

THE watersports CAMP

at the Mission Bay Aquatic Center

4 weekly spring sessions
march 29 - april 23

13 weekly summer sessions
june 7 - september 3

2010



surfing | wakeboarding | sailing
kayaking | waterskiing | windsurfing
marine science | multi-sport camps
FOR AGES 6 to 17



mission bay aquatic center



**ASSOCIATED
STUDENTS**
SAN DIEGO STATE UNIVERSITY



IT'S FOR EVERYBODY
We build strong kids, strong families, strong communities.



**UC San Diego
RECREATION**

The Water Sports Camp at Mission Bay Aquatic Center is proud to use Correct Craft Nautiques in our wakeboarding and waterskiing programs.



About the Camp

The Water Sports Camp is an exciting and fun day-camp sponsored by the Peninsula Family YMCA and held at SDSU's and UCSD's Mission Bay Aquatic Center. Camps run Monday through Friday in half-day and full-day weekly sessions. Optional early and late supervision is available.

Full-Day Camp

Full-day campers choose one activity to learn each morning and will receive a week's instruction in that sport. Campers can choose their morning activity from the options below:

- Wakeboarding
- Advanced Wakeboarding
- Advanced Sailing
- Performance Sailing
- Intermediate Surfing
- Counselor-In-Training (minimum age 14 years)
- Windsurfing
- Basic Sailing
- Hobie Cat Sailing
- Surfing
- Kayaking
- Marine Science

Each afternoon campers are grouped together by age and get to do the following activities one day of the week:

- Wakeboarding & Tubing
- Surfing & Bodyboarding
- Snorkeling
- Sailing
- Kayaking

Campers can also sign-up to Wakeboard & Tube every afternoon! (additional cost applies)

Full-Day Camp Rates

- \$375 Wakeboarding/Waterskiing
- \$305 All other Full-Day Camps

Half-Day Camp

Half-day camp is available for morning or afternoon sessions. For half-day morning instructional camps, campers choose one activity to learn each morning and will receive a week's instruction in that sport.

Morning Instructional Options:

- Wakeboarding
- Advanced Wakeboarding
- Basic Sailing
- Advanced Sailing
- Hobie Cat Sailing
- Performance Sailing
- Surfing
- Intermediate Surfing
- Kayaking
- Marine Science
- Windsurfing

For our afternoon camps, campers can either choose from our multi-sport afternoon camp, where they will get to try a different sport each afternoon, or our afternoon wakeboarding & tubing camp, where campers will wakeboard & tube in a recreational setting.

Afternoon Recreational Options:

- Multi-sport Recreational Camp
- Afternoon Recreational Wakeboarding

Half-Day Camp Rates

- \$275 Wakeboarding/Waterskiing
- \$195 All other Half-Day Camps

LA JOLLA FESTIVAL OF THE ARTS™

Torrey Pines Kiwanis Club is proud to sponsor inclusion at The Water Sports Camp with funds raised by the La Jolla Festival of the Arts.

Development Camp

Development Camps are high performance instructional camps that are goal oriented and challenging. Our skilled and knowledgeable coaches use a wide range of teaching techniques such as video review, land-training, demos, simulations, and ample on-the-water practice time to enhance performance. They are perfect for teen campers, or campers who wish to push their performance to the next level.

Development Camp Options:

- Wakeboarding Development Camp
- Sailing Development Camp
- Small Boat Racing Camp

Development Camp Rates

- \$595 - Wakeboarding Development Camp
- \$355 - Sailing Development Camp

SAVE on Registration with these Camp Specials!

June Multi-Week Special
Attend at least 2 weeks in June and get a 10% discount

Back-to-School Special
Sign-up for any 2 weeks of camp between weeks 11-13 and save 10%

Optional Early/Late Supervision:

Supervision from 6:30 - 7:30 am and after 4:30 - 6:00 pm is available for an additional fee.

