



**ALAÏA CAMPS AUTUMN / SPRING / SUMMER - PROGRAM ACTION CAMPS**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>08:30</b>	"Ride Only" Welcoming					
<b>09:00</b>	Warm-up	Group photo & Warm-up	Option 1A: Surf Session Alaia Bay  Option 1B: Session skydiving Realfly	Warm-up	Outdoor activity Pool - Climbing - Tie Dye - Minigolf - Free Session	Warm-up
<b>09:30</b>	Explore & Basics Alaia Chalet Skate - Scooter - Trampoline	Progression Alaia Chalet Skate - Scooter - Trampoline		Option 2 : Free Session @Alaia Chalet		GoPro filming Skate - Scooter - Trampoline  GoPro editing
<b>12:00</b>	Lunch	Lunch	Lunch Alaia Bay	Lunch	Lunch	
	Workshop check-up & pimp matériel Warm-up	Conference with Pro-Riders Warm-up		Kahoot Quiz	End of Camp Demo Ideas & warm-up	
<b>13:00</b>	Explore & Basics Alaia Chalet Skate - Scooter - Trampoline	Video coaching Skate - Scooter - Trampoline  Initiation Parkour	Option 1A: Surf Session Alaia Bay  Option1B: Session skydiving Realfly  Option 2 : Free Session @Alaia Chalet  Transfer -->Alaia Chalet	GoPro filming Skate - Scooter - Trampoline  GoPro editing	GoPro filming GoPro Editing Scooter - Trampoline  GoPro Editing & Preparation Demo end of camp	
<b>16:30</b>	Snack	Snack	Snack	Snack	Snack	
<b>17:00</b>	Action Sports Free Session Alaia Chalet	Action Sports Free Session Alaia Chalet	Action Sports Free Session Alaia Chalet	Action Sports Free Session Alaia Chalet	Action Sports Free Session Alaia Chalet	