

Jr High Summer Institute 2010

Week 1: July 5- July 9, 2010

Students will learn safety rules and water awareness safety, while participating in group activities. In addition to lifeguard events, students will have boat rides and go snorkeling and have races / activities with skills learned during the week.

Castaic Recreation: Week 1 July 5th, 2010	Monday	Tuesday	Wednesday	Thursday	Friday	Instructor
8:30 - 9:00 a.m drop off	Drop off	Drop off	Drop off	Drop off	Drop off	Camp Counselor
9:00 - 10:45 (1 hr 45 min) Block A	Orientation to the Program. Safety rules, Water awareness safety, group activity to get to know each other and the staff.	Kayaking, Sailing, Canoeing	Boat Ride on Upper Lake to Elizabeth Canyon	Lifeguard events: Beach Flags, Paddle Boards, rescue toes, Tennis Balls, Snorkling	Races / activities with skills they learned from the week	Lori Bennett and Eric Reifman
10:45-11:00 (15 min break)	15 min Break	15 min Break	15 min Break	15 min Break	15 min Break	Camp Counselor and Castaic Staff
11:00 - 12:45 (1 hr 45 min) Block B	Swim/float test with PFD, Tubing on the water and Float Tubes	Kayaking, Sailing, Canoeing	Scavenger Hunt	Lifeguard events: Beach Flags, Paddle Boards, rescue toes, Tennis Balls, Snorkling	Races / activities with skills they learned from the week	Lori Bennett and Eric Reifman
12:45 - 1:45	60 min Lunch	60 min Lunch	60 min Lunch	60 min Lunch	60 min Lunch	Camp Counselor and Castaic Staff
1:45 - 3:30 (1 hr 45 min) Block C	Tubing on the water, Float Tubes and free time Talk about what to bring the next day	Kayaking, Sailing, Canoeing and free time Talk about what to bring the next day	Boat ride back and if we have time, Free time Talk about what to bring the next day	Lifeguard Career Talk at the Swim Beach Talk about what to bring the next day	Talk on how recreation and doing what you love can lead to a career.	Lori Bennett and Eric Reifman
3:30 Pick-UP	Pick Up	Pick Up	Pick Up	Pick Up	Pick Up	Pick Up