

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 - SPROUTS

Camp Strawberry: SPROUTS

CAMP Strawberry Sprouts is specially designed for children 4 - 5 yrs looking for quality instruction and program 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 with beginning through advanced level groups. Campers will stay together and all transitions and activities will be supervised by SRD Aquatics Coordinator, Camp Director and experienced SRD Camp Staff. SRD works to create a memorable summer experience!

Age: 4 - 5 years

Time: 9:00am – 4:00pm

Maximum Campers: 45

Daily Schedule (Camp Strawberry: Sprouts)

9:00am-10:00am	Sign-in / Morning Circle / Playtime / Transition to Pool
10:00am-10:25am	Swim Group A/ Group B alternate schedule
10:25am-10:45am	Transition to "base camp" / Snack / Game Time
10:45am-11:00am	Outside game/ Jump house
11:00am-12:00pm	Arts and Crafts
12:00pm-12:45pm	Lunch/ Outdoor Play
12:45pm-1:30pm	Movement, Yoga, Sports, or Cooking (SRD Gymnasium)
1:30pm-2:10pm	Group A - Sports / Group B - Art & Activity
2:10pm-2:55pm	Group B - Sports / Group A - Art & Activity
2:55pm-3:45pm	Group Game
3:45pm-4:00pm	Ending Circle / Sign-out

Camp Strawberry - SPORTS

Camp Strawberry: SPORTS

CAMP Strawberry Sports is specially designed for children 6 - 10 years looking for quality instruction in a summer camp and sport setting. Campers 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 in beginning through advanced level groups. Campers will stay together and all transitions and activities will be supervised by SRD Aquatics Coordinator, Camp Director and experienced SRD Camp Staff. New friends and adventures are just around the corner at Camp Strawberry.

Age: 6 - 10 years

Time: 9:30am – 4:30pm

Maximum Campers: 60

Daily Schedule (Camp Strawberry: Sports Camp)

9:30am-10:30am	Sign-in / Play and Morning Circle
10:30am-10:55am	Swim Lesson Group A (Tue.-Fri. adjacent SRD Pool)
11:00am-11:25am	Swim Lesson Group B (Tue.-Fri. adjacent to SRD Pool)
11:25am-12:00pm	Transition to "base camp" / Group Game / Snack
12:00am-12:45pm	Lunch
12:45pm-1:30pm	Movement, Yoga, Sports, or Cooking (SRD Gymnasium)
1:30pm-2:10pm	Group Game Time / Snack
2:10pm-2:55pm	Group Activity
2:55pm-3:40pm	Group A - Sports / Group B - Art & Activity
3:40pm-4:25pm	Group B - Sports / Group A - Art & Activity
4:25pm-4:30pm	Ending Circle / Sign-out

