



***See Attached Flyer for complete information on camps and activities.**

Activity date(s)	Club or sport	Contact person/ advisor	Activity	Sales period	Indicate how funds will be used	Retail cost	Projected gross income	Projected expenses	Projected profit
June 17-21 & August 12-16	Baseball	N. Dulawan/ Feldhaus & N. Katzenstein	Baseball Camp for Kids	April 1 - August 15, 2013	Uniforms, Coaches, Travel Expenses	\$150	\$4,500	\$2,000	\$2,500
June 24-28 & July 8-12	Basketball	N. Dulawan/ Feldhaus & J. Zamora	Basketball Camp for Kids			\$135	\$4,050	\$2,000	\$2,050
July 29 – Aug 2	ASB	N. Dulawan/ Hammonds	Best Self Camp Kids			\$150	\$4,500	\$2,000	\$2,500
Aug 5- 9,	ASB	N. Dulawan/ Hammonds & D. Dulawan	Cheer Camp for Kids			\$125	\$3,750	\$2,000	\$1,750
Jun 17 - Aug 16	Swim & Dive	N. Dulawan/ Feldhaus & T. Wright	Dive Camp for Kids			\$100.00 per week	\$3,000	\$2,000	\$1,000
Jun 17 - Aug 16	Swim & Dive	N. Dulawan/ Feldhaus & T. Wright	Dive Camp for Kids	All Day		\$500 per summer	\$5,000	\$2,000	\$3,000
July 15 –19	Athletics	N. Dulawan/ Feldhaus & D. Schroeder	Triathlon Camp for Kids			\$150	\$4,500	\$2,000	\$2,500
July 15 –19	DP News	N. Dulawan/ Feldhaus & John Dent	Video Camp for Kids			\$155	\$4,650	\$2,000	\$2,650
June 17-21	Volleyball [W]	N. Dulawan/ Feldhaus & T. Garrett	Girls Volleyball Camp for Kids	Online		\$150	\$4,500	\$2,000	\$2,500
July 15-19	Wrestling	N. Dulawan/ Feldhaus, A. Califano & A. Conner	Wrestling Camp for Kids			\$150	\$4,500	\$2,000	\$2,500
June 17- Aug 15	ASB & Athletics	N. Dulawan/ Hammonds & Feldhaus	Swim Lesson Private & Group Kids & Adults	Off Campus	See Flyer	\$50,000	\$40,000	\$10,000	
June 17- Aug 15			Adult Exercise - Core Class, Lap Swim, Spinning, Yoga			\$5,000	\$2,500	\$2,500	
June 17- Aug 15			Open Swim			\$1,000	\$500	\$500	

SWIM & CAMPS



SUMMER 2013 CAMPS

BASEBALL CAMP - \$150 per week

Youth baseball players of the community have the opportunity to learn from coaches and players in a week long camp. During the week, campers will improve their hitting, fielding, throwing, catching, pitching, and speed training skills, showing them what it is like to play baseball at a high school level.

Age: 9-14 | Dates: Jun. 17-21, Aug. 12-16 | Time: 9:00am-1:00pm | Location: Varsity Baseball Field at Dos Pueblos High School

BASKETBALL CAMP - \$135 per week

At the DPHS Basketball Camp, campers learn how to become well rounded, team oriented basketball players. This camp provides a rewarding and enjoyable experience for campers of all ability levels. Coaches teach campers defensive skills, ball handling, and shooting. Every camper will receive a camp T-shirt after competitions at the end of the week. | Dates: Jun. 24-28, Jul. 8-12 | Time for ages 7-10: 8:00am-11:30am | Time for ages 11-14: 12:00am-3:30am | Location: Sovine Gym at Dos Pueblos High School

