



## Children's Summer Program

Downunder has an incredible summer program for children. 2 hours in the morning or 3 hours in the afternoon kayaking for a week, after which they'll really know how to 'hold their own' on a kayak and show you a thing or two! Not only do they learn kayaking skills, safety and equipment use, they learn about the environment they paddle in. They develop respect for it and become marine stewards. At Downunder we pride ourselves on having a good time AND making a difference.

### Some of our games

- finding treasure bottles
- steal the tail from the kayak (opposite of pin the tail)
- dock ducking
- sponge fights
- gondolier
- yoga – stretching, balance, coordination
- swimming

### Skills they'll learn – kayaking and stand-up paddleboarding

- forward
- backwards
- sideways
- circles
- stopping

### They learn about the gear

- What to wear, lifejackets, good footwear, sunscreen, hats, water wicking clothing (vs cotton)
- Paddles – how to hold
- Boats – doubles vs singles, how to get in and out, how to STAY in, balance

### About the environment and the conditions they'll be paddling in

- wind
- tides
- weather
- safety

### What to bring:

- Swimsuit
- Watershoes
- Sunscreen
- Hats and sunglasses with croakies
- Rainjacket (lightweight)
- Towel
- Change of clothes
- Drink – bring a reusable water bottle, we have poland springs water
- Snack – we provide fruit and crackers
- Waivers – each parent must sign a waiver and an transport form

### Reservations and Cancellations:

To reserve for camp we just need a credit card #. The number is not charged until the first day of camp – you can certainly pay by check, we just need the cc # as a security. The cancellation policy is one month – credit to another week or kayak rentals if you let us know up to two weeks beforehand. No refunds two weeks prior to camp. In poor weather we have a variety of marine and kayaking related activities we do, as well as field trips. Please sign the emergency and transportation form and bring it with you on the first day of camp.