

# IV DÍA DEL SURF ¡HOLA!OLA. CAMPEONATO DE SURF Y BODYBOARD

## INSCRIPCION GRATUITA PLAZAS LIMITADAS

CLASES GRATUITAS DE SURF

# 25

SABADO

# 8

# 07

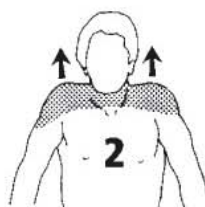
PLAYA DE  
LOS CASTROS  
RIBADEO  
10:00 H.

INFO + INSCRIPCION - [WWW.HOLAOLA.COM](http://WWW.HOLAOLA.COM) - ¡HOLA!OLA - 982 120 064

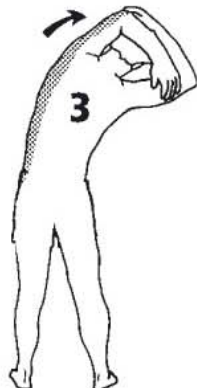
Before and After  
Surfing  
Approximately 6 Minutes



10 seconds  
(page 90)



5 seconds  
3 times  
(page 46)



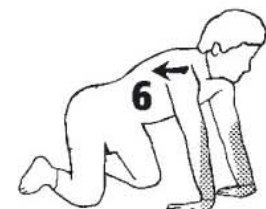
8-10 seconds  
each side  
(page 44)



10 seconds  
(page 47)



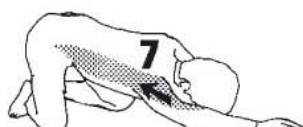
10-15 seconds  
(page 49)



15 seconds  
(page 42)



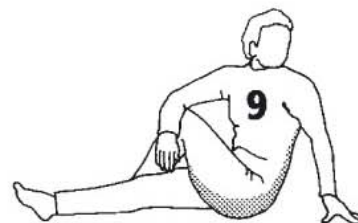
15 seconds  
(page 42)



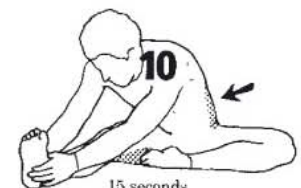
10 seconds  
each arm  
(page 42)



15 seconds  
(page 58)



8-10 seconds  
each side  
(page 60)



15 seconds  
each leg  
(page 49)

PATROCINAN



COLABORA



CONCELLO DE RIBADEO