



PADDLE SPORTS AQUATICS CAMP – ACTIVITY SCHEDULE 2020

Week #1: July 6-July 10

AM – Kayaking & Rowing | PM – Canoeing & SUP

(All activities are designed for girls and boys, Scouts and non-Scouts)



TIME	MONDAY 7/6	TUESDAY 7/7	WEDNESDAY 7/8	THURSDAY 7/9	FRIDAY 7/10
8:30-8:45	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER
8:45-10:00	Swim Check Water Safety Parts of Kayak	First Aid Review Parts of a Row Boat	Oar Board & Kayak to Q Beach Capsize Kayak & Beach Games	Kayak to Dock Beach Finish MB Requirements	Olympics Prep Finish MB Requirements
10:00-12:00	Kayak to Windsurfer's Beach	Capsize Row Boat Row to Beach & Oar Board Intro		Kayak Basketball	SURFING & BEACH OLYMPICS @ Newport Pier
12:00-1:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00-1:15	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER
1:15-2:30	Swim Check Water Safety Parts of Canoe	First Aid Review Parts of a SUP	Canoe to Dock Beach	Canoe/SUP to Windsurfer's	Olympics Prep Finish MB Requirements
2:30-4:30	Canoe to Beach (Canoe Dodgeball)	SUP to Channels/Beach Beach Games	Canoe Skill Development & On-The-Water Games	Canoe Sponge Tag Finish MB Requirements Switch Watercraft for return trip	SURFING & BEACH OLYMPICS @ Newport Pier

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PADDLE SPORTS AQUATICS CAMP – ACTIVITY SCHEDULE 2020

Week #2: July 13-July 17

AM – Canoeing & SUP | PM – Kayaking & Rowing

(All activities are designed for girls and boys, Scouts and non-Scouts)



TIME	MONDAY 7/13	TUESDAY 7/14	WEDNESDAY 7/15	THURSDAY 7/16	FRIDAY 7/17
8:30-8:45	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER
8:45-10:00	Swim Check Water Safety Parts of Canoe	First Aid Review Parts of a SUP	Oar Board & Canoe to Q Beach Capsize Canoe & Beach Games	Canoe/SUP to Windsurfer's	Olympics Prep Finish MB Requirements
10:00-12:00	Canoe to Beach (Canoe Dodgeball)	SUP to Channels/Beach Beach Games		Canoe Sponge Tag Finish MB Requirements Switch Watercraft for return trip	SURFING & BEACH OLYMPICS @ Newport Pier
12:00-1:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00-1:15	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER
1:15-2:30	Swim Check Water Safety Parts of Kayak	First Aid Review Parts of a Row Boat	Kayak to Dock Beach	Kayak to Dock Beach Finish MB Requirements	Olympics Prep Finish MB Requirements
2:30-4:30	Kayak to Windsurfer's Beach	Capsize Row Boat Row to Beach & Oar Board Intro	Kayak Skill Development & On-The-Water Games	Kayak Basketball	SURFING & BEACH OLYMPICS @ Newport Pier



PADDLE SPORTS AQUATICS CAMP – ACTIVITY SCHEDULE 2020

Week #3: July 20-July 24



AM – Kayaking & Rowing | PM – Canoeing & SUP

(All activities are designed for girls and boys, Scouts and non-Scouts)

TIME	MONDAY 7/20	TUESDAY 7/21	WEDNESDAY 7/22	THURSDAY 7/23	FRIDAY 7/24
8:30-8:45	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER
8:45-10:00	Swim Check Water Safety Parts of Kayak	First Aid Review Parts of a Row Boat	Oar Board & Kayak to Q Beach Capsize Kayak & Beach Games	Kayak to Dock Beach Finish MB Requirements	Olympics Prep Finish MB Requirements
10:00-12:00	Kayak to Windsurfer’s Beach	Capsize Row Boat Row to Beach & Oar Board Intro		Kayak Basketball	SURFING & BEACH OLYMPICS @ Newport Pier
12:00-1:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00-1:15	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER
1:15-2:30	Swim Check Water Safety Parts of Canoe	First Aid Review Parts of a SUP	Canoe to Dock Beach	Canoe/SUP to Windsurfer’s	Olympics Prep Finish MB Requirements
2:30-4:30	Canoe to Beach (Canoe Dodgeball)	SUP to Channels/Beach Beach Games	Canoe Skill Development & On-The-Water Games	Canoe Sponge Tag Finish MB Requirements Switch Watercraft for return trip	SURFING & BEACH OLYMPICS @ Newport Pier



PADDLE SPORTS AQUATICS CAMP – ACTIVITY SCHEDULE 2020

Week #4: July 27-July 31

AM – Canoeing & SUP | PM – Kayaking & Rowing

(All activities are designed for girls and boys, Scouts and non-Scouts)