BEST SELF CAMP - \$150 per week

Through a variety of off-site adventure activities participants are provided with the tools to explore the outdoors and the diverse ecology of our Santa Barbara community. With a series of team building activities this camp will help encourage participants to find a confident and balanced way of living to become their best self everyday. Age: 9-13 | Dates: Jul. 22-26, Jul. 29 - Aug. 1 (if other date fills) | Time: 8:00am-4:00pm | Location: Elings Aquatic Center at Dos Pueblos High School

CHEER CAMP - \$125 per week

The Dos Pueblos Cheer camp is a program for 2nd through 6th grade students interested in dance and spirit. Throughout the week, campers will be learning new cheering skills and routines to perform at the end of the week. Everyone will receive a T-shirt and a set of pom-poms to help create a sense of team spirit as they learn and dance alongside the DPHS Spirit Squad. Age: 5-12 (will make exceptions) | Dates: Aug. 5-9 | Time: 10:00am-2:00pm | Location: Cafeteria at Dos Pueblos High School

DIVE CAMP - \$100 per week / \$500 summer

This dive camp is designed for divers of all ages and abilities. Training will start with dry land conditioning and basic tumbling before moving to the springboards. Campers will learn and improve their skills for competition from experienced coaches who have trained from beginner to Olympic divers. Come learn in a supportive community and make friends along the way. Age: All | Dates: Jun. 17 - Aug. 16 | Time: 12:00pm-2:00pm | Location: Elings Aquatic Center at Dos Pueblos High School

TRIATHLON CAMP - \$150 per week

Join Dos Pueblos athletes from all sports to enhance skills needed for a triathlon. Held in the actual race location, campers will further their abilities and become comfortable with the racing environment while making friends and working with DP coaches.

Age: 7-12 | Dates & Time: TBD (week before youth triathlon) | Location: Elings Aquatic Center at Dos Pueblos High School

VIDEO CAMP - \$155 per week

Have fun making movies with your friends! Join us for a fun-filled week of video making right on the DPHS campus. Kids will get a chance to use cameras, mics and computers and work in a green-screen studio to make videos of their own. All kids will get a camp shirt and a DVD of the video they create.

Age: 8-13 | Dates: Jul. 15-19 | Time: 8:00am-12:00pm | Location: DPNews Studio & Award-winning Yearbook Apple Computer Lab at Dos Pueblos High School

VOLLEYBALL CAMP - \$140 per week

Girls from all parts of the community have the opportunity to learn and refine the fundamentals of volleyball. During the week, campers will improve their passing, hitting, setting, defense and footwork. Coaches will be teaching and running drills while Varsity players will add instruction and excitement to the camp. Age: 11-14 | Dates: Jun. 17-21 | Time: 1:00pm-3:00pm | Location: Sovine Gym at Dos Pueblos High School

WRESTLING CAMP - \$150 per week

Division I All American Ati Conner invites local athletes to a five day training camp where participants will be taught the fundamentals of the sport of wrestling. Each participant will be instructed in core training, proper nutrition and the many benefits of working hard. Age: 11-14 | Dates: Jul. 15 - 19 | Time: 8:00am-1:00pm | Location: Sovine Gym at Dos Pueblos High School

**CONTACT US FOR MORE
INFORMATION**

ONLINE REGISTRATION STARTS 04.01

DPHS Community Programs | www.dphscp.org | register@dphscp.org | 805.883.8343

SWIM & CAMPS SUMMER SWIM PROGRAM & ADULT CLASSES



GROUP LESSON - \$72 per session
Swimmers must be 3-14 years of age & potty trained. Eight 25 minute classes with 4 students max per class

Dates: Jun. 17-27, Jul. 8-18, July 22-Aug. 1, Aug. 5-15
Times: Every 30 minutes from 9:30-11:30am, 3:00-5:30pm

- SEE CLASS LEVEL INFORMATION -

PRIVATE LESSON - \$62 per session
Available for all ages. We offer Parent/Child classes for any students under 3 years old, adults who are first time swimmers, and stroke correction for advanced swimmers or water polo players.
Four 20 minute classes with 1 student max per class

Dates: Jun. 17-20, Jun. 24-27, Jul. 8-11, Jul. 15-18, Jul. 22-25, Jul. 29- Aug. 1, Aug. 5-8, Aug. 12-15
Times: Every 20 min from 9:40-11:40am, 2:00-6:00pm

OPEN SWIM - \$95 per summer / \$4 per day
Any swimmers under 14 must be accompanied by an adult and over 4ft tall. Any swimmers under 18 must have their parents sign a waiver and have a valid ID.

