

# Youth ~ Summer Camp

## CAMP Strawberry 2011

CAMP Strawberry-Sprouts (ages 4 ½-6), CAMP Strawberry-Sports Camp (ages 6-10) and SRD Counselor In Training program (ages 11-15) provides the opportunity for campers to develop lifelong skills while exploring a variety of athletic and creative activities. SRD is an ideal setting with “base camp” rooms, gymnasium, tennis courts, athletic fields, and aquatics facility all located a few yards from one another. CAMP Strawberry brings together a high quality staff incorporating professional instruction in swimming, tennis, soccer and multisports along with activities in movement, yoga, arts & crafts and cooking.

Campers will arrive each morning at “base camp” in their swim suit and transition to the SRD pool for swim lessons (1:4 ratios). Swim lessons will be held Tues–Fri mornings. Campers will then enjoy game-time, outdoor play, arts & crafts, natural science and more. Both camps will come together daily for a 45min activity in the SRD gym including movement, yoga, cooking and special guest presentations. Then to a 45-minute structured sport lesson rotating daily from tennis (SRD Tennis Staff-M, W, F) soccer (Craig Breslin/Champion Soccer Staff-Tues.) and multi sports that may include basketball, volleyball, baseball or lacrosse (Thurs). Sports groups will be arranged by age and ability level for the optimal learning experience. Campers will stay together and all transitions and activities will be supervised by Megan Wilgenbush, Aquatics Coordinator and SRD camp staff.

Please pack a towel, lunch, snack, hat, sunscreen, water bottle, change of clothes, and a jacket. Campers should come to camp in their swimsuit. Sports equipment will all be provided by SRD. This is the perfect setting for creating a magical 2011 summer experience for your young child.

**This program sells out. Register early!**

### Sprouts

Ages: 4 ½ - 6yrs

Time: 9:00am-4:00pm

### Sports

Ages: 6 - 10yrs

Time: 9:30am-4:45pm

### CIT (Counselor in Training)

Ages: 11 - 15yrs

Time: 10:15am – 5:15pm

### 2011 Camp Dates

Week 1	M-F	June 13 – 17
Week 2	M-F	June 20 – 24
Week 3	M-F	June 27 – July 1
Week 4*	T-F	July 5 – 8
Week 5	M-F	July 11 – 15
Week 6	M-F	July 18 – 22
Week 7	M-F	July 25 – 29
Week 8	M-F	Aug. 1 – 5
Week 9	M-F	Aug. 8 – 12
Week 10	M-F	Aug. 15 – 19
Week 11	M-F	Aug. 22 – 26



### Rates

Sprouts/Sports Camp One-week \$250

CIT One-week

\$165

\*Week 4 Sprouts/Sports Four-day \$200

\*Week 4 CIT Four-day

\$140

**Sign up for 4-Weeks or more \$220 per camper each week Sprouts/Sports Camp.**

**Sign up for 4-Weeks or more \$145 per camper each week CIT.**

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# Youth ~ Summer Camp

## Camp Strawberry: SPROUTS

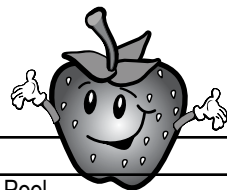
CAMP Strawberry Sprouts is specially designed for children 4 ½ - 6 yrs looking for quality instructions and programs in a small and safe environment. Daily activities introduce campers to a variety of skills and activities while staff encourages them to try new things, explore, make new friends, and enjoy their summer experience. Small learning groups and teaching ratios encourage and nurture each child's progress and skill development offering beginning through advanced level groups. Campers will stay together and all transitions and activities will be supervised by Megan Wilgenbush, Aquatics Coordinator and experienced SRD Camp Staff. This is the perfect setting to create a magical summer experience for every young child!

**Age:** 4 ½ - 6 years

**Time:** 9am – 4pm

**Maximum Campers:** 30

**Daily Schedule (Camp Strawberry: Sprouts)**



9:00-9:20am	Sign in / Morning Circle/ AM play
9:30-9:55am	Swim Lessons Tuesday-Friday adjacent to SRD Pool
10:15-10:30am	Transition to "base camp" / AM snack
10:30-11:00am	Outside play/group game
11:00-12:00pm	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 / Transition to sport lesson
2:15-3:00pm	Sport Lesson( tennis, soccer, multisport)
3:00-3:45pm	Group game time
3:45-4:00pm	Ending circle /Sign out

## Camp Strawberry: SPORTS

Strawberry Sports is specially designed for children 6 - 10 years looking for quality instructions in a summer camp and sport setting. SRD creates an ideal setting for campers to explore a variety of interests as they make new friends and enjoy the summer in a safe, local environment. Daily activities balance creative and athletic opportunities for all ages and ability levels encouraging individuals to develop lifelong skills. Based in the Strawberry Recreation Gymnasium, the SRD facility hosts all activities on site within yards of the base camp. Small learning groups and teaching ratios encourage and nurture each child's progress and skill development offering beginning through advanced level groups. Campers will stay together and all transitions and activities will be supervised by Megan Wilgenbush, Aquatics Coordinator and experienced SRD Camp Staff. *This is the perfect summer setting for your young child!*

**Age:** 6 - 10 years

**Time:** 9:30am – 4:45pm

**Maximum campers:** 65

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# 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)

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# Youth/Teen ~ Summer Camp

## 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.