

## Water Sports Adventure Camp

**Venue** - WHMI Regional Water Sports Center, Pong-Dam

**Strength** - 20 participants each batch

**Escorts** - 02 each batch

**Camp Schedule** - Batch Number      Starting                      Finishing

1 <sup>st</sup> batch	6 <sup>th</sup> May 2009	15 <sup>th</sup> May 2009
2 <sup>nd</sup> batch	16 <sup>th</sup> May 2009	25 <sup>th</sup> May 2009
3 <sup>rd</sup> batch	26 <sup>th</sup> May 2009	4 <sup>th</sup> June 2009
4 <sup>th</sup> batch	5 <sup>th</sup> June 2009	14 <sup>TH</sup> June 2009
5 <sup>th</sup> batch	15 <sup>th</sup> June	24 <sup>th</sup> June 2009

**Total Strength**                      **5 Camps x 20 Student each Camp = 100 students**

### Schedule

D-1	Arrival & Registration and familiarization of Campus	Opening address, Admn. Instructions, Issue of equipments Introduction and practice of Swimming.
D-2	Morning exercise - Theory of Swimming & Practical Swimming efficiency.	Theory of Swimming & Practical Swimming efficiency.
D-3	Theory & Principles of Kayaking & practical Kayaking	Group activity -Swimming—Breast & Free style
D-4	Group activity -Sailing	--Do--
D-5	Group activity -Sailing	Sailing
D-6	<u>Water Surfing &amp; Skiing</u>	Water Surfing & Skiing
D-7	Group activity -Rowing	Kayak capsizing
D-8	Group activity -Sailing (Long distance)	Sailing (Long distance)
D-9	Surfing & Skiing	Visit to the places of interest to learn local culture, traditions and architecture. Lecture on Disaster Management.
D-10	Rescue operations.	Practical test & closing Departure

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