



## School's Out, Surf's Up Family Adventure Retreat Panama April 2024 Itinerary

### OPTIONAL EARLY ARRIVAL – THURSDAY, APRIL 11 |

#### TRAVEL DAY

Fly into Tocumen International Airport (*ideally by 3pm, but not required*)

Shuttle transportation to The Executive Hotel

### FRIDAY, APRIL 12 | GAMBOA RESERVE OR TRAVEL DAY

*If you arrived on Thursday, we will have breakfast at the hotel and then go to the Gamboa Rainforest Reserve for the day, returning around 4 pm.*

Fly into Tocumen International Airport (*ideally by 3pm, but not required*)

Shuttle transportation to The Executive Hotel

5PM - Group meet up pool-side

### SATURDAY, APRIL 13 | CITY TO SEA

8AM Breakfast at The Executive Hotel

9AM Coach Bus departs Panama City

3PM Arrive at Beach Break Surf Camp  
Check in and beach/pool time

5PM Kids beach races/games

6PM Group Dinner

### SUNDAY, APRIL 14 | PLAY

7-9AM Breakfast

7AM Adults Yoga (45 min)  
(studio or beach with Betsy)

TBD Surf lessons

3PM Brazilian Jiu Jitsu Class

5PM Sunset Horseback Ride\*

### MONDAY, APRIL 15 | STRETCH

7AM Adults Yoga (45 min)  
(studio or beach with Betsy)

7-9AM Breakfast

TBD Surf lessons

3PM Brazilian Jiu Jitsu

5PM Kids Yoga (30 min)  
(on the beach with Betsy)

6PM Kids Night In/Parents Night Out  
(Ninja Night, Pizza, Movie)

### TUESDAY DAY, APRIL 16 | FLOW

7AM Yoga for Adults (45 min)  
(studio or beach with Betsy)

7-9AM Breakfast

TBD Surf lessons

TBD SUP/kayak Mangrove Tour\*

5PM Kids Beach Races and Soccer

### WEDNESDAY, APRIL 17 | CONNECT

7-9AM Breakfast

10 AM Yoga for Adults and Kids (45 min)  
(studio with Betsy)

TBD Surf lessons

3PM Brazilian Jiu Jitsu Class

6PM Kids Night In/Parents' Night Out  
(Crafts, Pizza, Movies)

### THURSDAY, APRIL 18 | TOGETHER

7AM Adults Yoga (45 min)  
(beach or studio with Betsy)

7-9AM Breakfast

TBD Surf Lessons

5PM Kids Beach Games

6PM Group Dinner and Bonfire

**FRIDAY, APRIL 19 | TRAVEL HOME**

Shuttle available to take you from Beach Break to  
Tocumen International Airport or a hotel in Panama

City if you wish to extend your stay (we can provide  
recommendations on accommodations and activities)

We've designed an amazing itinerary for you!

**That said, everything on the itinerary is a choice.**

You don't have to participate in everything (or anything!).

If you feel like playing in the sand and pool all day, amazing!

Itinerary is subject to change based on tides, weather, and availability.

*\*You have ONE excursion included in your package. Others are available for you to book through the hotel.*

*Approx. \$50/person.*

Additional childcare arrangements are available; babysitters to be booked through Beach Break. My goal with this itinerary and with what is included in your package was to give kids fun activities with each other, while giving parents space to connect with each other, unpack/pack, get ready for dinner, etc.