



# Surfing for Tweens!

## Learn the Basic Practices and Principles of Surfing

**Our very own surfing legend, Peter Pan of Narragansett Surf and Skate will take them through strength and conditioning, core, balance, and techniques of surfing. This will get them prepared to go out on to ocean surfing or even on a paddle board! With surfset the boards are provided, but do wear workout clothes you can get up and move in!**

**Register at the Front Desk!**  
**(Parents needed for Child Registration)**  
**Class: January 5th- March 3rd**

**Studio 1**  
**Mondays & Fridays**  
**3:00pm-4:00pm**  
**Members: \$68**  
**Non Members: \$136**



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