

BEACH TRAINING & PICNIC FOR KIDS & THEIR FAMILIES

Saturday, August 11th

Location: On the beach at the lakefront, just north of Montrose Harbor take Montrose east past Lakeshore Drive. Where the park drive turns north (left), near the bait shop, there is a big parking lot on the left. Walk across the lawn and onto the beach, and look for lots of people in white pants.

What to Wear? Gi pants, TW T-Shirt, your belt, sneakers. Wear your bathing suit underneath!

What to Bring? Cap, Sunglasses, Water Bottle, Sunscreen

Get class credit for coming!

SCHEDULE:

10:00-11:00 AM

Training on the Beach

Separate training for Juniors and Youth/Teens

11:00-12:00

Swimming and Play on the Beach

12:00-1:00

Picnic under the trees in the park

Bring a picnic lunch and something to share. Thousand Waves will provide coolers with ice, tables, cups, utensils, napkins and plates.

IMPORTANT: NO CLASSES HELD AT THOUSAND WAVES ON BEACH TRAINING DAY

Beach Training 2007



Beach Training 2009