El Cerrito Recreation Department
Special Summer Camp Schedule:
Virtual Camps
July/August 2020 Virtual Summer Camps

X-Fit Virtual Backyard Fitness & Games
Ages 5 – 11
Discover all the wonders around your house as your children get fit and stay fit. "Backyard Fitness & Games" by X-Fit Training will: 1. Give your children knowledge of health and nutrition. 2. Teach them exercises that they can do all summer long. 3. Teach kids how to play games with simple objects around the house. 4. Lead scavenger hunts inside and outside of the house. Come join in on the fun with "Backyard Fitness & Games" by X-Fit Training.

Participants will need internet access, water bottle, 6ft of surrounding space, and a place where they can laugh, yell & play. Classes will be hosted using Zoom.us. Instructor will email access information (Zoom links) 1 business days prior to the first day of the session. If you do not receive access information, please email XFit.jr@gmail.com.

Instructor: X-Fit Training

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Virtual Circus Camp
Ages 7 – 11
Slim Chance has been teaching Youth Circus Arts afterschool and summer programs with El Cerrito Rec since 2011 and has been awarded Best Circus Camp by Parents Press many years in the running. Since restrictions began due to COVID-19, Slim has taken his classes online!

This virtual camp will provide online extracurricular circus, creative activities, and fun to families staying home this summer. The program has an emphasis on juggling, expression of movement, and performing with the screen in the home environment. All classes will be hosted on Zoom.us. Parent's will receive access information 1-2 business days prior to camp.

Class Supply List: Computer, laptop or tablet and Wi-Fi at home; Students will need 3 scarves (can substitute 3 light produce bags or pieces of fabric), a feather (substitute something long and not too heavy such as a pool noodle, wooden dowel or hobby horse), 3 juggling balls (can make their own with my YouTube tutorials or use fruit such as oranges). Other materials from the home may be requested such as a hat or a stick for clown exercises, these can be subject to what is available and the imagination.

Instructor: Slim Chance Circus (formerly Living Dream Arts)

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Virtual Viva El Espanol
Ages 6 – 10
7/13-17 Game Week! Join us for a week of classic games and prizes — Viva el Español style! We will play charades, Pictionary, Hedbanz, try our luck at the wheel of fortune, and go on a scavenger hunt. We will also make and play with Oobleck and create our own bingo cards. Our karaoke and Name that Tune competitions will sure bring endless fun!

7/20-24 Explorando España / Exploring Spain Take a virtual journey with us to discover the uniqueness of Spain’s people, food, and culture. Campers will learn about the most famous sports team in Spain, El Barcelona, and their world champion player Leo Messi. You will receive a kit to recreate Gaudi’s emblematic lizard sculptures and some of Dalí’s most famous paintings. Campers will make castanets and learn some steps of flamenco. Together they will learn the stories of Don Quijote and the Tomatina festival, and enjoy delicious tapas.

7/27-31 Mission Impossible Join us for a week filled with top secret missions that will put your spy skills to the test! Our espías will go on undercover assignments, overcome obstacles, and develop strategic skills. We will make and break codes, use spy gadgets, go on rope courses and more! Each day espías will work in teams to earn their stripes, and at the end of the week we will see who becomes the best next Top-Secret Agent.
8/3 – 7 Boom! Splat! Kablooey! – Explosive Science Join us for a week of ciencias explosivas that is a real blast! We will create our own antibacterial gel, make a backyard geyser, see what happens when carbon dioxide contacts air, create a lemon volcano eruption, and many more amazing explosive experiments! Do not miss the chance to join this mad science journey! All classes will be hosted on Zoom.us. Parent's will receive access information 1-2 business days prior to camp.

Class Supply List: Computer, laptop, or tablet and Wi-Fi at home; A kit with all materials needed for the week of camp will be provided for each student; the kits will be delivered to City of El Cerrito Recreation Department. Students/parents would need to go there to pick it up during your open hours prior to the start of camp.

Instructor: Viva el Espanol

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Virtual UpCycled Jewelry
Ages 7 – 13
Calling all Jewelry fans. It is time to craft some awesome jewelry out of things just lying around your house. Broken jewelry, old coins, photos, jar lids, fabric scraps, nail polish and more can be used to make cool, upcycled jewelry. What a great way to make use of time at home and forgotten things. All classes will be hosted on Zoom.us. Parent's will receive access information 1-2 business days prior to camp.

