

Surf 2 Success

Week	Activity	Location	Session duration
1	Meet kids, introduce project, pre course questionnaire, fitness test, goal setting	School	2 hour session
2	Swimming, Body Boarding, Surfing	On the beach	2 hour session
3	Surfing , Stand Up Paddle boarding	On the beach	2 hour session
4	Yoga, Mindfulness & Surf fitness	School	2 hour session
5	Ocean Lifesaving techniques	On the beach	2 hour session
6	Big Beach day, comprising of all sports	On the beach	All day
7	End of course questionnaire ,fitness test , goal setting	School	2 hour session