



## COOKING. CERAMICS AND CODING CAMPS!

# Center for a Healthy Lifestyle

### TWO LOCATIONS

#### Harper Clubhouse, Solana Beach

The yellow cottage at the Harper Branch features a teaching kitchen, patio and interactive organic garden. 533 Lomas Santa Fe Dr., Solana Beach, CA 92075

#### Griset Clubhouse, Encinitas

The Griset Branch is home to our 1/2 acre organic garden and commercial-like teaching kitchen. 1221 Encinitas Blvd., Encinitas, CA 92024

### FINANCIAL ASSISTANCE

Financial Assistance is available for those who qualify. Scholarship applications must be completed and approved before registration.

### REGISTRATION

You must complete a separate registration for each individual child. Once you have completed all forms and online payment, your spot will be reserved.

Register for camps online at [CenterForAHealthyLifestyle.org](http://CenterForAHealthyLifestyle.org)

### EXTENDED CAMP (EXT.) Camp hours from 7:30am-6pm

Campers can be dropped off at their camp location as early as 7:30am and be picked up as late as 6:00pm. At the conclusion of their specific CHL camp, campers will continue the fun and participate in Summer Day Camp activities until parent pick up.

### EARLY DROP OFF/LATE PICK UP

#### 7:30am-9:00am and/or 3:00pm-6:00pm

Campers can be dropped off at their camp location as early as 7:30am and picked up as late as 6:00pm. During the before and after camp hours, Campers will have the option to participate in free choice camp activities such as arts, indoor games, outdoor games, and computers.

### TRANSPORTATION

Round trip transportation is available between our camp locations for the following CHL Camps: Ceramics and Cooking & Ceramics. Campers needing this service will be transported daily by Club vans to and from their home base camp (Either Polster or Harper). Campers must be dropped off in the morning by 7:45am and will return to their home base location after 3:30pm. Please see camp descriptions for pricing. *\*All campers utilizing transportation will automatically be registered for Early Drop Off/Late Pick Up program as transportation operates outside of our daily camp activity hours.*

Camp Calendar	Ages	Price	June 17	June 24	July 8	July 15	July 22	July 29	Aug 5	Aug 12
Surf Shack	5-9 years	\$295	● Harper			● Harper			● Harper	
Farmers Market	5-9 years	\$235			● Harper		● Harper			● Harper
Master Chef	8-12 years	\$275					● Griset	● Harper		● Griset
Cooking and Ceramics	8-12 years	\$325		● Griset	● Griset	● Griset		● Griset	● Griset	
Ceramics	9-14 years	\$325					● Griset			● Griset
Cooking, Coding & Ceramics	10-14 years	\$325			● Griset			● Griset		
Cooking, Coding & Rocketerring	10-14 years	\$325			● Griset			● Griset		
Lab Rats Science Camps	10-14 years	\$250		● Harper			● Griset			



## SURF SHACK: GLUTEN-FREE/PEANUT-FREE

**AGES 5-9** We are so excited to be able to offer a cooking camp that accommodates some of our favorite campers but welcome all! Campers will spend the week preparing food inspired by Central America and the Caribbean. On Friday, parents and friends are invited to lunch at our Pop Up Surf Shack Restaurant!

June 17 - June 21	9am-12pm	<b>\$295 camp only</b> \$385 camp + extended camp	Harper Clubhouse
July 15 - July 19			
Aug. 5 - Aug. 9			

## FARMERS MARKET

**AGES 5-9** Campers will spend the week preparing delicious food for Friday's Farmers Market! Parents and friends are invited! While our fan favorite zucchini bread will be back, this year we explore the food from the Pacific Islands!

July 8 - July 12	9am-12pm	<b>\$235 camp only</b> \$325 camp + extended camp	Harper Clubhouse
July 22 - July 26			
Aug. 12 - Aug. 16			

## MASTER CHEF

**AGES 8-12** Campers will spend the week learning the secrets of gourmet chefs and preparing and plating their dishes. Working in teams, a friendly competition will include prizes throughout the week.

July 22 - July 26	Griset Clubhouse	<b>\$275 camp only</b> \$365 camp + extended camp	9am-1pm
July 29 - Aug. 2	Harper Clubhouse		
Aug. 12 - Aug. 15	Griset Clubhouse	<b>\$225 camp only</b> \$315 camp + extended camp	

## COOKING & CERAMICS

**AGES 8-12** Campers will spend half of each day in the Ceramics Studio learning how to throw pots and sculpt clay and half of each day harvesting from the farm and preparing Farm to Table dishes.

June 24 - June 28	9am-3pm	<b>\$325 camp only</b> \$350 camp + early drop/late pick up \$380 camp + transportation (early drop/late pick up included)	Griset Clubhouse
July 8 - July 12			
July 15 - July 19			
July 29 - Aug. 2			
Aug. 5 - Aug. 9			

## CERAMICS

**AGES 9-14** We have so many talented returning campers who have taken one or more Ceramics Summer Camps. We have created this camp to give those campers with previous experience the opportunity to improve their skills with the help of our talented teachers.

July 22 - July 26	9am-1pm	<b>\$325 camp only</b> \$415 camp + ext. camp \$445 camp + ext. camp + trans.	Griset Clubhouse
Aug. 12 - Aug. 15		<b>\$275 camp only</b> \$365 camp + ext. camp \$390 camp + ext. camp + trans.	

## COOKING, CODING & CERAMICS

**AGES 10-14** Campers will spend the morning cooking Greek Cuisine and participating in computer programming and data visualization experiments and will spend the afternoon throwing pots and sculpting clay in the Ceramics room.

July 8 - July 12	9am-3pm	<b>\$325 camp only</b> \$350 camp + early drop/late pick up	Griset Clubhouse
July 29 - Aug. 2			

## COOKING, CODING & ROCKETEERING

**AGES 10-14** Campers will spend the morning cooking Greek Cuisine and participating in computer programming and data visualization experiments and will spend the afternoon building their own air powered rockets and building and testing a heat shield and parachute with our educational partners, Lab Rats.

July 8 - July 12	9am-3pm	<b>\$325 camp only</b> \$350 camp + early drop/late pick up	Griset Clubhouse
July 29 - Aug. 2			

## LAB RATS SCIENCE CAMP

**AGES 10-14**

**Science of Life Camp:** Life is a remarkable phenomenon. Students will learn a wide sample of biology from plants to the human body. In this camp, students extract their own DNA, measure nutrients in soil, and measure their own lung capacity to discover how life has adapted to its environment.

**Slime and Every day Chemistry:** Every day we use common household products, but we have no idea about the crazy chemistry that each product utilizes for its purpose, from soap to bleach to the food we eat, discover the crazy world of chemistry we use every day. Plus learn some fun chemistry like creating your own slime and crystals.

Slime & Chem	June 24 - June 28	Harper	9am-12pm	<b>\$250 camp only</b> \$340 camp + extended camp
Science of Life	July 22 - July 26	Griset		

