

# BEACH COMBERS, entering grades 9-11

## Sample daily Schedule

- 6:00am **Surf Club** - for campers who want to start the day with a morning ocean session
- 6:15am **YMCA Camp Surf Lifeguard Service opens.** The first waves of the day are up for grabs with our morning Surf Club campers (optional)
- 7:00am **Rise and Shine** (Surf Club ends, go get rinsed off)
- 7:25am All camp **Flag Raising** at Pirates Cove
- 7:30am **BREAKFAST**- 3 cereal choices, a fresh fruit and yogurt bar, and a hot option (eggs, pancakes, sausage, waffles, etc.) each morning. Milk, water, juice. Campers are encouraged to start their day with a well-balanced meal.
- 8:15am **Morning cabin time** - bunks, teeth, cabin clean up, sunscreen, cabin meeting, etc.
- 8:45am **Morning activities**, sunscreen, H<sub>2</sub>O, hats. **9-12:** Before first ocean lesson: **Swim screen** -every camper is evaluated for level of comfort and confidence in the ocean. **Waterfront Orientation**-by ocean lifeguards. *Beach combers rotate through activities with their cabin group. (Surfing, Body Boarding, bike, etc. )*
- 12-2pm **LUNCH**- Sandwiches, potato bar, tacos/burritos, grilled cheese, pizza, etc. and a full salad bar. Everyone is encouraged to drink up to 3 glasses of water at every meal to stay hydrated and healthy. **Siesta** - at the cabins for a ~30 minute nap or quiet time. **Camp Store** - visit daily for a snack/drink/souvenirs **Mail** - Snail mail/ BunkOne emails (printed first thing every morning) are passed out after lunch
- 1:45pm **Afternoon activities**, sunscreen, H<sub>2</sub>O, hats.. **2-4:30 (choice activities, teambuilding, etc )** *Campers do activities as a cabin group or as a teen village during choice.*
- 5:25pm All camp **Flag Lowering** at Pirate's Cove
- 5:30 pm **DINNER**- Baked chicken, lasagna, roast beef, stir fry/egg rolls etc. and a full salad bar. We also have dessert after dinner!
- 6:30pm **Shower Time**- campers can shower every day after ocean time, but every cabin has a scheduled MUST shower time twice a week.
- 7:00pm **Evening Program:** Beachcombers enjoy a variety of evening programs each session. Programs include campfire, all camp dance, trip prep, slide show, cabin challenge, sunset surf, outdoor cooking and skits/songs.
- 9pm **Get ready for bed**, teeth and pajamas
- Devotions** - a quiet activity or discussion,
- 10pm **Lights out** - you will need your rest for another full day of fun tomorrow!

## 2 Week Sessions Include

### Choice Activities

Open-activity periods when **campers can choose** activities including skating, archery, ocean kayaking, helping with the younger campers, crafts, or extra water time.

### Day Trips:

- **San Diego Bay trip** is the first opportunity to help organize an all-village trip including kayaking, sailing, surfing on the beach side, and other games and crafts depending on what campers decide.
- **Beach cruisers bike ride** along the Sliver Strand bike path. Each cabin group packs a lunch and plans out their day adventure to Coronado.
- **Popular Surf beach** for a day of snorkeling, surfing a different break, and whatever games, crafts and activities, the campers plan for.

### Overnight Camping Trip:

- A highlight of the program is the **4-day camping trip to San Onofre State Beach**. This special outdoor experience provides endless opportunities to build responsibility, confidence, stronger friendships, and out door skills. Teens work together to plan, pack, and set up all aspects of the trip-from **pitching a tent to preparing and cooking meals** for the entire village. It also provides an opportunity to explore a different beach break and enjoy time relaxing with the continued safety of the camp environment.

## 1 Week Sessions Include

### Choice Activities

Open-activity periods when **campers can choose** activities including skating, archery, ocean kayaking, helping with the younger campers, crafts, or extra water time.

### Day Trips:

- **San Diego Bay trip** is the first opportunity to help organize an all-village trip including kayaking, sailing, surfing on the beach side, and other games and crafts depending on what campers decide.
- **Popular Surf beach** for a day of snorkeling, surfing a different break, and whatever games, crafts and activities, the campers plan for.

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## Program Highlights

**Beachcomber campers have asked us for more responsibility** – so here it is! As our oldest campers they will have opportunities to **assist staff** in many areas of camp. They can **support Watermen** with the cookout, **help Mariners** get ready for the dance, **assist Day Campers** in learning how to surf, plan and **lead an Early Bird** activity, work with the kitchen to set out and **help run a meal**, and even **assist maintenance** with a project.

It is all part of **building in more choice opportunities**, so if time to relax is needed, our teens can also choose more time to surf, climb, skate and ocean kayak with friends.