face of the wave. The professionals traditionally use swim fins for extra speed!

This gives instant satisfaction when a wave is caught without having to then stand up. This is a great way to build confidence, and to learn about the waves and when to catch them for maximum ride time.

We team up with Sam at Atlantic Pursuits to provide a half-day session.

Due to the nature of this activity, groups of 30 can do this together, although they will be divided into smaller groups working with their own instructors.

For more information please contact us.