Camp Strawberry Themes

Week	Dates	Description
Week 1	June 6-10	<p>Wonderland the merry, topsy-turvy world of imagination! Creative play, songs and whimsical escapades highlight the journey. Take a seat at the Mad Hatter party and explore the exciting world of Alice in Wonderland. Create wonderful and imaginative artwork masterpieces.</p> <p>Monday: Alice and Wonderland storyteller Tuesday: Dress-up Crazy Hat Day Friday: Mad Hatter Party</p>
Week 2	June 13-17	<p>Blast Off! - To Infinity and Beyond! Explore the wonders of the galaxy, participate in science experiments, learn about the solar system and create celestial artwork, robots and aliens.</p> <p>Monday: Science/Space Presentation Tuesday: Dress-up inspired by science or space, stardust, astronauts, robots, aliens, or movie characters! Friday: Walk to Woody's at Strawberry Shopping Center for a treat.</p>
Week 3	June 20-24	<p>Wild, Wild, West - Yee-Haaa! Join Camp Strawberry for a Hootin' Hollerin' Good Time. Make a variety of western crafts, decorate cowboy hats, learn important survival skills and experience the animals of the rugged Wild West</p> <p>Monday: Furs, Tails and Scales Live Animal Presentation Tuesday: Dress-up for Western Day! Friday: Bay Trail Nature Walk</p>
Week 4	June 27- July 1	<p>Passport to Adventure – Discover the wonders of the world around us! Create a passport and plan a world tour. Learn about different countries and their unique traditions, music, food, sports, and more!</p> <p>Monday: African Drum Lesson Tuesday: Dress-up Red, White and Blue Day! Friday: 4th of July Picnic</p>
Week 5	July 5-8 (4 days)	<p>Superheroes to the Rescue! - Up, Up, and Away! If you had a superpower, what would it be? Join fellow masked heroes to create your own superhero name, design a mask and explore your powers. Meet other local super heroes, play super hero games, and learn about safety and helping others.</p> <p>Fire Department Special Guest Tuesday: Dress-up as your favorite super hero. Friday: Climbing Wall</p>
Week 6	July 11-15	<p>Fuzzy Friends - Jungle Journey - Lions and tigers and bears, oh my! Amazing animals are everywhere! Campers will create their own fuzzy friends and bring them to life while learning all about the jungle and the animals that live there. Campers will partake in jungle animal games and activities with their new friends.</p> <p>Monday: Petting Zoo Tuesday: Dress-up as your favorite jungle animal! Friday: Walk to Woody's at Strawberry Shopping Center for a treat.</p>

Camp Strawberry Themes

Week	Dates	Description
Week 7	July 18-22	<p>Locomotion Commotion - Zoom! Zoom! With planes, trains, boats and automobiles! Learn about what it takes to keep the world moving through motion activities and special events. Create your own locomotive, ride a train and much more!</p> <p>Monday: Stack Adventures Presentation & Bay Trail walk Tuesday: Dress-up as a pilot, conductor, sailor, race car driver and more! Friday: Train Ride</p>
Week 8	July 25-29	<p>Spirit of the Olympics - Let the games begin! Campers will learn about the Olympics, athletic competition, and countries from around the world. A variety of activities related to Olympic sports including track and field, swimming, and basketball with Olympic inspired arts, crafts and so much more!</p> <p>Monday: Olympic Sports Presentation and Jump House Obstacle Course Tuesday: Represent your favorite sport or country Friday: Walk to Woody's at Strawberry Shopping Center for a treat.</p>
Week 9	August 1-5	<p>Never Never Land - Ahoy Mates! Join SRD for an island adventure that will spark creativity and tickle your funny bone. Decode a pirate map, go on a scavenger hunt for treasure or search for fairies. Campers will design costumes complete with accessories, pirates with eye patches, fairies with wings and more. Return home with tales of wondrous island adventures!</p> <p>Monday: Treasure Island Jump House Tuesday: Dress up as a pirate, Peter Pan, fairy, mermaid or other Never Never Land inspired costume Friday: Walking field trip to Strawberry Shopping Center for a treat.</p>
Week 10	August 8-12	<p>Magic, Mystery & Monsters - Magic! Mystics! Monsters! This enchanting and mysterious week is full of surprise and adventure! The magic world of imagination is endlessly mysterious. Campers explore and participate in magic class, wizard mischief, dueling games, sorcerer's stone, create their very own, brand new hero, wizard, monster, prince or princess.</p> <p>Monday: Magic Show Tuesday: Dress-up for Crazy Magical Day! Crazy patterns & colors, wizards... use your imagination! Friday: Magic Castle Jump House</p>
Week 11	August 15-19	<p>Ocean Exposition - Explore the wonderful and exciting world under the sea! Dolphins, seals, whales, sharks, starfish and stingrays all live in Strawberry's backyard. Discover secrets of the sea and ocean inspired art and activities. Under the Sea activities include wet, wild, and wacky water games and the Splash Pad Water Play Area.</p> <p>Monday: Marine Mammal Center Tuesday: Blue Day! Wear ALL blue Friday: Water slide & Sweet E's treat</p>

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.

Athletic X-Training Pre Teen Camp

Camp Strawberry:

PRE-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 designing 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.

