



## Camp Cook Outside the Box!

Age 7-11

with Kids Culinary Adventures



\$305 • 5 days

10.201 M-F 1-4pm 4/6-4/10

Come and spend a week with a professional chef and learn how to cook "outside the box"! Prepare your favorite boxed and frozen foods lickety split - only ours' are better, they're from scratch! You'll feel like a superstar chef as your family gives you rave reviews on your wacky copy-kat classics like creamy mac and cheese and tasty chicken strips. The best part is you'll feel even better after you've eaten these nutritious and delicious creations! **\*\*PLEASE PROVIDE A NON-SUGAR DRINK AND MID DAY SNACK EACH DAY OF CAMP, OFF SITE TRIPS MAY BE ARRANGED, PERMISSION SLIPS WILL BE PROVIDED PRIOR TO EVENT\*\***

Location: Kids Culinary Adventures, 951-5 Old County Road, Belmont

## Can You Kick It Soccer Camp

Age 6-14

with Hector Mathes & Can You Kick It staff



\$250 • 5 days

31.244 M-F 8:30am-4pm 4/6-4/10

Can You Kick It Soccer Camp is geared for the spirited child who has the ability to focus, with an interest and willingness to learn. Campers will not only learn soccer skills and fitness, but also team concepts, strategy, and soccer formations with an emphasis on positive attitude and a good time. All participants in this program will receive a camp t-shirt. **Campers will need tennis shoes, soccer cleats, shin guards, a bag lunch, and water.**

Location: Bechet/Griffen Fields (Red Morton Park)

## Velocity Speed & Conditioning Camp

Age 8-18

Velocity Sports Performance Coaches

\$165 • 5 days

Age 8-12	16.247	M-F	9:30-11am	4/6-4/10
Age 13+	16.248	M-F	9:30-11am	4/6-4/10
Age 8-12	16.245	M-F	9:30-11am	4/13-4/17
Age 13+	16.246	M-F	9:30-11am	4/13-4/17

Want to be faster? Get Nike SPARQ Training at Velocity Sports Performance Speed & Conditioning Camp. Our degreed and certified coaches will lead you through a 5-day, 1½-hour/day intensive camp focusing on running mechanics, including explosive speed development, acceleration and maximum velocity running techniques, and multi-directional movement skills. We will also condition you and help prevent injuries. Includes a T-shirt. See [www.IneedVelocity.com](http://www.IneedVelocity.com) or call 650.654.4444 x10 for more information about our programs.

Location: Velocity Sports Performance, 595 Industrial Rd., San Carlos

## Spring Break Camp

Grades 1-5

with Recreation Staff

Camp	30.230	M-F	8:30am-4pm	4/6-4/10	\$159
Post Care	30.231	M-F	4-6pm	4/6-4/10	\$36

Join us for an exciting week of spring break FUN! Children will enjoy group games, crafts, sports, cooking and more! A daily snack will be provided. Children should wear good running shoes and bring a sack lunch each day.

**Parents: If we do not meet our minimum enrollment requirement for this camp by 3:30pm on 3/30, this camp will be canceled.**

Location: RMCC

## Spring Break Camp: Camp Sail the Seven Seas

Grades 1-5

with Sandpiper Youth Club Staff

\$199 • 5 days

30.201 M-F 9am-5pm 4/13-4/17 

ARRRRR ye maties! If a pirate's life is for you, then "Camp Sail the Seven Seas" is the place you want to be! Spend your spring break with us on an awesome pirate adventure! We'll make cool pirate maps, go on exciting treasure hunts and design our very own pirate ships! Campers should bring a lunch daily and wear good running shoes. **We will take a field trip to Stulsaft Park (weather permitting).**

Location: Sandpiper

## Spring Fling Horseback Riding Camp

Age 6+

with Springdown Equestrian Center

\$425 • 5 days

16.225	M-F	9am-1pm	4/6-4/10
16.226	M-F	9am-1pm	4/13-4/17

Here is your chance to spend a week with one of our special horses at horsemanship camp. Riders are grouped according to experience, but none is needed. Our knowledgeable staff will teach you all about horses working in small, interactive groups to give you hands-on experience. From safety, horse psychology, riding instruction and grooming- you will be hooked on horses! Bring a lunch and a snack. Download the liability form at [www.springdown.com](http://www.springdown.com). **Register through Redwood City Parks & Recreation.**

Location: Springdown Equestrian, 725 Portola Rd., Portola Valley