

Camp Strawberry

CAMP STRAWBERRY

2018

June 4 - August 17

Camp Strawberry-Sprouts (ages 4-5), and Camp Strawberry-Sports Camp (ages 6-10) 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 incorporates 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 a high quality and trained staff, including a Camp Director and Room Coordinators. Weekly themes are on pages 30-31.

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 - Wednesday

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 environmentally responsible practices by encouraging campers to pack re-usable containers whenever possible and practice composting and recycling throughout the program.

Due to dietary restrictions, SRD does not provide hot lunch.

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

Things to Remember: Tuesday through Friday, campers should arrive at camp in their swimsuit. Sports equipment will all be provided by SRD. Camp shirts are given out on each child's first Monday of camp. Please wear your camp shirt on Tuesdays for photo day and Fridays for field trips.

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

Extended Care: Available 8:15am-6:00pm for an additional \$40 per week/per child.

Single day/drop-in camp is not available.



Camp Strawberry

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

Registration Begins Friday, January 5, 2018!

CAMP DATES

Week 1	Monday - Friday	June 4 - 8
Week 2	Monday - Friday	June 11 - 15
Week 3	Monday - Friday	June 18 - 22
Week 4	Monday - Friday	June 25 - 29
Week 5	Monday - Friday (No Wed)	July 2 - 6
Week 6	Monday - Friday	July 9 - 13
Week 7	Monday - Friday	July 16 - 20
Week 8	Monday - Friday	July 23 - 27
Week 9	Monday - Friday	July 30 - Aug 3
Week 10	Monday - Friday	August 6 - 10
Week 11	Monday - Friday	August 13 - 17



CAMP RATES

Sprouts/Sports	
1-Week	\$303
4-Weeks or more weekly discount (except Week 5)	\$269
4-Day Week Week 5 (July 3-7)	\$242
CIT	
1-Week	\$199
4-Weeks or more weekly discount (except Week 5)	\$183
4-Day Week Week 5 (July 2-6)	\$168

For refund policy for Camp Strawberry, see page 3.

**Please visit our website
<http://strawberry.marin.org>
to register.**

JOIN THE FUN!



Register Online 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 to advanced level groups. Campers will stay together and all transitions and activities will be supervised by Camp Director and experienced SRD Camp Staff. Swim lessons and water activities are supervised by trained SRD Aquatics 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 (M,W,F), Cooking (T), or Science (TH)
1:30pm-2:15pm	Group A - Sports / Group B - Art Project
2:15pm-2:55pm	Group B - Sports / Group A - Art Project
2:55pm-3:35pm	Group Game
3:35pm-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 Camp Director and experienced SRD Camp Staff. Swim lessons and water activities are supervised by trained SRD Aquatics 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)

9:30am-10:25am	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)
11:30am-12:00pm	Transition to "base camp" / Group Game
12:00pm-12:45pm	Lunch/Outdoor Play
12:45pm-1:30pm	Movement (M,W,F), Cooking (T), or Science (TH)
1:30pm-2:10pm	Group Game Time
2:10pm-2:50pm	Group Activities & Snack
2:55pm-3:35pm	Group A - Sports / Group B - Art Project
3:35pm-4:15pm	Group B - Sports / Group A - Art Project
4:15pm-4:30pm	Ending Circle / Sign-out

Register Online for all SRD Activities!!!

29

Camp Strawberry Themes

Week	Dates	Description
Week 1	June 4-8	<h2 style="text-align: center;">Knights & Princesses</h2> <p>HEAR YE, HEAR YE! Calling all knights and princesses! Bring the princess in your house or the brave knight protecting your castle to the royal grounds of Strawberry Recreation District. Throughout the week, children will become the knights and princesses of Strawberry. All the kings and queens of the Strawberry Recreation District castle will welcome your little knights and princesses into the royal family with their official crowns and armor.</p> <p>Monday: Storyteller Wednesday: Wear your best to be initiated into the royal SRD family! Friday: Renaissance Faire</p>
Week 2	June 11-15	<h2 style="text-align: center;">Life Below the Sea</h2> <p>Escape to the tropics and explore the deep blue sea. Campers will have fun in the sun as they learn about sea animals, sea life and island life. They will play with sand, create fun sea projects, play beach games and build a class aquarium. Each camper will take care of their own sea creature for the week. Come join us for a big adventure in our yellow submarine.</p> <p>Monday: Sea Life presentation Wednesday: BLUE DAY! Come dressed in your best blue outfit and we will create our own sea Friday: Walk to Woody's for a Special Treat</p>
Week 3	June 18-22	<h2 style="text-align: center;">Rockstars of CA</h2> <p>We are tapping into our inner rock star at Camp Strawberry. From decorating instruments to crafting our own glam guitars, we'll be rocking it out in style all week! Campers will get to jam on a variety of instruments, create colorful projects, and have a singing competition. So turn on some music and get ready to play along for this rockin' week at Camp Strawberry.</p> <p>Monday: No Room for Zeus Performance Wednesday: Your dream of becoming a rock star is coming true. Show us your best outfit for your once in a lifetime show! Friday: Walk to Woody's for a Special Treat</p>
Week 4	June 25-29	<h2 style="text-align: center;">Justice League Unite!</h2> <p>SHAZAM! If you had a superpower, what would it be? Join your fellow masked marvels to create your own unique superhero name, mask and explore your special powers through obstacle courses. Come join us for a week filled with fun and adventures as we save the world. Meet other local super heroes and learn about safety and helping others.</p> <p>Monday: Justice League Hero Visits SRD w/ Superhero Training Wednesday: Dress up as your favorite super hero! Don't forget your cape and mask! Friday: Climbing Wall</p>
Week 5	July 2-6 (4 days)	<h2 style="text-align: center;">Happy Birthday America!</h2> <p>Come celebrate America's 242nd Birthday in your best stars and stripes. Wear your red, white and blue to celebrate USA! Campers will participate in activities that celebrate our country and our pride. Enjoy a nice picnic with field games, eating contests, races and more! GO USA!</p> <p>Monday: Obstacle Jump House Tuesday: Rock your red, white and blue! Friday: Strawberry Picnic & Field Games</p>

