



## ESA PD Day Skate Camp

### Camp Description (For Parents)

ESA's PD Day Skate Camp is a full-day program for skaters ages 6–14 who are ready to build skills and have fun doing it. The day blends guided skate sessions with games, creative activities, and time to hang out with other kids who love skating.

What sets it apart: small groups (20 kids total), split by age and skill, with a 1:5 staff-to-child ratio. Kids rotate through structured skate blocks focused on techniques and challenges, then switch it up with off-board activities like making a zine, fingerboarding, classic skate videos, and creative downtime.

Safety comes first. The camp runs in a private indoor space (Foam Fighters), so the weather isn't a factor. Each skate session is supervised by a non-skating staff member, who watches the group and includes structured transitions and headcounts throughout the day.

From 9 AM to 4 PM, your child stays active, engaged, and supervised—while you get peace of mind and they get a PD Day they'll actually be stoked on.

### **Important: Skateboarding Experience Required**

We expect children registering for this camp to have been on a skateboard before and be able to **stand and roll independently**. This ensures everyone can safely participate in our skill-building activities and get the most out of the camp experience.

**Never been on a skateboard before?** We recommend booking a skateboard lesson prior to camp. Contact us, and we can see if we can arrange a lesson before the camp date to help your child build confidence and basic skills.

## Quick Info

- **Ages:** 6-14 (split into two age groups: 6-10 and 10-14)
- **Time:** 8:30 AM - 4:30 PM (full day)
- **Price:** \$60 per participant
- **Location:** Foam Fighters Indoor Facility, Edmonton (9767 45 Ave NW, Edmonton)
- **Capacity:** Limited to 20 participants
- **Supervision:** 1:5 staff-to-child ratio (4 staff supervising 20 kids)

## What to Bring

- **Helmet** (required for skateboarding)
  - **Knee and elbow pads** (highly recommended)
  - **Skateboard** (if they have one—we have boards available if needed)
  - **Lunch and snacks** (nut-free please, in consideration of allergies)
  - **Water bottle** (staying hydrated is important!)
  - **Comfortable clothing** (suitable for active movement)
- Indoor shoes**

## Camp Itinerary

Want to know exactly how the day flows? Here's our complete schedule. We've designed structured 1.5-hour activity blocks that keep kids engaged without overwhelming them. The two age groups (6-10 and 10-14) rotate through skateboarding and off-board activities, so everyone gets plenty of skate time while also having breaks for creativity, rest, and fun.

### 8:30 - 9:00 AM: Arrival & Warm-Up

We kick things off with a relaxed check-in. Kids get settled, stow their gear, and ease into camp mode with fingerboarding at separate tables by age group. This gives everyone a chance to meet their group, get comfortable, and hear an overview of the day's flow and camp rules. No rushing—just a smooth start to set the tone for a great day.

### 9:00 - 10:30 AM: Activity Block 1

#### **Group A (Ages 6-10): Skateboarding**

Group A starts in the skate area for warm-up activities, balance games, and guided skating. Our instructors work with them on foundational skills and age-appropriate challenges, keeping things fun and confidence-building.

#### **Group B (Ages 10-14): Off-Board Activities**

The older group starts with stretching and mobility work, then moves into balance games and social activities. It's active but not full-on skating—a good way to warm up muscles and minds.

## **10:30 AM - 12:00 PM: Activity Block 2**

### **Group A (Ages 6-10): Off-Board Activities**

Time to recharge after skating. Group A digs into camp games, zine building (they'll create their own mini skate magazine!), and coloring or quiet activities for those who need a mental break. It's creative, collaborative, and chill.

### **Group B (Ages 10-14): Skateboarding**

Group B's turn on the boards. They'll work through skill stations, take on challenges suited to their level, and have some free skate time to practice what they're learning or just cruise around.

## **12:00 - 12:30 PM: Lunch Break**

Everyone sits down together for a supervised lunch. Kids eat the food they brought, hydrate, rest, and recharge for the afternoon. It's a nice social time where the whole group can chat and connect across age groups.

## **12:30 - 2:00 PM: Activity Block 3**

### **Group A (Ages 6-10): Skateboarding**

Back on the boards! The younger group gets another skating session focused on building skills and free skate time to apply what they've learned. Energy is usually high post-lunch, and we channel it into positive progression.

### **Group B (Ages 10-14): Off-Board Activities**

Group B settles in for skate video watching with popcorn—a camp favorite. They'll watch classic skate footage, talk about tricks and style, and hang out at the fingerboard station.

## **2:00 - 3:30 PM: Activity Block 4**

### **Group A (Ages 6-10): Off-Board Activities**

The younger kids wrap up their zines, spend time at the fingerboarding station, and watch skate videos with popcorn. It's a wind-down block that keeps them engaged but not over-stimulated as the day nears its end.

### **Group B (Ages 10-14): Skateboarding**

Last skate session of the day for Group B. They'll focus on free skate, putting together everything they've worked on, and just enjoying the flow. This is often when kids surprise themselves with what they can do.

## **3:30 - 4:30 PM: Wind-Down & Pickup**

We bring both groups together for a casual show-and-tell. Kids can share their zines, show off fingerboard & skateboard tricks they learned, or just hang out with coloring and quiet activities. Parents can arrive anytime during this window for a relaxed pickup—no rush, no stress.

## The Big Picture

Over the course of the day, each child gets 3-4 hours of actual skateboarding time split across multiple sessions, so they're never burned out. The rest of the time is filled with creative activities, movement breaks, social time, and rest—all designed to keep them engaged without exhausting them. We believe that this balance is the sweet spot: kids leave tired in a good way, excited about what they learned, and already asking when the next camp is.

Questions about the schedule or how we structure the day? Reach out—we're happy to talk through any details!

*Learn more about Edmonton Skateboarding Association at [edmskate.com](https://edmskate.com)!*

*Thank you, Foam Fighters for the partnership and for making this possible!*