- \$30 Early or Late Supervision
- \$50 Both Early & Late Supervision

Eligibility

- Boys and girls ages 6-17 inclusive.
- Qualified Swimmer: Campers must be "water safe" and will be required to pass a swim test, consisting of a 50 meter swim, and 5 minutes of treading water.*
- If campers have needs that require special consideration, contact the Camp Director at least 7 days in advance of attendance.

* For swimming instruction contact Peninsula Family YMCA at 619-226-8888 or the SDSU Aquaplex at 619-594-7946.

Camperships:

Camperships from the California Department of Boating and Waterways and other community organizations are available to families in need of financial assistance. Call us at 858-539-2003 for more information and to apply.

A Typical Day at Camp

	Half-Day Camp Schedule	Full-Day Camp Schedule	Development Camp Schedule
6:30am	Optional Early Supervision		
7:30am	Camp Check-in		
8:00am	Morning Instructional Activities	Morning Instructional Activities	Drills, tactics, on-the-water-instruction
11:00am	Afternoon Check-in	Lunch	
11:45am	Afternoon Multi-Sport Camp -or- Afternoon Wakeboarding	Afternoon Multi-Sport Camp -or- Afternoon Wakeboarding	Video review, racing, freeride session
3:30pm	Camp Checkout & Supervision		
4:30pm	Optional Late Supervision		
6:00pm			

Wakeboarding & Waterskiing

The Water Sports Camp is the largest and most popular youth wakeboarding school in Southern California. Campers will use the finest equipment available including Correct Craft Nautique towboats, Liquid Force and O'Brien wakeboards and waterskis. All instructors are United States Coast Guard licensed and USA Waterski instructor qualified.



Wakeboarding and Waterskiing

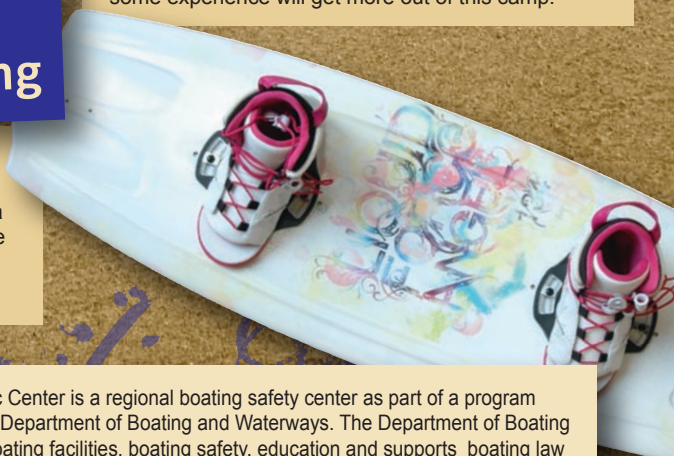
This camp is the perfect introduction to the fun and exciting world of wakeboarding or waterskiing. Campers also have the opportunity to go kneeboarding and tubing during the week.

Advanced Wakeboarding and Waterskiing

This camp is for campers who already know how to wakeboard or waterski and want to advance their skills, or just enjoy a week of riding. **Prerequisite:** Must be able to get up on ski or wakeboard and consistently and comfortably cross wakes.

Afternoon Wakeboarding and Waterskiing

Campers will spend the week wakeboarding, tubing, kneeboarding and taking jetski rides with our USCG licensed drivers in this exciting session. This session is designed to be more recreational than instructional so, while experience is not required, campers with some experience will get more out of this camp.



The Mission Bay Aquatic Center is a regional boating safety center as part of a program funded by the California Department of Boating and Waterways. The Department of Boating and Waterways funds boating facilities, boating safety, education and supports boating law enforcement in California. A portion of the equipment at the Center is provided by the Department to enhance boating safety education in California. www.dbw.ca.gov



Wakeboarding Development Camp

Weeks Offered: All weeks
Camp Length: 5 Days, 7:30am-3:30pm
Cost: \$595

The Air Nautique Wakeboarding Development Camp is our most complete wakeboard instructional experience. Unlike our standard wakeboarding camps, riders choosing this premium camp will receive wakeboard and wakeskate instruction for the morning AND afternoon activity each day of the week.