Camp Strawberry Themes

Week	Dates	Description
Week 6	July 9-13	<h2>Treasure Hunters</h2> <p>X MARKS THE SPOT! Hungry for adventure? Ever wanted to search for lost treasure? Look no further! Join us as we follow the clues and solve puzzles to unravel the mystery of the fabled lost treasures of Strawberry and take home your own piece of treasure.</p> <p>Monday: Stacked Adventures Presentation and start your adventure on the Bay Trail Wednesday: Come dressed in your best explorer outfit. Make Indian Jones proud! Friday: Strawberry Scavenger Hunt</p>
Week 7	July 16-20	<h2>Barnyard Palooza</h2> <p>BAAHH! OINK-OINK! MOO! Giddy up partner! Pull on your overalls; grab your hat and come on down to the SRD family ranch. Meet the farm animals, take a tractor ride, and grab a partner for a dosey doe at the square dance. It'll be a routin' tootin' good time!</p> <p>Monday: Little Explorer's Petting Zoo Wednesday: Cowboys, Cowgirls, and Sheriffs Welcome! Come in your best get up Friday: Walk to Woody's for a Special Treat</p>
Week 8	July 23-27	<h2>Mysteries of the Universe</h2> <p>Blast off into this fun and activity-filled session learning about the solar system. The adventure will begin as they fly to the moon and back and learn about the different planets, stars, sun and build their own rocket ships. Come adventure into the mysteries of the universe.</p> <p>Monday: Space and Jedi Presentation Wednesday: Aliens, Astronauts, Robots OH MY! Don't forget your space suit! Friday: Walk to Woody's for a Special Treat</p>
Week 9	July 30-August 3	<h2>Under the Big Top</h2> <p>Come ONE, come ALL and step right up to the best circus you will find! Try your hand at the ring toss, stop by our tattoo booth or learn a magic trick! Come explore all of your hidden entertainment talents at Strawberry's 2018 three ring circus!</p> <p>Monday: Circus Performance Wednesday: Wacky Tacky Dress up Day. Come in your craziest colors/patterns, animal or circus performer. Friday: Walk to Sweet-Es for a Special Treat</p>
Week 10	August 6-10	<h2>Mighty Jungle - Fuzzy Friends</h2> <p>From the rivers of the Amazon to the plains of the Serengeti, learn about the amazing animals that inhabit these beautiful landscapes while campers craft their own animal companions to share in the adventure. Mystery and excitement abound at the Strawberry African Safari!</p> <p>Monday: Fur, Tails and Scales Live Animal Presentation Wednesday: Come dressed as your favorite animal or an explorer of the Amazon! Friday: Walk to Woody's for a Special Treat</p>
Week 11	August 13-17	<h2>Bon Voyage to Summer</h2> <p>Say Aloha, pack your bags and come sail away on the Strawberry Cruise line for a fun filled week of adventure. Campers will fill their passports with stamps and memories as they learn about new places and new cultures during our trip around the world. Sign up for this once in a lifetime voyage.</p> <p>Monday: Learn How to Hula Wednesday: Don't forget your boat shoes, stylish glasses and beach cover-up Friday: Waterslide, Splash Pad & Water Balloons!</p>

Camp Strawberry - CIT Program

**STRAWBERRY
RECREATION**

**Counselor
IN TRAINING**



Age

11 - 15 years

Time

10:00am - 5:00pm

Maximum # of CIT's

16

Counselor-In-Training

2018 CAMP STRAWBERRY CIT program incorporates learning 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 public speaking, leading groups and communication/organization skills. CIT-TIME ZONE allows the group to develop their own athletic and safety skills through personal instruction with a weekly focus. When CIT's are not in CIT-TIME ZONE, they will work hand-in-hand with SRD camp staff leading games, sports, cooking, songs and transitions. CIT's will enjoy their own pickup games including: Tennis, soccer, swimming and multi-sport.

Register early, space is limited!

