

SURF ALL DAY ITINERARY

(AGES 8-17)

This camp is for the more serious surfer because there will be no boogie boards....only surfing! Surf N' Play Camp you have the option to boogie board and surf, but we want our campers to surf most in all our camps!

AM SESSION:

- 8:00-8:30 Staff sets up
 - 8:30-9:00 Parent sign in, staff assist with wetsuits, rash guard & sunscreen
 - 9:00-9:10 Escort to canopy
 - 9:10-9:25 Beach Game/Sport (capture flag, JG flags, dodge ball, kick ball, etc)
 - 9:25-9:40 Introduction, stretching, light calisthenics & exercises
 - 9:40-9:50 Topic of the day (ocean/beach safety/pollution/surf etiquette/contest trick overview)
 - 9:50-10:00 Sand Surf Pop Up Lesson (if needed)
 - 10:00-10:10 Water safety check (tide/current/rips/swell – if needed)
 - 10:10-11:30 (9:50-11:30 if pop up/water check not needed)
SURF/SURF/SURF
 - 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
Full Day campers beach sports/game
- 12:15-12:45 Intro, Safety Topic & Pop Up Lesson
Full Day campers escorted to restrooms if needed and reapply sunscreen
- 12:45-1:45 SURF/SURF/SURF
- 1:45-2:00 Snack, hydrate and reapply sunscreen
- 2:00-2:30 SURF/SURF/SURF
- 2:30-2:50 Pack up
- 2:50-3:00 Escort Campers to pick up location to be signed out

PERFECT DAY SURF CAMP

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