

SANI  
RESORT

SANI  
*ACADEMIES*



# SANI ACADEMIES

## The experiences of a lifetime, during your stay at Sani

The Sani Academies collection provides children and adults with exquisite adventures and the opportunity to acquire new skills, all within the beautiful grounds of the resort. As a luxury destination, Sani resort has naturally ensured that each of these academies is run by leading experts in the field, supported by experienced coaches and instructors.

Within this safe environment our young guests learn and play with the best-of-the-best; acquiring the technical knowledge and physical skills taught to their idols.



## AT A GLANCE

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### **Sani Tennis Academy**

*By The Rafa Nadal Tennis Center*

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### **Sani Football Academy**

*With Chelsea FC*

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### **Sani Sailing Academy**

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### **Sani Scuba Diving Academy**

*Certified by PADI*

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### **Sani Bike Academy**

*By KTM Bikes*

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### **Sani Water Ski Academy**

*By British Water Ski & Wakeboard (BWSW)*

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### **Bear Grylls Survival Academy**

*By Bear Grylls*

## Reference map

1. Sani Tennis Academy
2. Sani Football Academy
3. Sani Sailing Academy
4. Sani Scuba Diving Academy
5. Sani Bike Academy
6. Sani Water Ski Academy
7. Sani Survival Academy



# RAFA NADAL TENNIS CENTRE

## **SERVING UP SKILLS AND FUN FOR ALL AGES**

Fans of the yellow felt ball can expect tennis in a big way at Sani as we welcome players of all ages to the Rafa Nadal Tennis Centre. Developed by the Grand Slam-winning tennis legend, this awesome addition to our portfolio of sports facilities is a rare opportunity for all the family to hone their tennis skills and have a lot of fun doing so.

Whether a beginner or pro, we'll make sure you return home fitter, healthier and an all-round better player. With brand new facilities and expert coaches, our Tennis Centre uses the same training methods that took Rafa all the way to the world number one spot – methods that are tried and tested by the Rafa Nadal Tennis Academy. Our programme not only focuses on the champion's technical and physical preparation, they also embrace elements of his personal values and mental training. Our Tennis Centre uses the same training methods that took Rafa all the way to the world number one spot – methods that are tried and tested by the Rafa Nadal Tennis Academy.

**Court Rental available:** 40€/hr, 60€/1.5hrs

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\*Tennis shoes must be worn on all courts. Please note that tennis shoes can also be purchased from the Rafa Nadal Tennis Centre Retail Store or from Sani Marina.



# ADULT PACKAGES

## TENNIS MORNING ADULT

Want to share your experience with players from all over the world? At the Total Tennis you can train in small group sessions and share amazing times on the court. Our Rafa Nadal Tennis Centre coaches give all the players a level test before the program begins to assign them a training group according to their level of play. Improve your tennis game enjoying group training according to your level of play that allows you to learn and compete against other participants.

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**Duration:** 5 days

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**Hours of weekly training:** 2 hours daily

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**Schedule:** 8:00 – 10:00 / 10:00 – 12:00 from Monday to Saturday  
2hours/day

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**Objective:** To improve your tennis level training with other players who have the same level of play as you. Improve your technique and compete.

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**Ratio:** 1/4

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**Programme level:** MEDIUM intensity

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**Rates:** 360€

## TENNIS AFTERNOON ADULT

Want to share your experience with players from all over the world? At the Total Tennis you can train in small group sessions and share amazing times on the court. Our Rafa Nadal Tennis Centre coaches give all the players a level test before the program begins to assign them a training group according to their level of play. Improve your tennis game enjoying group training according to your level of play that allows you to learn and compete against other participants.

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**Duration:** 5 days

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**Hours of weekly training:** 2 hours daily

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**Schedule:** 16:00 -18:00 / 18:00 – 20:00 from Monday to Friday

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**Objective:** Improve your tennis level training with other players who have the same level of play as you. Improve technique and compete.

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**Programme level:** MEDIUM Intensity

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**Rates:** 360€

# ADULT PACKAGES

## CARDIO TENNIS

Improve your fitness level while you have fun playing your favorite sport. Combine workouts on the tennis court with cardiovascular exercises that help you improve your fitness level and maximize your performance. Cardio Tennis is a fun GROUP activity for anyone who wants to improve their fitness level while working on the technical and tactical aspects of the game. Our coaches adapt the class to the rhythm of the group and their tennis level to obtain the best results.

