

# School Holiday Program Information 2009

## **Surf Safety**

Surf Safety ever be required. survival techniques should they beach, as well as developing self on the dangers associated with the discussion to educate children Everyday begins with a Surf Safety

## **Sun, Sand & Surf**

Enjoy everything the beach has to offer. Learn about the surf, participate in activities on the sand and in the water.

## **Nothin' But Paddling**

The focus of today's program is on board paddling. Learn the skills to help you negotiate the surf and catch waves back to the beach.

## **Games, Games, Games**

Play a wide variety of novelty games both in the water and on the sand.

This day has many activities planned, but also allows the participants to choose what games they may prefer to play.

## **Let's Have A Run**

Participants will be learning the art of running in the sand and in the water. Activities will include an endurance run, beach sprints, beach flags, running on hard sand, running through knee deep water and running out to the wave zone.

## **Survivor Challenge**

Get in teams and race each other through a number of challenges to find out who is the ultimate survivor. Find buried gear, race through the obstacle course, wade through the surf to get to your board plus many other activities.