TIME	MONDAY 7/27	TUESDAY 7/28	WEDNESDAY 7/29	THURSDAY 7/30	FRIDAY 7/31
8:30-8:45	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER
8:45-10:00	Swim Check Water Safety Parts of Canoe	First Aid Review Parts of a SUP	Oar Board & Canoe to Q Beach Capsize Canoe & Beach Games	Canoe/SUP to Windsurfer's	Olympics Prep Finish MB Requirements
10:00-12:00	Canoe to Beach (Canoe Dodgeball)	SUP to Channels/Beach Beach Games		Canoe Sponge Tag Finish MB Requirements Switch Watercraft for return trip	SURFING & BEACH OLYMPICS @ Newport Pier
12:00-1:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00-1:15	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER
1:15-2:30	Swim Check Water Safety Parts of Kayak	First Aid Review Parts of a Row Boat	Kayak to Dock Beach	Kayak to Dock Beach Finish MB Requirements	Olympics Prep Finish MB Requirements
2:30-4:30	Kayak to Windsurfer's Beach	Capsize Row Boat Row to Beach & Oar Board Intro	Kayak Skill Development & On-The-Water Games	Kayak Basketball	SURFING & BEACH OLYMPICS @ Newport Pier



PADDLE SPORTS AQUATICS CAMP – ACTIVITY SCHEDULE 2020

Week #5: August 3-August 7

AM – Kayaking & Rowing | PM – Canoeing & SUP

(All activities are designed for girls and boys, Scouts and non-Scouts)



TIME	MONDAY 8/3	TUESDAY 8/4	WEDNESDAY 8/5	THURSDAY 8/6	FRIDAY 8/7
8:30-8:45	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER
8:45-10:00	Swim Check Water Safety Parts of Kayak	First Aid Review Parts of a Row Boat	Oar Board & Kayak to Q Beach Capsize Kayak & Beach Games	Kayak to Dock Beach Finish MB Requirements	Olympics Prep Finish MB Requirements
10:00-12:00	Kayak to Windsurfer's Beach	Capsize Row Boat Row to Beach & Oar Board Intro		Kayak Basketball	SURFING & BEACH OLYMPICS @ Newport Pier
12:00-1:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00-1:15	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER
1:15-2:30	Swim Check Water Safety Parts of Canoe	First Aid Review Parts of a SUP	Canoe to Dock Beach	Canoe/SUP to Windsurfer's	Olympics Prep Finish MB Requirements
2:30-4:30	Canoe to Beach (Canoe Dodgeball)	SUP to Channels/Beach Beach Games	Canoe Skill Development & On-The-Water Games	Canoe Sponge Tag Finish MB Requirements Switch Watercraft for return trip	SURFING & BEACH OLYMPICS @ Newport Pier



PADDLE SPORTS AQUATICS CAMP – ACTIVITY SCHEDULE 2020

Week #6: August 10-August 14

AM – Canoeing & SUP | PM – Kayaking & Rowing

(All activities are designed for girls and boys, Scouts and non-Scouts)



TIME	MONDAY 8/10	TUESDAY 8/11	WEDNESDAY 8/12	THURSDAY 8/13	FRIDAY 8/14
8:30-8:45	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER
8:45-10:00	Swim Check Water Safety Parts of Canoe	First Aid Review Parts of a SUP	Oar Board & Canoe to Q Beach Capsize Canoe & Beach Games	Canoe/SUP to Windsurfer's	Olympics Prep Finish MB Requirements
10:00-12:00	Canoe to Beach (Canoe Dodgeball)	SUP to Channels/Beach Beach Games		Canoe Sponge Tag Finish MB Requirements Switch Watercraft for return trip	SURFING & BEACH OLYMPICS @ Newport Pier
12:00-1:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00-1:15	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER
1:15-2:30	Swim Check Water Safety Parts of Kayak	First Aid Review Parts of a Row Boat	Kayak to Dock Beach	Kayak to Dock Beach Finish MB Requirements	Olympics Prep Finish MB Requirements
2:30-4:30	Kayak to Windsurfer's Beach	Capsize Row Boat Row to Beach & Oar Board Intro	Kayak Skill Development & On-The-Water Games	Kayak Basketball	SURFING & BEACH OLYMPICS @ Newport Pier



PADDLE SPORTS AQUATICS CAMP – ACTIVITY SCHEDULE 2020

Week #7: August 17-August 21

AM – Kayaking & Rowing | PM – Canoeing & SUP

(All activities are designed for girls and boys, Scouts and non-Scouts)



TIME	MONDAY 8/17	TUESDAY 8/18	WEDNESDAY 8/19	THURSDAY 8/20	FRIDAY 8/21
8:30-8:45	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER
8:45-10:00	Swim Check Water Safety Parts of Kayak	First Aid Review Parts of a Row Boat	Oar Board & Kayak to Q Beach Capsize Kayak & Beach Games	Kayak to Dock Beach Finish MB Requirements	Olympics Prep Finish MB Requirements
10:00-12:00	Kayak to Windsurfer's Beach	Capsize Row Boat Row to Beach & Oar Board Intro		Kayak Basketball	SURFING & BEACH OLYMPICS @ Newport Pier
12:00-1:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00-1:15	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER	CHECK-IN & ICE BREAKER
1:15-2:30	Swim Check Water Safety Parts of Canoe	First Aid Review Parts of a SUP	Canoe to Dock Beach	Canoe/SUP to Windsurfer's	Olympics Prep Finish MB Requirements
2:30-4:30	Canoe to Beach (Canoe Dodgeball)	SUP to Channels/Beach Beach Games	Canoe Skill Development & On-The-Water Games	Canoe Sponge Tag Finish MB Requirements Switch Watercraft for return trip	SURFING & BEACH OLYMPICS @ Newport Pier