

# Youth/Teen ~ Summer Camp

## Daily Schedule (Camp Strawberry: Sports Camp)

9:30-9:50am	Sign in/ Morning Circle/ AM play
10:00-10:25am	Swim Lesson Group A (Tuesday – Friday adjacent to SRD Pool)
10:30- 10:55am	Swim Lesson Group B (Tuesday – Friday adjacent to SRD Pool)
10:55-11:15am	Transition to “base camp”/ AM snack
11:15-12:00pm	Arts and Crafts
12:00-12:30pm	Lunch
12:30-12:50pm	Outdoor play
12:50-2:00pm	Movement, Yoga, Sports, Science or Cooking( SRD Gymnasium)
2:00-2:15pm	PM snack
2:15-3:00pm	Group indoor game
3:00-3:45pm	Intro/ Beginning Sport Group A / Group B – Indoor play
3:45-4:30pm	Intermediate/ Advanced Sports Group B/ Group A – Indoor play
4:30-4:45pm	Ending circle / Sign out

## Camp Strawberry: Counselor -In-Training

The all new 2011 CAMP Strawberry CIT program incorporates specialized skills, camp activities, athletics, safety training, and work experience skills in an exciting summer environment. Young teen’s ages 11-15 will gain valuable training through work experience in a camp setting including; how to fill out applications, develop resumes and lead groups. **CIT-TIME ZONE** allows the group to develop their own athletic and safety skills through professional instruction with a weekly focus. When CIT’s are not in **CIT-TIME ZONE** they will work hand in hand with SRD camp staff to lead in games, sports, cooking, songs and transitions. CIT’s will enjoy pick-up games in the following: tennis (SRD Tennis Staff-M, W, F) soccer (Craig Breslin/Champion Soccer Camp Staff-Tues.) and multisport (Thurs). Space is limited.

**Age:** 11 - 15 years

**Max:** 20 per week

**Time:** 10:15am - 5:15pm

**Fee:** One-week \$165 / Four-day \$140

**Daily Schedule (Camp Strawberry: CIT Program)**

Four or more weeks \$145 each week

10:15-10:30am	Arrive at base camp/ Sign in
10:30-12:00pm	<b>CIT TIME ZONE</b> / On the Job Training
12:00-12:30pm	Lunch
12:30-12:50pm	Outdoor play
12:50-2:00pm	Assist with movement, Yoga, Sports, Science or Cooking (SRD Gymnasium)
2:00-2:15pm	Snack
2:15- 3:00pm	<b>CIT TIME ZONE</b>
3:00-3:45pm	Assist with Intro/ Beginning Sports Group A/ Assist Group B indoor play
3:45-4:30pm	Assist with Inter/ Advanced Sports Group B/ Assist Group A indoor play
4:30-4:45pm	Report to base camp
4:45-5:15pm	CIT Sport Lesson(tennis, soccer, multisport)

See Next page.

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## CIT-TIME ZONE Weekly Focus

Week	Dates	Description
Week 1	June 13-17	<b>Jr. Coaching and Camp Counselor</b> - 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	<b>Jr. Lifeguarding</b> - 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	<b>Cooking for Teens</b> - 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	<b>Baby Sitting Course / CPR &amp; First Aid</b> – 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	<b>Jr. Lifeguarding</b> - 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	<b>Jr. Coaching/ Camp Counselor</b> - 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	<b>Community Service &amp; Emergency Preparedness / Response</b> - 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	<b>Cooking for Teens</b> - 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	<b>Outdoor Adventure and First Aid</b> - 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	<b>Community Service &amp; Emergency Preparedness / Response</b> - 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	<b>Jr. Lifeguarding</b> - 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