

## Camp Strawberry 2016

### June 6 - August 19, 2016

Camp Strawberry-Sprouts (ages 4-5), Camp Strawberry-Sports Camp (ages 6-10) and SRD Counselor-In-Training program (ages 11-15) provide 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 an 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 multi sports along with activities in movement, yoga, outdoor play, arts & crafts, cooking, natural science and more. Campers will stay together and all transitions and activities will be supervised by SRD Coordinator, Camp Director and SRD camp staff. Weekly themes are on **pages 22-23 & 25**.

**Sport Lessons:** Daily 45-minute structured sport lessons arranged by age and ability level for an optimal learning experience.

**Tennis** Monday, Wednesday

**Soccer** Tuesday, Thursday

**SRD Swim Lessons** Tuesday - Friday

**Multi Sports** Friday - may include basketball, volleyball, baseball or field hockey.

**Special Weekly Activities:**

**Guest Presentations & Activities** Monday

**Spirit Dress-Up Day** Tuesday

**Walking Field Trips or Camp Celebration** Friday

**Lunch Program:** Campers bring their own lunch and snacks. The safety of each child is a priority, therefore CAMP STRAWBERRY is a **"Nut-Free Zone"**. SRD supports environmental responsibility by encouraging campers to pack re-usable containers whenever possible and practice composting and recycling throughout the program.

*Due to dietary restrictions, SRD will no longer provide hot lunch.*

**What to Pack:** Please pack a towel & swimsuit (Tuesday through Friday), lunch & multiple snacks (Monday through Friday), hat, sunscreen, water bottle, tennis shoes, change of clothes, and a jacket. Optional swim goggles and cap. Label each & every item. Please check lost and found daily.

**Campers should come to camp in their swimsuit (Tuesday through Friday).** Sports equipment will all be provided by SRD. Free camp shirt is given out on each child's first Monday of camp. Please wear your camp shirt on Mondays for photo day and Fridays for field trips.

**Included in registration:** Camper T-shirt, weekly themes, free play activities, entertainers, special events, spirit dress-up days, and walking field trips.

**Extended Care:** Available 8:15am-6:00pm for an additional \$35 per week/per child.

**Create a magical 2016 summer experience for your child!**

**See pages 18-27**



# Camp Strawberry

**Camp Strawberry will SELL OUT.  
Register EARLY!!!**

**Registration Begins @ 5:15am Monday, January 4, 2016!**

## CAMP DATES

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



## CAMP RATES

Sprouts/Sports	
1-Week	\$289
4-Weeks or more weekly discount (except Week 5)	\$256
4-Day Week   Week 5	\$231
CIT	
1-Week	\$189
4-Weeks or more weekly discount (except Week 5)	\$173
4-Day Week   Week 5	\$160



**Camp Strawberry will SELL OUT!**

**Register On-line for all SRD Activities !!!**

# Athletic X-Training Teen Fitness

SRD Athletic X Training-Running & Swimming for Teens ages 13-17



**Running - Mondays 4-4:30pm**



**Swimming - Mondays 4:45-5:30pm**

Build lean muscle and maintain a healthy lifestyle through these programs especially designed for teens. Whether participants swim or run competitively or for general fitness, mixing up workouts will improve core strength, endurance and speed. Core Training has a central role in establishing posture, alignment and stabilizing the lumbar and spine improving efficiency. Interval, endurance and speed training improve cardiovascular strength, muscular endurance and overall fitness level.

Participants will do a variety of 30-minute running workouts around SRD and the Bay Trail, and then do a pool workout for 45 minutes. All participants will have an opportunity to participate in a timed SRD's very own

**Splash and Dash on February 29 and May 23 at 4:00pm!!!**

**Dates:**

January 18-February 29 – 7 sessions

March 7-May 23 – 12 – sessions

**Fee:**

\$84 for running only/\$126 for running & swimming

\$144 for running only/\$216 for running & swimming

## TEEN ATHLETIC X-TRAINING CAMP

### TEEN ATHLETIC X-TRAINING CAMP

Participants will experience an athletic training program focused on developing the complete athlete in a fun and supportive environment. Designed for those interested in cross training, this camp will focus on all aspects of creating a personal and balanced workout with daily tennis, soccer and swimming. Camp size is limited to provide individual attention and coaching opportunities in all activities.

### Teen X-Training Camp's Daily Schedule

9:30am

10:00-10:45am

10:45- 11:30am

11:30am-12:30pm

Sign-in

Cross Training, Stretching, and Running

Sports Lesson

Pool

**Age:** 13 - 17 years

**Time:** 9:30am – 12:30pm

**Dates:** Weeks 6&7

**Max Campers:** 8

**Fee:** \$145

**Register On-line for all SRD Activities !!!**