

Field Trip Descriptions: Junior Swim Camp (ages 7-10)

Update - 6/16/09

Week	Fee	Field Trip
#1 Tuesday, June 16 th	\$125 Resident/ \$156.25 Non Resident	<p>Marine Mammal Center, Marin Headlands</p> <p>Campers will be some of the first children to experience the new Marine Mammal Center. They will learn about and have a hands-on learning experience about the Marine Mammal Center and marine mammals in the brand-new class and hospital.</p> <p>(Chartered Bus) Leave at 1:00pm Return at 4:30pm</p>
#2 Wednesday, June 24 th	\$110 Resident/ \$137.50 Non Resident	<p>Pedal Boats on Lake Merritt, Oakland</p> <p>Campers will explore Lake Merritt on pedal boats with experienced guides. Campers will not only enjoy boating on the lake but also relax at the picnic site and play on the shore.</p> <p>(BART) Leave at 12:30pm Return at 5:00pm</p>
#3 Thursday, July 2 nd	\$125 Resident/ \$156.25 Non Resident	<p>California Academy of Science, Steinhardt Aquarium, San Francisco ALL DAY</p> <p>Steinhart Aquarium is home to 38,000 live animals from around the world, representing more than 900 separate species. Come nose-to-beak with an African penguin, watch sharks and stingrays cruise beneath your feet, check out the set of teeth on a piranha, and learn about the critical, life-sustaining role that water plays on Earth.</p> <p>(BART & MUNI) Leave at 8:30 Return at 5:30pm</p>
#4 Thursday, July 9 th	\$105 Resident/ \$131.25 Non Resident	<p>The Rapid Waterslides at Shadow Cliffs Regional Recreation Area, Pleasanton ALL DAY *No camp 7/6</p> <p>Campers will enjoy a 266-acre park including an 80-acre lake, a four-flume waterslide, and picnic grounds. The Rapids Waterslides are exciting classic slides each over 500 feet long.</p> <p>(Chartered Bus) Leave at 9:15am Return at 5:15pm</p>

<p>#5 Wednesday, July 15th</p>	<p>\$110 Resident/ \$137.50 Non Resident</p>	<p>Shorebird Park & Adventure Playground, Berkeley Marina</p> <p>Campers will enjoy a 1 ½ hour in both the Adventure Playground and Shorebird Nature Center. The Adventure Playground is a unique playground that enables children to creatively use hammers, nails, saws and paint. The facility provides low risk activities that challenge and stimulate. Trained staff offers a safe environment in the entire Playground for safety. The Shorebird Nature Center is an environmentally sensitive building made of Straw bales and recycled materials. It has a 50 gallon bay aquarium, a touch table, and exhibits.</p> <p>(City Van) Leave at 12:30pm Return at 5:30pm</p>
<p>#6 Thursday, July 23rd</p>	<p>\$125 Resident/ \$156.25 Non Resident</p>	<p>Bay Quakers San Francisco Duck Tours, San Francisco</p> <p>San Francisco Duck Tours will allow the campers to experience San Francisco's newest attraction and a better way to see San Francisco, on board one of DUKW's, (called Ducks!) an original, refurbished World War II Amphibious landing craft.</p> <p>Bay Quackers is a fun-filled, memorable 80-min Surf & Turf Duck Tour of San Francisco and the Bay. Campers will see North Beach, Chinatown, Union Square, Soma, McCovey Cove, San Francisco Bay, Coit Tower and more while quacking your way through the city.</p> <p>(BART & MUNI) Leave at 12:30pm Return at 5:30pm</p>
<p>#7 Wednesday, July 29th</p>	<p>\$110 Resident/ \$137.50 Non Resident</p>	<p>Crab Cove, Alameda ALL DAY</p> <p>Campers will participate in the "Beach Education" program- a guided outdoor nature study. They will meet residents (animals and plants) of the San Francisco Bay at the Visitor Center Aquarium and enjoy the rest of the day at the beach!</p> <p>(Chartered Bus) Leave at 9:00am Return at 2:30pm</p>

<p>#8 Wednesday, August 5th</p>	<p>\$125 Resident/ \$156.25 Non Resident</p>	<p>Blue & Gold Fleet, "Escape from the Rock" Ferry Boat Adventure, San Francisco ALL DAY</p> <p>Murder, Mayhem and Mobsters. Campers will experience Escape from the Rock Cruise! It's an hour and a half bay cruise journey that sails under the Golden Gate Bridge and then circles Alcatraz allowing you to see every angle of this mysterious island. You'll hear chilling accounts of harrowing escape attempts by Alcatraz's notorious criminals as well as their descriptions of the brutality of life on the island. This special San Francisco bay tour "fully-loaded" with sound effects and intriguing stories about Capone, Billy Cook the Killer, Clyde Johnson's escape attempt, and many more, will take you back to the days when this maximum-security prison was the most feared institution in the American penal system.</p> <p>(BART & MUNI) Leave at 9:30 Return at 5:30</p>
--	--	---

Field Trip Descriptions: Senior Swim Camp (Ages 11-14)