Age: 8 - 12 years

Time: 9:30am – 4:30pm **Max Campers:** 16

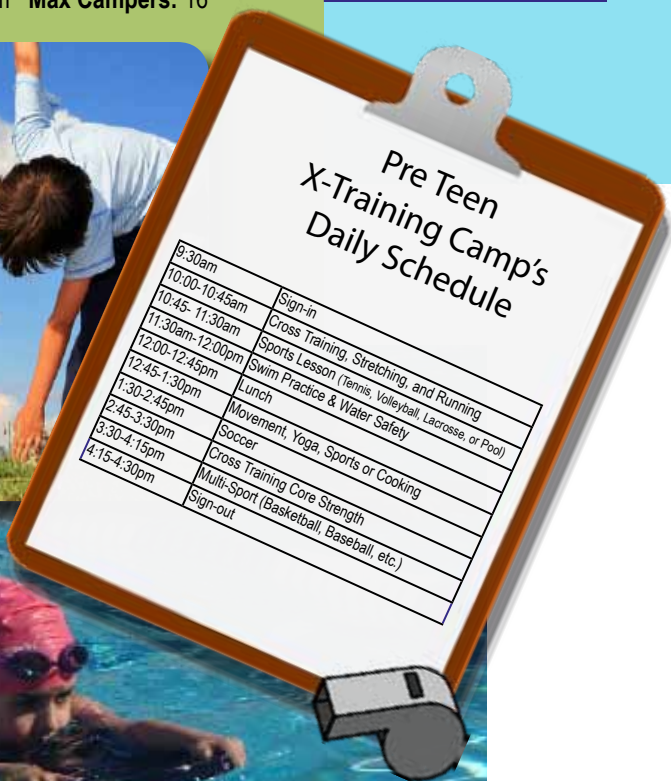
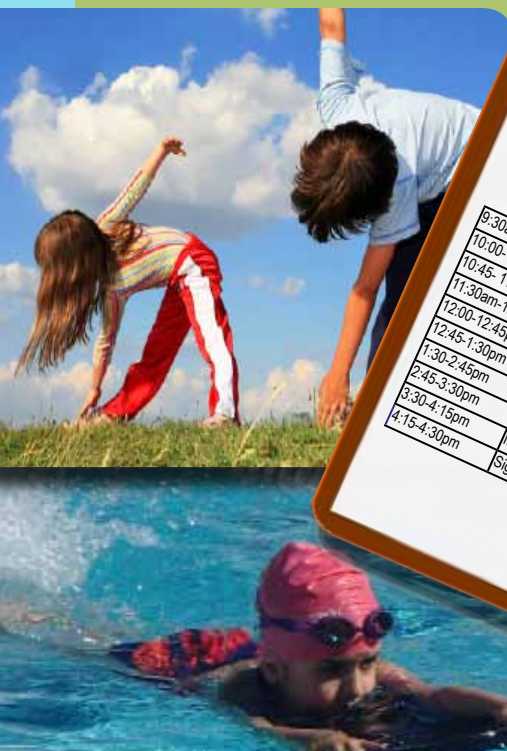
X-Training Camp Fee

1-Week	\$289
4-Weeks+	\$256

CAMP DATES

(Mon.-Fri.)

Week 2 - June 13-17
Week 3 - June 20-24
Week 4 - June 27-July 1
Week 6 - July 11-15
Week 7 - July 18-22
Week 8 - July 25-29
Week 9 - Aug 1-5
Week10 - Aug 8-12



Pre Teen X-Training Camp's Daily Schedule	
9:30am	Sign-in
10:00-10:45am	Cross Training, Stretching, and Running
10:45- 11:30am	Sports Lesson (Tennis, Volleyball, Lacrosse, or Pool)
11:30am-12:00pm	Swim Practice & Water Safety
12:00-12:45pm	Lunch
12:45-1:30pm	Movement, Yoga, Sports or Cooking
1:30-2:45pm	Soccer
2:45-3:30pm	Cross Training Core Strength
3:30-4:15pm	Multi-Sport (Basketball, Baseball, etc.)
4:15-4:30pm	Sign-out

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