

# JG PREP PROGRAM

(AGES 8-14)

## Itinerary:

### AM SESSION

8:00-8:30	Set up
8:30-9:00	Early drop off
9:00-9:10	Beach Games (dodge ball, soccer, capture the flag)
9:10-9:20	Introduction
9:20-9:35	Daily topic (safety, etiquette, pollution, how to respect the ocean, daily review)
9:35-9:45	Lifeguard check / Water check (currents, tides, pot holes, temperature, swell)
9:45-11:30	Run / Ocean Swim / Lifeguard games, drills / surfing / boogie boarding / body surfing
11:30-12:00	Lunch/Hydrate/Sunscreen

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### PM SESSION

	AM Campers: pack up and escorted to drop off/pick up location
12:00-12:10	Full Day: Bathroom Break PM Campers: topic of the day (safety, etiquette, pollution, how to respect the ocean, daily review)
12:10-12:20	Beach Games (dodge ball, soccer, capture the flag)
12:20-12:30	Lifeguard check / Water check (currents, tides, pot holes, temperature, swell)
12:30-2:00	Run / Ocean Swim / Lifeguard games, drills / surfing / boogie boarding / body surfing
2:00-2:30	Free Play
2:30-2:45	Clean up area and pack belongings
2:45-3:00	Escort campers up to drop off/pick up location & Sign out

**PERFECT DAY SURF CAMP**

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