Week	Fee	Field Trip
#1 Thursday, June 18 th	\$186 Resident/ \$232.50 Non Resident	<p>Surf Lessons, Bolinas</p> <p>Bolinas Surf Lessons, the premiere surf school in the Bay Area, will provide lessons on the best beginner waves in Northern California. The instructors are experienced surfers, trained in life-saving and CPR, and are life-long residents of the area. Many of the instructors grew up surfing in Bolinas and offer unparalleled local knowledge.</p> <p>Students will learn basic surfing fundamentals, as well as ocean awareness, water safety, wave riding skills, and surf etiquette. Equipment (4mm wetsuit, boots and soft longboard) will be provided.</p> <p>(Chartered Bus) Leave at 8:15am Return at 5:15pm</p>
#2 Thursday, June 25 th	\$141 Resident/ \$176.25 Non Resident	<p>Waterworld, Concord</p> <p>Campers will get soaked at the Waterworld Concord, a water amusement park that features the exotic Honolulu Halfpipe and the Big Kahuna. Waterworld has more than 25 rides and attractions for campers to enjoy wet and wild excitement. Those seeking thrills with a big splash will love the Tornado, a 75-foot funnel ride that sends riders through 5000 gallons of water before landing in a gentle pool, and the Cliffhanger Complex, which has speed slides that send riders 7 stories down.</p> <p>Campers can also check out the Big Kahuna, a group-oriented water-rafting ride that carries up to six riders, and is the most popular ride in the park, perfect for families and kids. If campers are seeking a more relaxing time, opt for Breaker Beach, great for all ages, and has the largest wave pool in Northern California, with over 700,000 gallons of fun and waves.</p> <p>(Chartered Bus) Leave 8:45am Return 5:15pm</p>
#3 Thursday, July 2 nd	\$125 Resident/ \$156.25 Non Resident	<p>California Academy of Science, Steinhardt Aquarium, San Francisco</p> <p>Steinhart Aquarium is home to 38,000 live animals from around the world, representing more than 900 separate species. Come nose-to-beak with an African penguin, watch sharks and stingrays cruise beneath your feet, check out the set of teeth on a piranha, and learn about the critical, life-sustaining role that water plays on Earth.</p> <p>(BART & MUNI) Leave 9:00am Return 5:30pm</p>

<p>#4 Thursday, July 9th</p>	<p>\$105 Resident/ \$131.25 Non Resident</p>	<p>The Rapid Waterslides at Shadow Cliffs Regional Recreation Area, Pleasanton ALL DAY *No camp 7/6</p> <p>Campers will enjoy a 266-acre park including an 80-acre lake, a four-flume waterslide, and picnic grounds. The Rapids Waterslides are exciting classic slides each over 500 feet long.</p> <p>(Chartered Bus) Leave 9:15am Return 5:30pm</p>
<p>#5 Thursday, July 16th</p>	<p>\$141 Resident/ \$176.25 Non Resident</p>	<p>Santa Cruz Beach Boardwalk, Santa Cruz ALL DAY</p> <p>Voted the world's Best Seaside Amusement Park in 2007, the 101-year old Santa Cruz Beach Boardwalk features both modern and classic thrill rides, restaurants, miniature golf, video game arcades, and family bowling, all located on a mile of sandy beach.</p> <p>(Chartered Bus) Leave 8:15am Return 5:30pm</p>
<p>#6 Thursday, July 23rd</p>	<p>\$125 Resident/ \$270 Non Resident</p>	<p>Bay Quakers San Francisco Duck Tours, San Francisco</p> <p>San Francisco Duck Tours will allow the campers to experience San Francisco's newest attraction and a better way to see San Francisco, on board one of DUKW's, (called Ducks!) an original, refurbished World War II Amphibious landing craft.</p> <p>Bay Quackers is a fun-filled, memorable 80-min Surf & Turf Duck Tour of San Francisco and the Bay.</p> <p>Campers will see North Beach, Chinatown, Union Square, Soma, McCovey Cove, San Francisco Bay, Coit Tower and more while quacking your way through the city.</p> <p>(BART & MUNI) Leave at 12:30pm Return at 5:30pm</p>
<p>#7 Wednesday, July 29th</p>	<p>\$216 Resident/ \$270 Non Resident</p>	<p>Windsurfing Lessons, Crown Beach Alameda (Wed) ALL DAY</p> <p>Campers will take lessons provided by Boardsports School. They will enjoy exclusive teaching 1 of the best beach locations in the Bay Area - Crown Beach Alameda. At Crown Beach there are side on shore winds, long sandy beaches, and shallow warm water.</p> <p>(Chartered Bus) Leave at 9:00am Return at 3:00pm</p>

<p>Thursday, July 30th</p>		<p>Johnsons Beach, Russian River (Thurs) ALL DAY</p> <p>Johnson's Beach & Resort is located in the casual, little Northern California town of Guerneville on the Russian River. The Beach has canoes, kayaks and paddleboats for rent plus umbrellas, inner tubes, and beach chairs. A snack bar is located on the Beach as well as a boat launch. There is also a roped off swimming area for the campers.</p> <p>(Chartered Bus) Leave 8:15am Return 5:15pm</p>
<p>#8 Thursday, August 6th</p>	<p>\$186 Resident/ \$232.50 Non Resident</p>	<p>Monterey Bay Aquarium, Monterey ALL DAY</p> <p>Campers will experience nearly 200 award-winning galleries and exhibits at the Monterey Bay Aquarium. On the border of one of the largest underwater canyons on earth (wider and deeper than the Grand Canyon), it's surrounded by incredibly diverse marine life. One of the world's best and largest exhibit aquariums, it's home to more than 350,000 marine animals and plants, and about 550 species. A three-story, 335,000-gallon tank with clear acrylic walls offers stunning views of leopard sharks, sardines, anchovies, and other creatures swimming through a towering kelp forest. The 1.2-million-gallon Outer Bay tank houses open-ocean life, including yellow-fin tuna, large green sea turtles, barracuda, sharks, giant ocean sunfish, and schools of bonito. The Giant Octopus exhibit is also amazing. Campers will enjoy the sea otters playing in their two-story exhibit. There are also coastal streams, tidal pools, a sand beach, and a petting pool, where campers can touch living bat rays and handle sea stars.</p> <p>(Chartered Bus) Leave 8:15am Return 5:15pm</p>