

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 !!!

Camp Strawberry- CIT Program

STRAWBERRY
RECREATION

**Counselor
IN TRAINING**



Age: 11 - 15 years
Time: 10:15am - 5:15pm
Maximum CIT's: 16

Counselor-In-Training

2016 CAMP STRAWBERRY CIT program incorporates specialized skills, camp activities, special guests, athletics, safety training, and work experience skills in an exciting summer environment. Young teens, ages 11-15, will gain valuable training through work experience in a camp setting including introductions, public speaking and leading 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 games, sports, cooking, songs and transitions. CIT's will enjoy pickup games in the following: tennis (SRD Tennis Staff Mon., Wed.) soccer (Tues., Fri.), swimming (Wed.) and multi sport (Thurs.). Register early, space is limited! Jr. Lifeguards and Jr. Swim Aides should bring their swimsuits and towels with them everyday.

**For weeks 8 & 9, please contact SRD for course certification requirements.*

**Don't forget your swimsuit for Wet & Wacky
Wednesdays at the pool!**

CIT Program Daily Schedule

10:15am	Arrive at base camp/ Sign in
10:30am -12:00pm	CIT-TIME ZONE / On the Job Training
12:00 -12:45pm	Lunch and Outdoor Play
12:45 - 1:30pm	Assist with Movement, Yoga, Sports, Science or Cooking (Gym)
1:30 - 2:10pm	Assist Sprouts Sports & Art
2:10 - 2:55pm	Assist Sprouts Sports & Art
2:55 - 3:40pm	Assist Sports Sports & Art
3:40 - 4:25pm	Assist Sports Sports & Art
4:25 - 4:35pm	CIT Base Camp
4:35 - 5:15pm	CIT Sport Lesson (tennis, soccer, multi sport)



Camp Strawberry - CIT-Time Zone

Week	Dates	Description
Week 1	June 6-10	Jr. Leadership - CIT's will work together to develop and lead camp activities focused on spirit, creating enthusiasm within a group and organizational skills. Team building is a vital skill for young adults to gain as they participate in creating a positive environment.
Week 2	June 13-17	Jr. Coaching and Camp Counseling - Provides 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 3	June 20-24	SRD Jr. Swim Aide - CIT's will assist Swim Instructors and learn the basic techniques and importance of the Swim Lesson program. Perfect for those interested in Aquatics! Bring swimsuits M-F.
Week 4	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 5	July 5-8 (4 days)	Jr. Water Sports - CIT's will learn about and participate in sea kayaking, paddle boarding, water polo and pool snorkeling.
Week 6	July 11-15	SRD Jr. Lifeguarding - Introduces participants to job duties related to aquatics programs. Students will focus on lifeguard skills, first aid, CPR, Water Safety Instruction and aquatics customer service. Bring swimsuits M-F.
Week 7	July 18-22	Jr. Water Sports - CIT's will learn about and participate in sea kayaking, paddle boarding, water polo and pool snorkeling.
Week 8	July 25-29	ARC Babysitting Course - This is an American Red Cross standard program designed for young adults working with youth, baby sitting or just hanging out with younger siblings or friends.
Week 9	Aug 1-5	ARC Safety, CPR & First Aid - Recommended for all youth. Introduces and reinforces essential safety and response skills . This American Red Cross course is recommended for Jr. Lifeguard and Baby sitting certifications. Course content develops emergency response and safety skills through hands on learning that can potentially save your child's life or that of a loved one.
Week 10	Aug 8-12	Performing Arts - Explore the arts in this high energy break out group incorporating music, drama, movement and art while encouraging and developing public speaking and presentation skills through fun activities and projects.
Week 11	August 15-19	SRD Jr. Swim Aide - CIT's will assist Swim Instructors and learn the basic techniques and importance of the Swim Lesson program. Perfect for those interested in Aquatics! Bring swimsuits M-F.