This intensive camp is perfect for the rider who is interested in progressing their skills and understanding the concepts needed to take their riding to the next level. Space is very limited so sign-up early.

Prerequisite: This is a challenging and exciting program requiring a minimum age of 8 years old to participate. Campers should be ready for a full week of physically demanding activity and lots of one-on-one coaching from highly skilled wakeboarding instructors.



Kayaking

Kayaking is an educational and fun way to get out on the water for a great camp experience.

Multi-Level Kayaking

This multi-level camp is designed for anyone who has an interest in kayaking and adventure. Our qualified instructors will help campers progress from kayaking basics to more advanced strokes and recoveries, all while safely touring the coves of Mission Bay.



Sailing

The Water Sports Camp's small boat sailing program is one of the most comprehensive sailing instructional programs in the world. Our 35 years of program development, along with our professional and friendly staff, combine to offer the best youth sailing instruction. Campers can start on their path to becoming a lifetime sailor or just experience the thrill of wind powered travel. Our sailing staff is comprised of experienced instructors for Mission Bay Aquatic Center and are US SAILING certified.



Basic Sailing

This course is for kids who are new to sailing. Using one of the best boats to learn to sail, the 8-foot single-handed Sabot, campers will learn the basics of how to sail upwind, down wind, tack, and jibe. With this foundation campers will have the basic skills to move on to our other sailing camps and learn to sail larger boats.

Advanced Sailing

After learning the basics, campers are ready to continue their sailing adventure in Advanced Sailing Camp. Here, they will learn how to sail as a crew of at least two, and use both a main and jib sail.

Hobie Cat Sailing

Hobie Cat sailing introduces kids to sailing one of our Hobie 16 catamarans, a boat with two hulls. Hobie Cat's are the fastest sailboat we have and campers will learn to maximize their boat speed making this an exciting way to get around Mission Bay!

Performance Sailing

As campers further their sailing skills, they will be ready for more advanced and high performance boats. This camp focuses on the Laser, the same boat used in Olympic sailing. This challenging camp will test the skills of any sailor, and help make the transition from sailing as a recreational activity, to sailing as competitive sport.

Campers can work towards receiving their US SAILING Small Boat Certification while at camp! Just be sure to ask the instructor for an Official Logbook of Sailing and you will be on your way to obtaining a certification. The Small Boat Certification is the first step in the US SAILING Certification system that can be upgraded as their sailing credentials grow!



Sailing Development Camps



Sailing Development Camp

Weeks Offered: Weeks 7, 9 & 11
Camp Length: 5 Days, 8:00am-3:30pm
Cost: \$355

This camp is designed to be an accelerated sailing course which will develop the skills of both the intermediate and experienced sailor alike. Instruction will begin with honing skills in the Sabot, and will then move on to more advanced performance sailing in the Olympic-class Laser.

Prerequisite: Basic sailing experience is necessary to join this camp.

Small Boat Racing Camp

Weeks Offered: Weeks 8, 10 & 12
Camp Length: 5 Days, 8:00am-3:30pm
Cost: \$355

This camp will teach the fundamentals of sailboat racing including racing rules, tactics, and starts. Campers will be challenged with various drills and friendly competition. Sailing skills and sportsmanship will be the focus of this exciting competitive camp.

Prerequisite: To join this camp sailors should have completed Advanced Sailing or equivalent experience.



Windsurfing

With steady winds and flat water, Mission Bay is the ideal place to learn to windsurf!

Multi-Level Windsurfing

Campers will learn the basics of windsurfing which include rigging, body position, tacking, jibing, and sailing upwind. We use a variety of sail sizes and stable boards which make learning easy. Campers will spend most of the class time on the water learning and practicing their windsurfing skills. **Prerequisite:** Campers must be 65 lbs. and 10 years of age.

