



Summer Rec Camp



Tues, Wed, Thur | June 18 - July 25 | 9:30am - 12:20pm

Activity List | 6 weeks of summer fun

Early Morning Care | code 3063 | 7-9:30am | \$215/\$195(Dist.Res.)

Rookie Camp | Grades 1st-2nd | code 3050 | All Inclusive Program | \$395/\$375 (Dist.Res.)

Entering Grades 3rd - 4th | code 3010 | \$380/\$360 (Dist. Res.)

Period 1 9:30a-10:20a	Period 2 10:30a-11:20a	Period 3 11:30a-12:20p
DIY Do It Yourself \$15 lab fee	Basketball	ARTshop \$25 lab fee
Flag Football	DIY Do It Yourself \$15 lab fee	Cheerleading
Jazz Fusion	Hip Hop	Field Games
Lacrosse	Martial Arts \$5 lab fee	iEdit
Theatre Arts \$10 lab fee	Science Rules! \$25 lab fee	LEGO & Strategy Games
		No Heat in The Kitchen \$25 lab fee

Entering Grades 5th - 8th | code 3010 | \$380/\$360 (Dist. Res.)

Period 1 9:30a-10:20a	Period 2 10:30a-11:20a	Period 3: 11:30a-12:20p
Basketball	Field Games	ARTshop \$25 lab fee
DIY Do It Yourself \$15 lab fee	Flag Football	Babysitting \$15 lab fee
iEdit	Hip Hop	Cheerleading
Jazz Fusion	iEdit	DIY Do It Yourself \$15 lab fee
Martial Arts \$5 lab fee	Sports Medicine/CPR \$15 lab fee	Lacrosse
Science Rules! \$25 lab fee	Theatre Arts \$10 lab fee	LEGO & Strategy Games
*descriptions on pg 2		No Heat in The Kitchen \$25 lab fee

Afternoon Rec | Grades 1st -8th | code 3064 | 12:30-6pm | \$405/\$385 (Dist. Res.)



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pleasanthillrec.com

Activity List Descriptions:

ARTshop *\$25 lab fee* Create your own masterpieces inspired by the world's most famous artists (Monet, Warhol, Van Gogh, Picasso)! We will use a variety of materials including watercolors, oil pastels, clay, and more.

Babysitting *\$15 lab fee* Learn the skills needed to be a trusted and responsible babysitter. Learn basic first aid, general safety, child development, bedtime strategies, discipline, and ways to make babysitting fun for you and the kids. 1st Aide/CPR certification included.

Basketball Challenge your basketball skills in the gym! Passing, dribbling and shooting techniques followed by scrimmage play.

Cheerleading Learn all the cheer basics! Arm movements, jumps, cheers and cheer dances are just part of the fun. You will be taught simple body movements that will prepare you to cheer at a real game. Come join the fun!!

DIY *\$15 lab fee* Do it Yourself! Learn how to create and make your own home decorations, gifts, toys and more.

Field Games This action packed class will include relay races, obstacle courses, games (capture the flag, dodge ball and kick ball, etc.) as well as other field games. Focus is on increasing kid's fitness level while having fun.

Flag Football Learn football basics through drills, obstacle courses and strength training with an emphasis on team work. Intramural games will be played each class. No tackling, just fun! Super Bowl will be played on the last day of camp.

Hip Hop Learn the style and movement that mixes pop and hip hop dance to the modern music of today. This class will also increase your strength and flexibility.

iEdit Learn how to create, edit, and publish your own iMovie using various apps from the App Store! This class will teach you to master the art of blending editing techniques into a top-notch film. Touch up your videos with special effects, transitions, background music, green screens and more! Bring an iPhone or iPad to this tech-filled class.

Jazz Fusion This summer learn the latest jazz dance moves plus pop and hip hop, while increasing your strength and flexibility.

Lacrosse Learn the fundamentals and rules of one of the fastest growing sports in the nation. The kids will have fun learning how to catch, cradle, shoot on goal and scoop the ball. This is not a full contact class and there will be no checking. Fiddle stick provided

LEGO® & Strategy Games Design, build and explore your ideas in a supportive environment with LEGOs®. Build, learn and play cognitive, problem-solving strategy games.

Martial Arts *\$5 lab fee* Non-Contact Karate. Learn and practice blocks, strikes, punches, kicks, stance and Kata (forms) to promote balance, respect, self-discipline, self-control, character and confidence.

No Heat in The Kitchen *\$25 lab fee* No stove or oven, no problem. In this cooking class campers will learn the basic skills needed in the kitchen while making yummy treats, snacks, and lunches.

Science Rules! *\$25 lab fee* Do you love the world of science? Join us for hands-on, science discovery! Science Rules will allow your inner scientist to come out by conducting different experiments, creating different inventions, and thinking outside the box using problem solving skills.

Sports Medicine/CPR *\$15 lab fee* Learn how systems of the body function and interact through physical activity; develop a general understanding of the structure and function of the musculoskeletal system. 1st Aide/CPR certification included.

Theatre Arts *\$10 lab fee* Learn the basics of acting, auditioning, improvisation, timing and stage presence through the use of games, scene work and group projects.