Dates: Jun. 17 - Aug. 15 | Days & Times: M-TH 12:00pm - 1:00pm



GROUP LESSON CLASS LEVEL INFORMATION

TINY TOTS: The aims to introduce young swimmers to the basics of swimming and water safety. This class begins to develop the foundation of swimming by building confidence in the water, around the water, and in our facility. A raised platform (or "Pirate Ship") is used to help the group stand and learn while feeling safe. This is a great class for children that are new to our program and not used to the Olympic size pool.

BEGINNER I: Children in this level should be comfortable in and around water and our facility. These students will have the basic movements of swimming reinforced in this class. Then building on this foundation, this class will focus on breathing techniques, arm and leg movement in the water with assistants from teachers.

BEGINNER II: Students entering this class should be familiar with basic breathing techniques and swim movements. These skills are practiced in these classes but at this level swimmers are expected to complete skills unassisted. Instructors will aid swimmers to become more efficient in all swimming motions to help prepare for the novice level.

NOVICE: Swimmers will now start more technical stroke analysis of the front and back crawl. The students are not expected to swim a full 25 yards at this level, but the swimming distances in the classes are slowly increased to help develop muscle memory and endurance.

DOLPHIN: This class refines the front and back crawl and introduces the basics of Elementary Backstroke, Breast Stroke, Butterfly, and Side Stroke.

FLYING FISH: This class continues to refine the front and back crawl and refines the basics of Elementary Backstroke, Breast Stroke, Butterfly, and Side Stroke.

ADULT EXERCISE

ALL ACCESS PASS - \$95 per summer / \$55 per month

This enables the sole owner of the pass entry to all Core, Spinning & Yoga classes and entry to all Open & Lap Swimming times. | Dates: Jun. 17-28, Jul. 8 - Aug. 15

CORE - \$6 per day
Shallow Water Core Conditioning was developed to provide a safe yet challenging workout for fitness newbies and athletes alike. Mixing heart-raising arm, ab, glute, and leg work with intervals of stretching and strengthening, the method makes for the perfect body altering experience. One half of the class is taught in the water and the other half is on the pool deck. | Days & Times: M-TH 1:00-2:00pm

LAP SWIMMING - \$4 per day
There will be 4 lanes open minimum available. Any swimmers under 14 must be accompanied by an adult and lap swimming at all times and must pass a lap swim test. Any swimmers under 18 must have their parents sign a waiver and have a valid ID.
Days & Times: M-TH 7:00am - 8:00pm

SPINNING - \$6 per day
These outdoor cycling classes on the pool deck offer a non-impact, highly effective way to build cardiovascular strength and endurance. Designed for all levels, these classes offer a challenging opportunity to get your heart pumping, burn serious calories and leave you with a feeling of accomplishment and perhaps a desire to be out on the road.
Days & Times: M/W 6:00 - 7:00pm, T/TH 7:00 - 8:00am

YOGA - \$10 per day
This Vinyasa Flow class welcomes all levels and links the breath to every movement allowing you the opportunity to connect your mind and body. This class is all about your own personal practice so there will be many modifications and adjustments available for you from the teacher. Depending on the mood of the day, music may be involved to keep the fun level high and the workout strong. Simply, we get an hour to heat up, strengthen, stretch, gain flexibility and stability and go through a yoga sequence together in a fun, safe space.
Days & Times: M/W 7:00 - 8:00am, T/TH 6:00 - 7:00pm

FALL-SPRING: COMING SOON!

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