

# LIL' GROM ITINERARY

SWIMMERS & NON-SWIMMERS

(AGES 4-7)

## AM SESSION:

- 8:00-8:30 Staff sets up
  - 8:30-9:00 Parent sign in, staff assist with wetsuits, rashguard & sunscreen
  - 9:00-9:10 Escort to canopy
  - 9:10-9:15 Story Time while waiting for all campers
  - 9:15-9:25 Game (capture flag, sharks/minnows, relays, JG flags)
  - 9:25-9:35 Introduction, stretching song, yoga moves & exercises
  - 9:35-9:45 Safety Topic (ocean/beach safety, pollution, camp rules)
  - 9:45-10:30 Water check, surf, boogie board, water activity
  - 10:30-11:00 Beach Game, water break & reapply sunscreen
  - 11:00-11:30 Free play (surf & boogie board instruction, water activities, castle building, shell collecting, beach game)
  - 11:30-12:00 Lunch/Snack
  - 11:50-12:00 Half Day escorted to pick up location
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## PM SESSION:

- 12:00-12:15 PM Campers arrive, parent sign in, staff assist with wetsuits
- 12:15-12:30 Full Day campers story time
- 12:15-12:30 Safety Topic
- 12:30-1:15 Full Day campers escorted to restrooms if needed and reapply sunscreen
- 12:30-1:15 Water check, surf, boogie board, water activity
- 1:15-1:45 Game (capture flag, sharks/minnows, relays, JG flags)
- 1:45-2:00 Snack, hydrate and staff reapply sunscreen on campers
- 2:00-2:30 Free play (surf & boogie board instruction, water activities, castle building, shell collecting, beach game)
- 2:30-2:50 Pack up (depending on size of camp and the age, this might start at 2:20)
- 2:50-3:00 Escort Campers to pick up location to be signed out

**PERFECT DAY SURF CAMP**

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