Class Supply List: Computer, laptop or tablet and Wi-Fi at home; A Zoom link (with a password) will be shared each morning before the class. Students will have access to the Google doc with supply lists and instructions. Hard to find supplies can be provided by teacher: happyfoodwine@gmail.com

Instructor: April Schlanger

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Virtual Making Fun Desserts
Ages 7 – 13
Sugar! Sugar! Sugar! Now that I have your attention, let us get to baking. Desserts are always a great way to learn to cook. They teach you measurements, basic chemistry and how to follow directions. They also taste great and make wonderful gifts for friends and loved ones. We will make between one and two different desserts each day, depending on the difficulty of each. Aprons are recommended. Participants can follow along and make their dessert with the teacher or watch and make the dessert later. Recipes are supplied via a shared google doc. All classes will be hosted on Zoom.us. Parent's will receive access information 1-2 business days prior to camp. A Zoom link (with a password) will be shared each morning before the class. Students will have access to the Google doc with recipes and instructions. They can either print out the recipes or save them online.

Class Supply List: Computer, laptop or tablet and Wi-Fi at home; Hard to find supplies can be provided by teacher: happyfoodwine@gmail.com

Special requirement: Some participants will need help with hot items or with cutting. Parents, if you know your child might need help, please stay close by to supervise.

Instructor: April Schlanger

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Hoop It Up Basketball Virtual Camp
Ages 5 – 17
Cost: $48.00
This virtual camp will be presented by one of our NAofA Certified Coaches, Ben Freeland, who played Division 1 NCAA ball before a two-year professional stint in Europe; he is also part owner of one of our territories in California. In this 5-day series he will go over some skills and drills that you can do with in the comforts of your own home using both equipment and everyday
items. You will have the chance to watch each video, learn and then practice. You have access to this virtual video sports camp for up to 30 days.

**Bump Set Spike Virtual Volleyball Camp**

*Ages 5 – 17*

*Cost: $48.00*

This virtual camp will be presented by one of our NAofA Certified Coaches, Keilani Gaither, who played at the junior college level for 2 years in Sacramento; she is also the Area Captain for the Sacramento region. In this 5-day series she will go over some skills and drills that you can do with in the comforts of your own home using both equipment and everyday items. You will have the chance to watch each video, learn and then practice. You have access to this virtual video sports camp for up to 30 days.

**Instructor: NAofA Staff, Coach Keilani Gaither**

**Register:** https://login.nationalacademyofathletics.com/eventDetail.php?record=620

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**Air Attack Virtual Football Camp, LV 1**

*Ages 5 – 17*

*Cost: $48.00*

This virtual camp will be presented by one of our NAofA Certified Coaches, Ken Taylor, who played in the NFL for a few years; He is also a Superbowl Champion as part of the 1985 Chicago Bears Championship team. In this 5-day series he will go over some skills and drills that you can do with in the comforts of your own home using both equipment and everyday items. You will have the chance to watch each video, learn and then practice. You have access to this virtual video sports camp for up to 30 days.

**Instructor: NAofA Staff, Coach Ken Taylor**

**Register:** https://login.nationalacademyofathletics.com/eventDetail.php?record=623

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**All American Virtual Football Camp with NY Giant, Grant Haley, LV 2**

*Ages 12 – 17*

*Cost: $58.00*

Grant Haley is an American football cornerback for the New York Giants of the National Football League. He played his college football at Penn State. As a pro football player Grant is known for his explosive speed, fundamental skills and ability to breakdown and understand plays. During the All-American Virtual Football Camp, Grant takes players step by step through 5 days of skills training. Each day features 3 separate skills and drills sessions including footwork, receiving, throwing and more. If your child likes football, they will love Grant Haley's All-American Football Camp. The video includes 5 days of training - Each day starts with a daily review, then a warm-up, 3 new skills and drills, and ends with a review.

**Instructor: NAofA Staff, Coach Grant Haley**

**Register:** https://vimeo.com/ondemand/granthaley

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**Daruma Kids Virtual Martial Arts Camp**

*Ages 5 – 17*

*Cost: $48.00*

This virtual camp will be presented by one of our NAofA Certified Coaches, Alberto Juarez, who is a black belt in Brazilian Jiu-Jitsu & Judo; he is the Area Captain of Santa Clara County, California. In this 5-day series he will go over some skills and drills that you can do with in the comforts of your own home with no equipment needed. You will have the chance to watch each video, learn and then practice. You have access to this virtual video sports camp for up to 30 days.

**Instructor: NAofA Staff, Coach Alberto Juarez**

**Register:** https://login.nationalacademyofathletics.com/eventDetail.php?record=625

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**Important Information** All virtual programs and camps require a computer, tablet, or other device with Wi-Fi and streaming capabilities. Access information to online platforms (such as Zoom meeting links) will be provided 1-2 business days prior to the start of the program via email to the main email address on your account. If you do not receive access information, please email the email address(es) provided on your registration receipt. While families cannot enroll in more than one in-person camp during our special camp sessions, they CAN enroll in multiple virtual programs or pair one half-day, in-person special session camp with a VIRTUAL offering. Please note that virtual camps do not follow the same timeframes and dates as in-person camps.