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**Schedule:** Upon request

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**Objective:** To improve your fitness level in a fun way with functional exercises while you train and acquire new skills to improve your current tennis level.

**Ratio:** 1/8

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**Programme level:** VERY HIGH Intensity

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**Rates:** 1 / 60€ 120€ 180€ 240€ 300€ 350€ 400€ 455€ 490€ 500€  
2 / 90€ 180€ 270€ 350€ 430€ 510€ 600€ 680€ 750€ 800€



# CHILDREN'S PACKAGES

## TENNIS MORNING JUNIOR

Want to share your experience with players from around the world? At the Total Tennis you train in small group sessions and share great moments on the tennis courts. Our Rafa Nadal Tennis Centre coaches test all participating players at the beginning of the program to assign them a training group according to their level of play. Improve your tennis game while you enjoy group training that allows you to compete against other participants. This medium intensity weekly training program is for players ages 5 to 18 who play regularly 2 to 3 times a week.

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**Duration:** 6 days, Monday to Saturday

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**Hours of weekly training:** 1,5 / 2h hours daily

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**Schedule:** 10:00 - 11:30 (5-7 years old)

08:00 - 10:00 (8-12 years old)

10:00 - 12:00 (13-18 years old)

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**Objective:** Maximize strengths and minimize players weaknesses

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**Ratio:** 1/4

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**Programme level:** MEDIUM intensity

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**Rates:** 300€

## TENNIS AFTERNOON JUNIOR

Need to prepare your game for competition? This group tennis programme allows you to train with the Rafa Nadal Tennis Centre coaches by using a complete exercise point system where real tactical situations of competition are created. During the programme you work and improve on different aspects of the game: hitting the ball from the baseline, attack, net game, first strokes after serving and receiving, etc... The points earned after each exercise are reviewed individually by our coaches. In this complete programme you work specifically on the technical, tactical and mental game. We focus on concentration and self-control, that are important aspects in tennis. Coaches help you maintain a high intensity training, focusing always on the respect toward other players and fair play. Are you ready to compete?

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**Duration:** 5 days, Monday to Friday

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**Hours of weekly training:** 2 hours daily

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**Schedule:** 16:00- 18:00 & 18:00 – 20:00 (8-12 years old)

16:00-18:00 & 18:00 – 20:00 (13-18 years old)

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**Objective:** To compete based on the Rafa Nadal Academy by Movistar training and value system.

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**Ratio:** 1/3

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**Programme level:** MEDIUM Intensity

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**Rates:** 300€



## PRIVATE LESSONS

### REGULAR SCHEDULE

If you are looking for a high intensity tennis experience, this is your programme. It's an individual training or small groups package with the Rafa Nadal Tennis Centre coaches who adapt each session to your needs and level of play to improve your performance and game.

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**Duration:** Daily

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**Hours of weekly training:** 1-10 hours

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**Schedule:** 07:00am. – 20:00pm (one lesson: 1 hour)

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**Objective:** To maximize the strengths and minimize the weaknesses of each player, while trying to improve performance in all areas of the program: tennis and fitness training.

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**Ratio:** 1/1, 1/2

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**Programme level:** VERY HIGH Intensity

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**Rates:** 1/90€ 165€ 250€ 330€ 400€ 470€ 550€ 630€ 700€ 760€

2/ 130€ 245€ 365€ 485€ 570€ 680€ 785€ 895€ 990€ 1160€

# RAFA NADAL TENNIS CENTRE

## AT A GLANCE

**8 clay tennis courts**

**An outdoor lounge**

**Service Periods:** April – October

**Hours of Operation:** 08:00 – 22:00

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## SANI RESORT

Halkidiki, Greece

630 77 Kassandra

SANIRESORT.GR

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Reservations: through the Sani [website](#)

Mobile Application, hotels reception and email

[rnadal@saniresort.gr](mailto:rnadal@saniresort.gr)

Rafa Nadal Tennis Centre services availability is limited due to space and care ratios. We strongly advise pre-booking to avoid disappointment.





**SANI FOOTBALL ACADEMY**  
IN ASSOCIATION WITH CHELSEA FC

**SANI**  
RESORT

TRAIN WITH THE  
*CHAMPIONS*



**Sani** takes the lead once again with a fantastic move that will leave the competition standing. All our younger guests will enjoy the opportunity to train with the **Chelsea FC International Soccer School Coaching Team**, representing one of the world's leading football clubs. It's a fabulous chance for them to improve their soccer skills with the professionals - and just another way in which Sani adds value to a family holiday.

