

# Camp Wellbeing

## Fast Facts...

**Duration:** 5 Days/4 Nights  
**Location:** Camp Waratah Bay

## What's Camp Wellbeing all ABOUT?

This camp is exclusively for girls aged 13-16 yrs. For those who might not want a full on adrenalin rush all day this is a great combination of activities and challenges for mind and body, because girls just wanna have fun!

Try loads of different things associated with health, beauty and well being. From trying on clothes, tips and advice on fashion and makeup, to self defence classes and relaxing coastal walks, a healthy mind and body awaits at our Wellbeing camp. Get active and healthy with helpful advice as well as engaging in a range of activities from our Activity List.



## Specialist Activity...

**Self Defense** – 2 x 1½ hour workshops with qualified instructors from 'Fight Like A Girl'.

## Activity List Options...

Lots more things to keep you busy such as Beach Activities and Games, Ball Sports, Beach Volleyball, Bouldering Wall, Coastal Walk, Cooking, Giant Swing, Swimming and more!

No specialist equipment required. Everything you'll need is provided!



## Sample Program:

- 8.30am: Breakfast
- 9.45am: Fashion and Make-up Workshops
- 12.30pm: Lunch
- 1.45pm: Self Defence Workshop or Coastal Walk (example)
- 3.30pm: Beach Volleyball & Giant Swing (example)
- 5.15pm: Showers and Free Time
- 6.30pm: Dinner
- 7.45pm: Night activities
- 10.00pm: Bedtime



Girls just want to have fun, right?! Celebrate everything that it means to be a girl!