



Salvavidas Junior

Todos Santos, April 2011

Daily Agenda

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| 10:00-10:15 | Drop off/Attendance @ La Sirena Eco-Adventures |
| 10:15- 10:30 | Travel to Punta Lobos or Cerritos |
| 10:30-11:15 | Warm-up Exercises (stretching, sit-ups, jumping jacks, etc.) |
| 11:15- 1:00 | Workshops <ul style="list-style-type: none">⊗ Beach and Ocean Safety / Rip Currents⊗ Emergency First Aide⊗ Snorkeling & Floating⊗ Ocean Kayaking⊗ Boogieboarding & Surfing⊗ Environmental Awareness |
| 1:00-1:45 | Lunch (please pack a lunch with 2 water bottles) |
| 1:45-3:00 | Sports Activities <ul style="list-style-type: none">⊗ Boogieboarding/Surfing⊗ Soccer⊗ Relay Races⊗ Volleyball |
| 3:00-3:30 | Recycle/Pack-up |
| 3:45-4:00 | Pick-up @ La Sirena Eco-Adventures |