

SURF CAMP ITINERARY

3 Stations:

Station 1 - ages 4-8

Station 2 - ages 8-11

Station 3 - ages 12-17

ALL FRIENDS AND SIBLINGS GROUPED AT CAMP IF PREFERRED

9-12AM SESSION:

9:00 Beach games (dodge ball, sharks & minnows, volleyball, etc)
9:20 Introduction & name game
9:30 Stretching / Exercises
9:40 Topic of the day
9:45 Surfing, Boogie board lessons and water games
10:30 H2O/sunscreen break/snack
10:45 Surfing, Boogie board lessons and water games
11:35 Pack up (lunch for full day campers)
11:45 Walk up half day campers
Sanitize equipment & pack up unused equipment

12-3PM SESSION:

12:00 Check in PM Campers/Full day restroom run
12:10 Sunscreen
12:15 Beach Games
12:35 Intro, Safety Topic & Pop Up Lesson
12:45 Surfing, Boogie board lessons and water games
1:45 H2O/Sunscreen/Snack Break
2:00 Surfing, Boogie board lessons and water games
2:30 Last Wave Call & begin to Pack up
2:45 Escort Campers to be signed out

10:00-2:30 Camps

10:00-10:05 Sign in

10:05-10:20 Beach games & exercises

10:20-10:35 Safety Topic

10:35-10:45 Sand Lesson

10:45-12:00 Surf/Boogie Board

12:00-12:30 sunscreen/sanitize/lunch

12:30-1:00 Beach games

1:00-2:15 Surf/Boogie board

2:15-3:00 Pack & walk up to sign out