

Paddle Board Camp Outline

What to Bring:

Hardy lunch and snacks with little sugar and lots of protein

Full Water Bottle

Sun hat & stocking cap

Sunscreen

Sun glasses with strap

Short or long pants depending on weather

Short or long sleeve t-shirt depending on the weather

Warm jacket, Not Cotton (fleece is best)

Rain gear or light jacket

Tennis shoes, sandals or hard sole water shoe, No flip-flops (shoes will get wet and dirty)

Change of clothes (the ones they are wearing will get wet)

Towel

* Please put your name on all of your belongings and bring them in a backpack.

What's Included:

Paddleboard, paddle & all safety equipment

Itinerary:

Monday: Introductions and play games to get to know everyone, learn how to fit our equipment and learn the basics of Paddleboarding. Learn and Educate about water safety and what to be aware of at our lakes and reservoirs. Take short break, eat snack drink liquids chat with friends and campers. Play games, relays and races and work on our new paddling techniques.

Tuesday: Learn what to do if your paddle board tips over, What to do if waters get rough. Learn how to turn and steer your board around buoys and obstacles in water. Perfect stance, learn different Paddle strokes. take a short break and have lunch or snack. Then off to work on our new skills of the day and paddle up provo river search for fish and educate campers the importance of keeping our lakes and reservoirs clean and trash free, play games/relays/races.

Wednesday: Work on first two days techniques, play games, races and relays. Take break lunch/snacks. Quiz kids on what they have learned. Let all campers try other non motorized equipment we have. I.e. Kayaks, canoes, water bikes, paddle boats.

Thursday: Intro to paddle board yoga, learn a few more paddling techniques, learn to paddle into a wave when surfing. Take break lunch/snacks. More games and races.

Friday: Paddle out into main lake play games, have races and put these new skills to the test. Take short break lunch/snack and end the day and camp with a relay race, games and snow cones. Talk with parents about coming back throughout the summer and paddling.

Pick up & Drop off:

Utah Lake Provo Marina: 4400 W Center St Provo, UT 84601

Children may be dropped off up to 15 minutes before class begins. If you are more than 15 minutes late arriving your child may or may not be able to attend that days session.

Children must be picked up no later than 20 minutes after the session.

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What makes Utah Paddle Boards a good choice?

Our staff are professionally Trained by experienced Instructors

Our Instructors are CPR and First Aid Certified.

We keep a low Instructor to student ratio for lots of individual instruction and supervision.

Participants will use paddling gear fit for them. Specialized youth paddles, life-jackets and SUP's.

All parents must fill out a release of liability and medical history form. Children may not attend camp without these forms.