

# **SURF N' PLAY ITINERARY**

**SWIMMERS & NON-STRONG SWIMMERS  
(AGES 8-17)**

## **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/BOOGIE BOARD**
  - 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/Boogie Board
- 1:45-2:00 Snack, hydrate and reapply sunscreen
- 2:00-2:30 **SURF/BOOGIE BOARD**
- 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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