

# SNORKEL HOLIDAY PROGRAMME

4TH + 5TH APRIL 2023

Join the I AM WATER team for a fun 2-day Snorkel Holiday Programme hosted by I AM WATER's team of professional coaches.

Over the two days your child will learn how to snorkel confidently and safely, interact with amazing ocean animals, and learn all about ocean conservation.

Age group: 9-16

## DAY 1

TUESDAY  
4TH APRIL

9am to 1pm at St James tidal pool.

## DAY 2

WEDNESDAY  
5TH APRIL

9am to 1pm at Windmill Beach Marine Protected Area

Cost of the 2 days:

**R1200 per child**

This includes rental of specialised snorkel gear, access to highly trained and experienced coaches with full child safeguarding, water safety and first aid training, and a healthy snack each day.

Book your child's spot by emailing  
[gareth@iamwateroceanimpact.com](mailto:gareth@iamwateroceanimpact.com)

# SNORKEL HOLIDAY PROGRAMME

9:00



10:20

Arrival at beach and introductions from the team.  
Yoga inspired stretching followed by mindful breathing.  
Exciting ocean knowledge discussion.

10:20



10:30

Change into wetsuits and begin first round of stations.

10:30



11:00

Station 1: Guided snorkel experience. Station 2: Rocky shores exploration to learn more about the animals that live along our coastline. Station 3: Trash timeline activity to learn more about the impact plastic pollution has on the ocean.

11:00



11:30

Second round of stations begins with each group rotating to the next station.

11:30



12:00

Third and final round of stations begins with each group rotating to the next station.

12:00



13:00

Change out of wetsuits. Beach games to warm up after snorkelling.  
Sharing Shell Circle.



# SNORKEL HOLIDAY PROGRAMME

## Why I AM WATER?

Proceeds from this experience will afford a group of Grade 7 learners from low-income communities a chance to experience an Ocean Guardians Workshop.

By choosing to send your children on an I AM WATER Ocean Experience you are supporting another child, allowing them to experience ocean connection in the same way that your child will.

Our coaches have extensive water safety and child safeguarding training. We are the safest option.

Our programmes focus on facilitating ocean connection and ocean exploration in a safe, exciting and educational way by mixing informative content with experiential learning to provide a holistic ocean experience.