

Physician Report and Clearance

Description of Program Activities

Beach Volleyball Clinic

Hitting and other ball drills including jumping and diving for the ball, running (sand and grass) during drills and games, sitting during lessons (on the ground or sand), being outdoors on sunny days.

Advanced Beach Volleyball Clinic

Same as Beach Volleyball Clinic

Ka Nai'a Outrigger and Kayak Clinic

Swimming 100 yards and tread water in ocean, paddling canoe and kayak, being outdoors on sunny days, sitting during lessons (on the ground or sand)

Skateboard Clinic

Riding on skateboard, practice proper technique while outdoors on sunny days, sitting during lessons (on the ground or sand) Must wear helmet, knee and elbow pads.

Triathlon Camp

Swimming 25 yards in the pool, running ¼ mile on the track, and biking 2 miles with helmet. Sitting during lessons (on the ground or sand), being outdoors on a sunny day.

Tennis Clinic

Eye hand coordination, sprinting short distances, hitting ball with racket, being outdoors on a sunny day, sitting during lessons (on the ground)

Spring Break Great Escape

Eye hand coordination during tennis lessons, fishing, bowling and various inside and outside games. Jump, run, kickball, solum drills and eye foot coordination. Swimming in pool and beach and hiking at parks.