

PERFECT DAY SURF CAMP ITINERARY

SURF/BEACH (AGES 5-17)

- 8:00-8:30** Set up
8:30-9:00 Early drop off
9:00-9:15 Beach Games (dodge ball, soccer, capture the flag)
9:15-9:30 Introduction / Stretch / light run
9:30-9:45 Daily topic (safety, etiquette, pollution, how to respect the ocean, contest review)
9:45-10:00 Sand Lesson (this is only first day surfing)
9:45/10-11:30 Surf/Boogie Board (10am on Mondays and first day surfers will need sand lesson)
11:30-12:00 Lunch/Hydrate/Sunscreen
AM Campers: pack up and escorted to drop off/pick up location
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- 12:00-12:15** Full Day: Beach Games or surf/boogie board
PM Campers: topic of the day
12:15-12:30 Full Day: Beach Games or surf/boogie board
PM Campers: stretch, light run
12:30-12:45 Full Day: Beach Games or Surf/Boogie board
PM Campers: Sand Lesson (campers first day only)
12:45-2:30 Surf/Boogie Board
2:30-2:45 work on getting out of the water for snacks/hydrate/clean up
2:45-3:00 Gather belongings & walk up to drop off/pick up location & Sign out

BEACH CAMP FOR PRESCHOOLERS (AGES 3-7)

- 8:00-8:30** Staff set up
8:30-9:00 Early Drop off, help put on wetsuits, **sunscreen**, give rash guards & escort to canopies
9:00-9:15 beach activity/games while waiting for all to arrive
9:15-9:30 topic of the day – Monday always longest “rules & regulations”
9:30-9:45 songs while stretching, yoga & light run
9:45-10:30 Beach games, beach sports or activities scheduled daily
10:30-11:30 Surf, Boogie Board, Water play, Sand Castles divide into 2 groups Group 1: the experienced swimmers for surfing/boogie boarding Group 2: beginner to non swimmers that need one on one instruction.
11:30-12:00 Lunch under canopy
12:00-12:15 Full Day campers **SUNSCREEN** & Bathroom time
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- 12:00-12:15** PM campers circle time, topic of the day
12:15-12:30 songs while stretching, yoga & light run
12:30-1:00 Beach games, beach sports or activities scheduled daily
1:00-1:45 Surf, Boogie Board, Water Play, Sand Castles
1:45-2:00 Snack, water and **sunscreen** break
2:00-2:30 Surf, Boogie Board & Water Play, Sand Castles
2:30-2:45 Exit water, dry and change clothes, gather belongings, pick up trash
2:45-3:00 Start walking up for parent or authorized person to pick up and must sign out.

Please note that any child who is not a good swimmer will only get instruction in the ocean on days where the tide and swell are safe enough to prevent them from getting dunked. It will be very difficult to get them back into the ocean if dunked and defeat our purpose.

If your 7-year-old wants to surf and boogie board most of the day with less structure, register him/her for our surf/beach camp not the preschool camp.