Any budding premiership players aged 4-16 years can join in the training at our **Chelsea FC International Soccer Centre**. It offers an outstanding football development programme with a UEFA-approved football pitch and a state of the art Club House. There will be training camps held six days a week that promise lots of active fun for children of ALL abilities under the careful eyes of professional coaches. They'll cover skills from dribbling to shooting, as well as organising five-a-side games; a great way for kids to make new friends and learn to work as part of a team. It's also just one of the ways that we bring guests of all ages the opportunity to pick up new skills and make a visit to Sani even more worthwhile.

- Location: next to Sani Pump Track
- Features UEFA approved football pitch
- Dedicated Football Club House
- Reservations made via the Sani website, Mobile Application and at hotel receptions



### MINI KICKERS AGES 4-6

MONDAY – FRIDAY:

08:30-09:45

RATES:

- 1- day course 145€ per child
- 2- day course 165€ per child
- 3- day course 190€ per child
- 4- day course 200€ per child
- 5- day course 215€ per child
- 6- day course 245€ per child
- 7- day course 255€ per child
- 8- day course 280€ per child
- 9- day course 295€ per child
- 10- day course 305€ per child

**SOCCER SCHOOL AGES 7-14** (Players will be accommodated into appropriate age groupings).

MONDAY - FRIDAY:

April - September: 10:00-12:00, 17:15-18:45

October - November: 10:00-12:00, 16:30-18:00

RATES:

- 1- day course 160€ per child
- 2- day course 205€ per child
- 3- day course 255€ per child
- 4- day course 275€ per child
- 5- day course 305€ per child
- 6- day course 360€ per child
- 7- day course 380€ per child
- 8- day course 430€ per child
- 9- day course 460€ per child
- 10- day course 480€ per child

**SATURDAY ONLY , FREE OF CHARGE**

WELCOME KIT PACKAGE NOT INCLUDED

Mini Kickers (4 - 6 years ) - 08:30 – 09:45

World Cup Soccer Stations (7 - 9 years) - 09:55 – 11:10

World Cup Soccer Stations (10 - 17 years) - 11:15 – 12:30

- 10% additional discount for children of the same family – discount is applied upon arrival at Chelsea Football Club.



SANI  
RESORT



**BEAR GRYLLS  
SURVIVAL ACADEMY  
AT SANI RESORT**



# BEAR GRYLLS *SURVIVAL ACADEMY*

IN ASSOCIATION WITH THE BEAR GRYLLS SURVIVAL ACADEMY

## **SERVING UP SKILLS AND FUN FOR ALL AGES**

An exciting challenge for guests, young and old to enjoy during their stay at Sani Resort. The Bear Grylls Survival Academy is a once-in-a-lifetime opportunity to learn expert survival skills within the unique natural surroundings of Sani resort. Guests take part in this exclusive adventure, created by Bear Grylls himself, with the guidance of his hand-picked team of instructors.

Build shelters and fires, learn to navigate and signal for help, all while training your inner naturalist. The ideal experience for adventurous children, fun-loving families or outdoor enthusiasts, The Bear Grylls Survival Academy is an expedition you'll never forget.

Find out what you're made of!

**BEAR GRYLLS  
SURVIVAL ACADEMY**





# *FAMILY* COURSES

The Family Course begins with a map, where participants must find Base Camp to meet their instructors. At Base Camp, you'll start with "priorities of survival" then a concealment lesson to help you blend into your environment. Everyone will then leave base camp on Bear's survival journey to rescue, through the Sani Forests, stopping at each Survival Zone along the way for a special survival lesson.

## **AT A GLANCE**

From ages 8+  
09:00-12:00

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## **PRICE**

Complimentary

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## **COURSE**

16 participants, 2 instructors.





# ADULTS & TEENS COURSES

A more demanding survival course designed for older participants who are ready to be pushed to their limits. Set in the forest, this session focuses on staying alert, navigating the terrain, scanning for resources, building a shelter, establishing fire before nightfall. Participants also learn to handle survival and tactical equipment.

Preparation, awareness, and adaptability are key.