Surfing

Students have been experiencing surfing for the first time at the Mission Bay Aquatic Center for over 30 years. What better way to learn the sport of surfing than in a well supervised setting with our highly trained and friendly surf staff. Using soft surfboards specially crafted for beginner surfers, campers will have the opportunity to learn to surf in an exciting, safe and encouraging environment.

Beginning Surfing

This camp is a perfect introduction to the sport of surfing for campers of all ages. Instruction begins with a focus on ocean safety and surfing fundamentals, and moves on to standing up and riding waves. Instructors will help students improve their individual skills by coaching in the water and on the beach. This camp is an excellent foundation for a life long enjoyment of the ocean.

Intermediate Surfing

Surfers that have completed Beginning Surfing can take their skills to the next level in Intermediate Surfing. Starting on Monday, campers will go straight to the beach and paddle out. Coaching will focus on having fun and developing each camper's surfing skills. **Prerequisite:** Campers must have completed Beginning Surfing at this camp.



Marine Science

Marine science instructors, with extensive knowledge in this field of study, will lead this adventurous and educational odyssey.

Marine Science

This camp includes hands-on experience with marine life including eco-tours to tide pools, snorkeling and tours at Sea World and Birch Aquarium. Campers will discover the forces that create waves, come face-to-face with some of San Diego's underwater residents and learn how to protect our fragile marine habitat. Various field trips are scheduled throughout the summer.



Not a live lobster.

Afternoon Multi-Sport Camp

Participants in this camp will experience a different sport each afternoon with other kids their age. With less emphasis on instruction, the recreational sessions focus is on fun and includes beach and land activities. Campers will get to try:

- Wakeboarding, Kneeboarding, Tubing
- Sailing Rides
- Kayaking
- Surfing/Bodyboarding
- Snorkeling and Marine Science



Counselor-in-Training Program

This program, for campers 14 or older, serves as a first work experience for many youth participants. CITs will assist counselors in all aspects of camp operations and will learn about responsibility, leadership, and the satisfaction that accompanies a job well done. CITs are an integral part of the success of our camp and have a great time too! Being a CIT is an excellent way to spend the summer and fulfill community service hours.

Prerequisite:

To be a CIT you must meet the following requirements:

- Be 14 years old as of June 1, 2010.
- Be willing to work.
- Be available for at least two weeks during the summer.
- Have attended our camp before.
- Attend an orientation and a training session in the spring.
- Either know how to sail or complete our Basic & Advanced Sailing class during the Spring (included in fees).

Fees:

The training fee to be a CIT is \$275. The fee includes two free sailing classes at MBAC in Spring, CIT training and a minimum of two weeks of service during the Summer. You can use your CIT service to satisfy most community service requirements.

Mandatory Orientation Dates:

Wed, March 10, 6-7pm or Sun, March 14, 10-11am

Camp Dates

SUMMER 2010

SPRING 2010

Week	Dates
SP#1	Mar 29-Apr 2
SP#2	Apr 5-9
SP#3	Apr 12-16
SP#4	Apr 19-23

Week	Dates	Week	Dates
1	June 7-11	8	July 26-30
2	June 14-18	9	Aug 2-6
3	June 21-25	10	Aug 9-13
4	June 28-July 2	11	Aug 16-20
5	July 5-9	12	Aug 23-27
6	July 12-16	13	Aug 30-Sept 3
7	July 19-23		

General Information

TRANSPORTATION: Campers must provide their own transportation to and from the Mission Bay Aquatic Center.

CLOTHING AND SUPPLIES: Some clothing and supplies are needed, such as: sunscreen, towel, hat, footwear, bag or backpack, windbreaker, etc. Campers must bring a padlock to lock up gear. A complete list of needed supplies will be included in the registration packet.

FOOD: Campers must provide their own sack lunches and beverages unless otherwise noted. One day during the week, with advance notice, campers may bring money for a lunch field trip. A picnic lunch will be provided for campers and their families on Friday from 11:00 a.m. - 12:30 p.m.

