

SUPPORTING THE HEALTH AND WELLBEING OF THE ARMED FORCES COMMUNITY AND CIVILIAN FAMILIES IN CORNWALL



## **Surf Action Family Integration Surfing Courses**

Surf Action is offering Family Ocean Therapy Courses to support the physical, psychological,

resilience and wellbeing of the Community. Commencing April 2023



Free, 6 Week Surfing Courses at Gwithian on Saturday and Sunday (9.00 - 12.00) for children/young people aged 7-18. Parents are required to join their children in the water! All boards and wetsuits are supplied free.

Course 1 & 2: Saturday 29 April – Saturday 03 June

Course 3 & 4: Sunday 30 April – Sunday 04 June

Course 5 & 6: Saturday 10 June – Saturday 15 July

Course 7 & 8 : Sunday 11 June – Sunday 16 July

Course 9 & 10 : Saturday 22 July — Saturday 26 August

Course 11 & 12 : Sunday 23 July — Sunday 27 August

## Email: info@surfaction.co.uk to register!



ARMED FORCES COVENANT FUND TRUST