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## AT A GLANCE

From ages 16+

MONDAY WEDNESDAY FRIDAY 15:00 - 17:00

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## PRICE

Complimentary

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## COURSE

16 participants, 2 instructors



# ADVANCED PRIVATE LESSONS

## CUSTOMIZE YOUR OWN EXPERIENCE TO FIT YOUR NEEDS

Adults only

Teens only

Kids only

Family only

## AT A GLANCE

Upon request

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## PRICE

Charged per hour

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## COURSE

Minimum 1 participant

# SANI SAILING ACADEMY

## For Children, teenagers and adults

Sani Resort looks to instil a love of sailing in even its youngest guests, aimed at attracting the nautical attention of Sani holidaymakers and local residents alike. The Academy courses are specially tailored for children aged 8+ and adults. Designed as a complete "introduction to sailing" for children and teens, sessions are both knowledge and skill-based. The programme covers trainings on dry land and off-shore as well, and parents are welcome to watch the races.

The Sani Sailing Academy strongly supports the participation of children in the local community, too and offers one complimentary place per week to encourage this.

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### Certificate of Attendance

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**Duration:** May - August



# SANI SCUBA DIVING ACADEMY

Certified by PADI

Diving experiences for all levels at the Sani Resort Scuba Diving Academy - including globally-recognized PADI courses.

Whether trying scuba for the first time or an experienced diving enthusiast, the Sea World Diving Centre at Sani Beach has something for you. With professional equipment and certified PADI instructors, there's a wide selection of under-water excursions to enjoy, including a visit to a shipwreck.

Our centre is a PADI authorized 5 Star IDC Resort, supported by DAN (Dive Alert Network) EUROPE, which follows recognised programmes and training methods leading to internationally recognised PADI certification. Courses include introductory lessons, options for children and advanced courses such as deep, multilevel, wreck and night diving.

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**Opening hours:** 9:00am - 6:00pm

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**Rates:** Contact Sea World for details

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**Location:** Sani Beach, Building B

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**Contact:** +30 23740 31745, seaworld@seaworld.gr



# SANI BIKE ACADEMY

By KTM Bike Club

Offering a collection of professional bikes, the Sani Biking Academy invites you to join a tour or organised lessons and sessions during your stay. With certified instructors, a wide selection of bikes and acres to explore, this is bespoke fun for the whole family. A unique cycling experience with tour options and fun extras, like Go-Pro action cameras to take with you and photos taken of your experience.

Bikes can be rented by the hour, day or week with lessons available for adults and children. Couples can head off together on a romantic picnic tour with a packed lunch and family excursions await.

## **Pump Track**

Sani welcomed a state-of-the-art Pump Track to the Biking Academy at Sani Resort, designed to be ridden by making pumping movements to generate momentum. The Sani Resort Pump Track is a unique design for techniques that appeal to the novice rider and professionals alike!



# SANI WATER SKI ACADEMY

We cater for those who have never been on the water before and for those who wish to progress their current skills to the next level. Choose from hourly lessons to full day or weekly packages, individual learning or fully catered camps with touring professionals.

## **CUTTING EDGE – BRONZE AWARD**

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Safety brief & land Lesson

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Assisted deep water start

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Unassisted deep water start

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Edge from side to side between the wakes

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Complete the corner

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Cross both wakes in one pass of the lake

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Controlled riding around two corners



# SANI WATER SKI ACADEMY

## CUTTING EDGE – SILVER AWARD

### STAGE one: Minimum 3 lessons required

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Cross the wakes 4 times in one pass

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Know the hand signals and terminology

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Touch the tip of the wakes with one hand

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Surf up and down the wake

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Cross the wakes 6 times with 25sec

### STAGE two: Minimum 3-5 lessons required

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Lift a ski fir 10" on each leg

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Drop a ski and continue for one pass or perform 1-ski assisted start

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Complete 2 corners in a row

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Cross the wakes 4 ties in one pass

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Ski for 20" with great body position

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Surf up and down the wake

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Complete a deep water start

### STAGE three: Minimum 3 lessons required

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Complete 3 out of 4 unassisted deep water starts

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Perform 6 narrow wake crossings in 20"

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Carry out 6 long, even turns with great body position

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Perform 6 wide wake crossings in 30"

## CUTTING EDGE – BRONZE AWARD

### STAGE one: Minimum 3 lessons required

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Heelside straight air

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Heelside progressive edge with pop

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Heelside grabs front and back hand

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Toeside air

### STAGE two: Minimum 3-5 lessons required

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Backside 50/50

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Backside boardslide 90 out

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Backside 50/50, frontside 360 along the rail

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Backside 50/50, backside 360 along the rail

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Switch backside 50/50

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Frontside 50/50 or lipslide

### STAGE three: Minimum 3 lessons required

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Heelside frontside 180

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Toeside frontside 180

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Heelside half cab 180

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Heelside frontside 180