Our Staff



Past customers have consistently ranked our counselors as
THE #1 THING
they love about our camp!

Our skilled and friendly staff have been thoroughly interviewed and carefully selected for their aquatic background, education, and experience. Our camp staff is committed to a "Safety First" approach to fun and we regularly hold safety trainings and reviews. Each staff member is certified for CPR, First Aid, Red Cross Lifeguard and California Department of Boating and Waterways safe-boat handling. Additionally, waterski and wakeboard instructors hold a United States Coast Guard Captain's license and are USA Waterski Association instructor qualified. Expect to be impressed by our highly qualified and dynamic camp staff.

Camp Registration

Registration:

- 1) Fill out registration form completely. **One registration form** (copies OK) **per camper, per week please.**
- 2) Choose the session in which you want to enroll.
- 3) Choose a desired camp and alternate morning activity for all camps except for afternoon and development camp.

Registration by Mail: Complete registration form and mail it today with your credit card number or check made payable to **PENINSULA FAMILY YMCA.**

Mail to: PENINSULA FAMILY YMCA, P.O. Box 6678, San Diego, CA 92166-0678

Registration by Phone: Call us to register over the phone using a credit card to assure you child's spot in the session of your choice (858) 539-2003.

Registration in Person at: Peninsula Family YMCA, 4390 Valeta Street, San Diego, CA 92107 • (619) 226-8888

Register the First Day of Camp: Walk-in registration will be accepted but on a first come, first served basis providing space is available. Mission Bay Aquatic Center, 1001 Santa Clara Point, San Diego, CA 92109 (east off Mission Blvd. at Santa Clara Place)

Upon receipt of registration and payment, a complete registration packet will be sent including health history forms, complete clothing and supplies list, medical and parent release forms, registration confirmation for session and instructional choices, etc.

(Forms must be completed and returned prior to child participating.)

Child's Name (Last, First, Middle Initial) _____

Child's Birthdate _____ Age _____

Parents's Name (Last, First) _____

Address _____

City/State/Zip _____

Day Phone _____ Evening Phone _____

E-mail Address (required) _____

Please do not send me information about specials & discounts, or subscribe me to the monthly Camp eNewsletter.

Week(s) Attending

Spring:

- SP1-Mar 29-Apr 2 SP2-Apr 5-9
 SP3-Apr 12-16 SP4-Apr 19-23

Summer:

- 1-Jun 7-11 2-Jun 14-18 3-Jun 21-25 4-Jun 28-Jul 2 5-Jul 5-9
 6-Jul 12-16 7-Jul 19-23 8-Jul 26-30 9-Aug 2-6 10-Aug 9-13 11-Aug 16-20
 12-Aug 23-27 13-Aug 30-Sept 3

Full-Day Camps

- \$375.00 - Wakeboarding/Waterskiing Camp
 \$305.00 - All other camps (*select one*)
 Sailing: Basic Advanced Hobie Performance
 Surfing: Beginning Intermediate
 Kayaking Windsurfing Marine Science

Development Camps

- \$595.00 - Wakeboarding Development Camp
 \$355.00 - Sailing Development Camp

Half-Day Camps

- \$275.00 - Wakeboarding/Waterskiing Camp
 Morning Afternoon
 \$195.00 - Morning Instructional Camp (*select one*)
 Sailing: Basic Advanced Hobie Performance
 Surfing: Beginning Intermediate
 Kayaking Windsurfing Marine Science
 \$215.00 - Afternoon multi-sport camp

Optional Early/Late Supervision Weekly Rates

- \$30.00 - Early supervision
 \$30.00 - Late supervision
 \$50.00 - Both early and late supervision

Discounts/Specials (*Cannot be used with other discounts/offers*)

- 10% for June Multi-Week Special - Sign-up for multiple weeks in June
 10% for Back-To-School Special - Sign-up for any 2 weeks of camp between weeks 11 - 13

2010 Camp T-Shirt \$5 Pre-sale Price- Purchase in advance and SAVE! (*Available at camp check-in for \$10 while supplies last*)

TOTAL \$ _____

PAYMENT: Check Enclosed
 Credit Card # _____

Exp Date _____

REFUND POLICY: Written notice of cancellation must be received at least 7 days prior to the start of the session in which they are enrolled. No refunds will be given with less than 7 days notice. A \$10.00 handling fee will be assessed for all refunds. Complete refunds will be given only if the session is cancelled. Refunds take about 4-6 weeks to be processed.

