

A group of approximately 15 people are sitting on their surfboards in the ocean. They are wearing various wetsuits and swimwear, including yellow, pink, blue, and red. Many of them are splashing water, creating white foam around them. The water is a light greenish-blue color. The sky is clear and blue. The text 'GOTA DAGUA Surf Day Camp' is overlaid on the top half of the image.

 **GOTA DAGUA**
Surf Day Camp



DAY CAMP

Our summer camp program takes place during a full week (Monday to Friday) during Easter and Summer, from 9am to 5pm. It includes a variety of exciting activities, such as surfing, bodyboarding, climbing, tree climbing, swimming, volleyball, beach games, and most importantly, lots of fun! We also offer the option to include transportation from Lisbon.

Exemple of a weekly schedule



| | MONDAY | TUESDAY | WED | THURSDAY | FRIDAY |
|---------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 08H00 | Departure from Lisbon |
| 09H00 - 11H30 | Surf & Bodyboard |
| 12H00 - 14H00 | Lunch | Lunch | Lunch | Lunch | Lunch |
| 14H00 - 16H30 | Surf & Bodyboard | Tree climbing | Pool games | Surf & Bodyboard | Water Games |
| 17H30 | Arrival in Lisbon |





GENERAL INFORMATION

At Surf, we put fun first. In our surf lessons, we promise to not only improve students' techniques, but also provide a safe and fun experience.

The beach where we give lessons has waves that are adapted to all levels of surfing, ensuring that each student has an experience that is appropriate for their own learning pace. In addition, we have instructors certified by the FPS, who bring with them years of experience in the world of surfing. They are committed to ensuring that your child enjoys a week full of surfing with complete safety.

What is included:

- 7 surf lessons
- All equipment (board and wetsuit)
- Surf lessons adapted for beginners and intermediates
- Lunch + Morning Snack

What is not included:

- Comfortable clothes for activities
- Sneakers
- Water
- Afternoon snack





ACTIVITIES

Our surf school is located on the beach of São João da Caparica, at the Ocean Bar, where all surf and bodyboard lessons will be taught. The remaining activities will take place at the "Fun Parque" and the Parque de Santo António.

Activities: Swimming pool, Slakeline, Volleyball, water games, tree climbing and much more! - We ask that you bring sneakers and comfortable clothes for the activities.

LUNCH

Lunch will be served at the Caparica Sun Center or in a Beach Restaurant. The available menus are the regular menu or the diet menu, we ask that you inform us in advance about the chosen menu. When choosing one of the menus, it will be permanent for the rest of the week.

In addition to lunch, in the morning we will offer water, fruit and biscuits to ensure an additional source of energy. We recommend that you bring water and a snack for the afternoon, to replenish your energy.



MENU EXEMPLE

Regular Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|------------------------|------------------------|------------------------|------------------------|
| Bread | Bread | Bread | Bread | Bread |
| Soup | Soup | Soup | Soup | Soup |
| Spaghetti bolognese | Fish Fingers | Lasagna | Calamari with rice | Burger with fries |
| Water and Orange Juice |
| House Dessert | Fruit Salad | Banana | Gelly | Chocolate Mousse |

Diet Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|--------------------------------------|-------------------------------|---|--------------------------------|
| Bread | Bread | Bread | Bread | Bread |
| Soup | Soup | Soup | Soup | Soup |
| Grilled steak with vegetables | Fish cooked with rice and vegetables | Grilled steak with vegetables | Fish cooked with pees rice and vegetables | Grilled burger with vegetables |
| Water and Orange Juice | Water and Orange Juice | Water and Orange Juice | Water and Orange Juice | Water and Orange Juice |
| Fruit | Fruit | Fruit | Gelly | Fruit |

AVAILABLE WEEKS

| EASTER 2026 | |
|-------------|---------------|
| WEEK 1 | 30/03 - 03/04 |
| WEEK 2 | 06/04 - 10/04 |

| SUMMER 2026 | |
|-------------|---------------|
| WEEK 1 | 15/06 - 19/06 |
| WEEK 2 | 22/06 - 26/06 |
| WEEK 3 | 29/06 - 3/07 |
| WEEK 4 | 6/07 - 10/07 |
| WEEK 5 | 13/07 - 17/07 |
| WEEK 6 | 20/07 - 24/07 |
| WEEK 7 | 27/07 - 31/07 |
| WEEK 8 | 3/08 - 7/08 |
| WEEK 9 | 10/08 - 14/08 |
| WEEK 10 | 17/08 - 21/08 |
| WEEK 11 | 24/08 - 28/08 |
| WEEK 12 | 31/08 - 4/09 |

PRICE LIST

| | |
|--|-------------|
| 1 WEEK WITHOUT TRANSPORTATION FROM LISBON | 249€ |
| 1 WEEK WITH TRANSPORTATION FROM LISBON | 315€ |

TRANSPORTES

Meeting point with transportation: Rua cidade de Bucareste
(next to the Caixa Geral de Depósitos building)

Meeting time: 8:00 AM
Pick up time: 5:30 PM

Meeting point without transportation: Ocean Beach Bar, São João da Caparica.

Departure time: 8:45 AM
Arrival time: 4:30 PM

CONTACT INFORMATION



General Manager
Gonçalo Pereira
Contact: +351 939 756 959



EMERGENCY NUMBER
+351 927 488 266



 GOTA DÁGUA

See you soon
'Até já'