Jr. Lifeguards and Jr. Swim Aides should bring their swimsuits and towels with them everyday. Don't forget your swimsuit for Wet & Wacky Wednesdays at the pool!



CIT Program Daily Schedule

9:45am	Arrive at base camp/ Sign in
10am-12pm	CIT-TIME ZONE
12:00-12:45pm	Lunch and Outdoor Play
12:45-1:30pm	Assist w/ Daily Camp Program
1:30-2:10pm	Assist Sprouts Sports & Art*
2:10-2:50pm	Assist Sprouts Sports & Art*
2:50-3:30pm	Assist Sports Sports & Art*
3:30-4:10pm	Assist Sports Sports & Art*
4:10-4:25pm	CIT Break
4:25-5:00pm	CIT Sport Lesson (tennis, soccer, multi sport)

*Additional CIT-TIME ZONE activities may be scheduled in place of afternoon programs.



Camp Strawberry - CIT Time Zone

Week 1	June 4-8	<p align="center">Jr. Leadership</p> <p>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.</p>
Week 2	June 11-15	<p align="center">Cooking for Teens</p> <p>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.</p>
Week 3	June 18-22	<p align="center">Shifting Gears</p> <p>This week will include a series of professional development and personal life skill workshops for young adults to plan for the road ahead. This program focuses on life stage transitions, academic pursuits and the professional career development of young teens.</p>
Week 4	June 25-29	<p align="center">Performing Arts</p> <p>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.</p>
Week 5	July 2-6 (4 days)	<p align="center">Cooking for Teens</p> <p>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.</p>
Week 6	July 9-13	<p align="center">Jr. Water Sports/Outdoor Adventure</p> <p>CIT's will be given an introduction to water sports and outdoor activities including planning/organizing activities and first aid & safety considerations. Activities will include hiking/camping, sea kayaking & paddle boarding, water polo and snorkeling. CITS should bring swimsuit and towel everyday</p>
Week 7	July 16-20	<p align="center">SRD Jr. Lifeguarding</p> <p>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. Please bring swimsuits Monday through Friday.</p>
Week 8	July 23-27	<p align="center">ARC Babysitting Course</p> <p>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.</p>
Week 9	July 30-Aug 3	<p align="center">Jr. Water Sports/Outdoor Adventure</p> <p>CIT's will be given an introduction to water sports and outdoor activities including planning/organizing activities and first aid & safety considerations. Activities will include hiking/camping, sea kayaking & paddle boarding, water polo and snorkeling. CITS should bring swimsuit and towel everyday.</p>
Week 10	Aug 6-10	<p align="center">Forget Me Knot</p> <p>From securing a tent to building a river raft, CITs will learn about the many types of knots and lashings that can be used in everyday life. Hands-on projects will include learning about all different binding and decorative knots.</p>
Week 11	August 13-17	<p align="center">SRD Jr. Swim Aide</p> <p>CIT's will work hand-in-hand with SRD Swim Instructors and learn the basic techniques and importance of the Swim Lesson program. Perfect for those interested in Aquatics! Please bring swimsuits Monday through Friday.</p>

Athletic X-Training Pre Teen Summer Camp

PRE-TEEN

ATHLETIC X-TRAINING 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. A variety of additional sports will be introduced and may include basketball, baseball, lacrosse and volleyball. 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



Athletic X Training Camp Fee

1 Week \$303

4 Weeks \$269

CAMP DATES

(Monday-Friday)

Week 2 - June 11-15

Week 3 - June 18-22

Week 4 - June 25-29

Week 6 - July 9-13

Week 7 - July 16-20

Week 8 - July 23-27

Week 9 - July 30-Aug 3

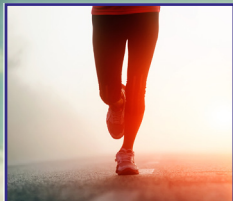
Week 10 - Aug 6-10

Pre Teen X-Training Camp Daily Schedule

9:30am	Sign-in
10:00-10:45am	Cross Training, Stretching, and Running
10:45-11:30am	Tennis Lesson
11:30-11:55am	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, Lacrosse, Volleyball)
4:15-4:30pm	Sign-out



Athletic X-Training Teen Fitness



**Running
MONDAYS**

5:30pm - 6:00pm

ATHLETIC TRAINING

STRAWBERRY RECREATION



**Swimming
MONDAYS**

6:15pm - 7:00pm

SRD ATHLETIC X TRAINING

RUNNING & SWIMMING FOR TEENS AGES 11-17

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. At the end of every session, each student will participate in SRD's Splash and Dash.

FEES:

\$100 for running only

\$160 for running & swimming

Please check our website for session dates and availability

WET & WACKY WEDNESDAYS

June 20 - July 25, 2018

12:30pm - 1:15pm

FEE: Free for Pool Pass Holders

Guest of Pass Holders - \$5/each

On select Wednesdays during the Summer, SRD will host friendly races and water activities for youth pass holders and Camp Strawberry CITs. Come join us at the pool for a good time with games and fun including: relay races, ring toss, sharks & minnows, duck race, water polo, cannonball contest, and much more! Don't miss out!

Register Online for all SRD Activities!!!