



Jimmy Miller
Memorial
Foundation

FROPOWR EVENTS FOR FIRST RESPONDERS

*FROPOWR = FIRST RESPONDERS OCEANIC PERFORMANCE OPTIMIZATION WELLNESS & RESILIENCY

"SO MUCH GRATITUDE FOR THE BRIDGES YOU ARE HELPING US BUILD WITH OUR COMMUNITIES"

The JMMF FROPOWR Program is designed to allow first responders to reduce stress and increase resiliency while building bonds with their local communities. We use surfing as the bonding medium to challenge first responders while expressing our gratitude for your service. We supply all the equipment (boards, wetsuits, rashguards), instruction and lunch is included. There is no cost for first responders to participate! All abilities and first timers welcome!



MANHATTAN BEACH, CA BETWEEN THE ROSECRANS AND 40TH STREET LIFEGUARD TOWERS.
PARK IN THE EL PORTO PARKING LOT (ENTER OFF 45TH STREET)

SESSIONS FOR 2025

- March 29
- April 26
- May 17
- May 22
- June 3
- July 2
- August 2
- September 6
- October 14
- November 6

THE SESSION SCHEDULE

9:00am	Arrival*
9:00-9:30am	Welcome and Wetsuit Fitting
9:30am	Session Start
9:30 – 12:00pm	Discussion, Lesson, Surfing
12:00 -12:30pm	Discussions & Lunch
12:30pm	Departure

*You may want to come a bit earlier as the parking lot tends to fill up if the surf is good!



QUESTIONS AND RSVP FOR ACCURATE HEADCOUNT: KRISTI@JIMMYSMILLERFOUNDATION.ORG

MORE INFORMATION ABOUT JMMF: VISIT JIMMYSMILLERFOUNDATION.ORG