

SURF CLUB ITINERARY

10:00-2:30

10:00-10:05 Sign in

10:05-10:20 Beach games & exercises

10:20-10:35 Safety Topic & Review what to work on

10:35-12:00 SURF

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

12:30-1:30 SURF

1:30-1:45 Sunscreen/snack/water

1:45-2:15 SURF

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