

# 12 - 14 YEARS

## Surf and Turf

### Surf Camp+



	Morning	Afternoon	Evening
Sunday		<b>5pm: Arrive at Skern Lodge</b> <i>Rooming, introductions and dinner.</i>	<b>Skern Pool Olympics</b> <i>Fun competitive team games in the swimming pool.</i>
Monday	<b>Assault Course &amp; Archery</b> <i>Team based assault course.</i>	<b>Surfing</b> <i>The start of your surfing journey will involve getting to know your current ability, staying safe and using the environment and also the equipment needed throughout the week.</i>	<b>Surf Talk on a Walk</b> <i>A walk in the local country park taking opportunity to talk about tides, wave formation and other surf related topics.</i>
Tuesday	<b>Climb &amp; Abseil</b> <i>Explore your Agility, Balance and Coordination, all of which are core components of a successful Climber. Of course what goes up must come down, so each climb finishes with an abseil.</i>	<b>Body Boarding</b> <i>This fun filled approach to conventional stand up surfing applies the use of waves as energy, timing and technique.</i>	<b>Camp Fire</b> <i>An evening to relax, build and enjoy a fire together, telling stories and roasting marshmallows as dusk falls.</i>
Wednesday	<b>High Ropes</b> <i>An adrenalin filled session taking in the high life on our ropes course on the Centre.</i>	<b>Surfing</b> <i>A progressive session building on skills and being coached for further improvement.</i>	<b>Pool Kayak</b> <i>An introduction to Kayaking in the warmth and safety of our on-site swimming pool.</i>
Thursday	<b>Surfing &amp; Surf Ski</b> <i>This sessions brings together the skills of kayaking and surfing in one action packed, often quite demanding but fun session on the beach.</i>	<b>Tunnels</b> <i>The on site tunnels maze provides a contrasting session to the other wet ones. A guided explore of the unknown!</i>	<b>Zip Wire</b> <i>An evening of simple zip lining - An enjoyable and totally immersive blast!</i>
Friday	<b>Surfing</b> <i>A final surf gives you a real chance to appreciate and show off all of your new skills, before a well earned rest!</i>	<b>1pm: Depart</b>	

Order of activities will be subject to tides and conditions.