FOR OFFICE USE ONLY VALID # PACKET CU#

www.watersportscamp.com

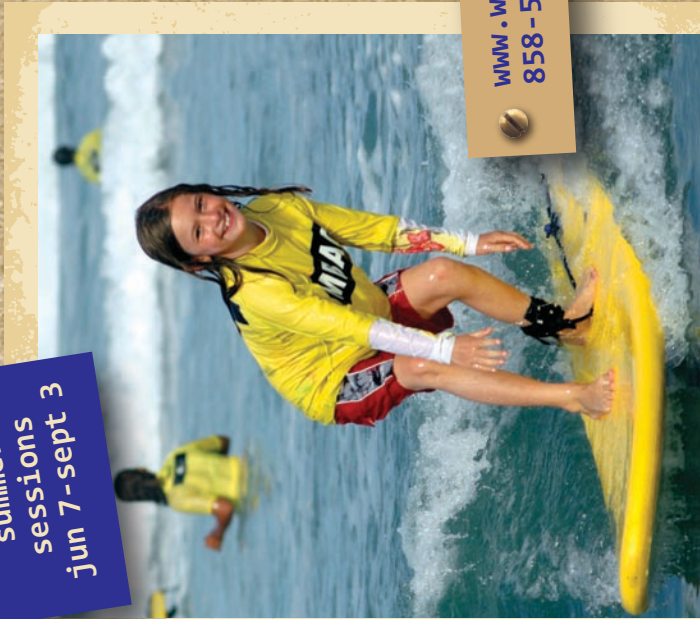
Questions about registration? Call 858-539-2003

THE **watersports** CAMP

at the Mission Bay Aquatic Center

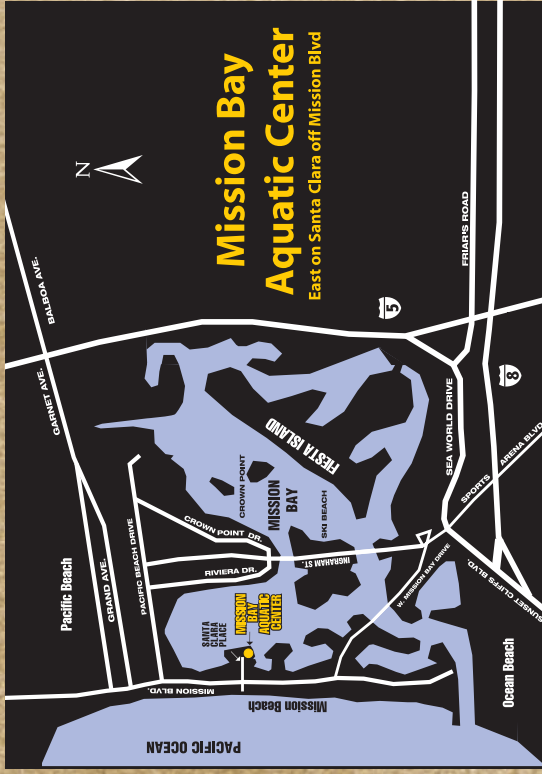
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The Water Sports Camp is a day camp offering specialized instruction in wakeboarding, waterskiing, surfing, windsurfing, sailing, kayaking and marine science. The Water Sports Camp, held at the University of California San Diego's and San Diego State University's Mission Bay Aquatic Center, is sponsored by the Peninsula YMCA.

www.watersportscamp.com
858-539-2003



Peninsula Family YMCA
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San Diego, CA 92107

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