

Ebbing Tides Stand Up Paddle Boarding

where exploration meets education!

2017 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 exploring their way through the environment.

All SUP Camps are lead 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 different abilities of different aged children. Camps are held either at the Lynnhaven inlet or Chesapeake Bay (near Buoy 44). Site selection is based on wind and water conditions.

Ages 8-10

- June 26-30
- July 24-28
- Aug 14-18

Ages 11-14

- June 19-23
- July 31-Aug 4
- Aug 21-25

- **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 bracelts, shell friends, and more. A great way to end the camp!



Call to reserve your child's adventure today!

757-567-4601

