

# Ebbing Tides Stand Up Paddle Boarding

where exploration meets education!



## 2019 Chic's Beach SUP Camp

Get your kids outside, on the water, paddling, fishing, and having a great time this summer with Ebbing Tides Chic's Beach SUP Camp! Each day is a completely different from the next. We could paddle right along a pod of dolphins, investigate an exposed sandbar or spend the day catching and identifying crabs & fish. Either way, your child will have a SUPER time and be surrounded by nature and explore their way through the environment.

All SUP Camps are led by an American Canoe Association (ACA) Stand Up Paddle board instructor and certified life guard. In addition, these camps will offer your child the chance to learn about the various aquatic habitats found in Virginia Beach. We strive to insure all campers have a fun, educational and safe experience. Each camp has the kids on the paddle boards, learning proper paddle strokes and techniques, water safety and rescue tactics and getting up close to as much of the local wildlife that they are comfortable with. On the last day of the camp, we have the kids complete a long distance paddle and mock rescue; this insures they meet all the ACA SUP level 1-2 standards. Upon completion, each participating SUP Camper receives an official ACA Trained SUP Card. Camp is limited to 5 SUP'ers, and daily activities are dependent on water/weather conditions. Camps are divided into age ranges to best accommodate the abilities of children with different ages. Camps are held either at the Lynnhaven Inlet or Chesapeake Bay (near Buoy 44). Site selection is based on wind and water conditions.



- **Day 1/2 BAY** - On Day One, we start off with the basics of SUP. Kids learn the parts of the board and essential gear to take along on a paddle trip. After learning the proper paddling techniques, we will refine our skills through various games and races. As a bonus, each camper will be given the opportunity to catch and identify some of the bay critters, as we will have buckets and nets with us too.
- **Day 3/4 INLET** - Once the kids have the basics down, we apply their new skills on a marsh expedition. They will get the chance to get muddy, catch fish and crabs, and look for hidden treasures with our orienteering activity.
- **Day 5 BAY**- The last day of camp calls for the long one. We paddle anywhere from 2-4 miles in the bay, where we stop at the sand bars and maybe will see a pod of dolphins. After the long trip, we have a beach party for the kids with music, ice cream, sand castle competitions, ukulele lessons, friendship bracelets, shell friends, and more. A great way to end the camp!

Call to reserve your child's adventure today!

**757-567-4601**

Ebbing Tides



(757) 567-4601



Chic's Beach SUP Camp

Registration Form



Your kids will learn the proper technique and skills for a fun and safe paddle! See dolphins 🐬, or catch a wave 🌊 while we explore salt marshes and learn all about the ecology of the Chesapeake Bay! Each camp runs from 9 am to 3 pm, Monday-Friday! Price before May 1, 2019 is \$275 after May 1 the price is \$295 per camper. At the end of the camp, all campers will receive a certificate of completion from the American Canoe Association for SUP Level 1 Skills.

**To Reserve your child's SUP Adventure:** Complete this form and mail it along with a \$50 non-refundable deposit to the address below. Remaining balance is due no later than the start of camp. *Please make payments out to Ebbing Tides*

Ebbing Tides Eco Tours, LLC  
4425 Shore Drive Suite 104  
Virginia Beach, VA 23455

Child's Name: \_\_\_\_\_ Child's Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_

Parent's Phone # \_\_\_\_\_

Parent's Email: \_\_\_\_\_

Does your child:  know how to swim  have allergies  need medication during the day

Please list allergies or medication needed during camp: \_\_\_\_\_

We will be tie dying Camp T-shirts, please select your child's size: Youth S M L XL Adult S M L XL

Select your child's adventure:

\_\_\_\_\_ June 17-21

\_\_\_\_\_ July 15-19

\_\_\_\_\_ Aug 5-9

\_\_\_\_\_ June 24-28

\_\_\_\_\_ July 22-26

\_\_\_\_\_ Aug 12-16

\_\_\_\_\_ July 8-12

\_\_\_\_\_ July 29-Aug 2

\_\_\_\_\_ Aug 19-23

\_\_\_\_\_ Aug 26-30

Confirmation and information for camps will be emailed to the address provided on the form above upon receipt. Due to the limited spots available, all payments are non-refundable after June 01, 2019. Thank you for your interest. We look forward to an exciting SUP Camp!

