

# Surfing

One of those activities that's a winner with everyone, no matter what their age! Surfing develops a student's sense of balance and core strength and fosters an attitude of resilience. If at first you don't succeed, try again! Students love the chance to get among the waves and ride a board all the way to

 <b>TIME FRAME</b>	Generally conducted over a 2 hour period, however other time frames can be negotiated depending on your requirements.
 <b>NUMBER OF PARTICIPANTS</b>	20-25
 <b>KEY OUTCOMES</b>	Surfing basics, resilience, humility
 <b>SUITABLE AGES</b>	Grades 7-12

WORKS WELL AS PART OF A **SELF AWARENESS PROGRAM**

THE CHANGE YOU WANT TO SEE  
IN THE WORLD LIES WITHIN...

