

Youth/Teen ~ Summer Camp

CIT-TIME ZONE Weekly Focus

Week	Dates	Description
Week 1	June 13-17	Jr. Coaching and Camp Counselor - Providing training and skills for teens interested in working with youth, participants will develop skills and work experience as camp counselors, athletic assistant coaches, and athletic referees.
Week 2	June 20-24	Jr. Lifeguarding - Introducing participants to job duties related to aquatics programs, students will focus on lifeguard skills, first aid, CPR, Water Safety Instruction and aquatics customer service.
Week 3	June 27- July 1	Cooking for Teens - This course covers all important life skills related to food preparation. Students will plan meals, budget, shop, prepare and enjoy food together. Perfect for young adults as they work towards independence or explore the food industry.
Week 4	July 5-8	Baby Sitting Course / CPR & First Aid – This is an American Red Cross standard program designed for young adults working with youth, baby sitting or just hanging out with younger siblings and friends.
Week 5	July 11-15	Jr. Lifeguarding - Introducing participants to job duties related to aquatics programs, students will focus on lifeguard skills, first aid, CPR, Water Safety Instruction and aquatics customer service.
Week 6	July 18-22	Jr. Coaching/ Camp Counselor - Providing training and skills for teens interested in working with youth, participants will develop skills and work experience as camp counselors, athletic assistant coaches, and athletic referees
Week 7	July 25-29	Community Service & Emergency Preparedness / Response - Students will learn about supporting and building a community, local service groups, and volunteer opportunities. The week will also focus on Emergency Preparedness/ Response based on Get Ready Marin and CERT. The perfect opportunity to gain safety skills and fulfill community service hours all in one week!
Week 8	August 1-5	Cooking for Teens - This course covers all important life skills related to food preparation. Students will plan meals, budget, shop, prepare and enjoy food together. Perfect for young adults as they work towards independence or explore the food industry.
Week 9	August 8-12	Outdoor Adventure and First Aid - Young adults will explore the nature and beauty of Strawberry while focusing on important outdoor skills including outdoor safety and first aid.
Week 10	August 15-19	Community Service & Emergency Preparedness / Response - Students will learn about supporting and building a community, local service groups, and volunteer opportunities. The week will also focus on Emergency Preparedness/ Response based on Get Ready Marin and CERT. The perfect opportunity to gain safety skills and fulfill community service hours all in one week!
Week 11	August 22-26	Jr. Lifeguarding - Introducing participants to job duties related to aquatics programs, students will focus on lifeguard skills, first aid, CPR, Water Safety Instruction and aquatics customer service