

Jean-Michel Cousteau Family Camp 2019

Please refer to “Basic Activity Guidelines” for more information about what to wear and where to meet for each activity.

Wednesday, August 14

- 1:00 PM Arrive at camp; meet at Dining Area for light lunch, introductions and orientation. Move into your cabins after lunch.
- 2:30 to 4:30 PM **Emerald Bay Hike:** A short hike on the road to Emerald Bay. Meet at the Dining Area with closed toe shoes, sunscreen and a water bottle. While at EB take a swim or explore the beach. You’ll be back before Social Time!
- 2:30 to 3:30 PM **Activities**
- **Arts and Crafts:** Fun projects every day! Arrive at 2:30 for the project or drop in anytime during the period for lanyards and bracelets.
 - **Beach:** Open from 2:30 until 4:45 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.
 - **Climbing Wall:** Everyone who fits in a harness and helmet is welcome to try!
 - **Garden:** Come to the garden for an introduction to our garden and composting program. Meet our newest residents in the garden; our chickens!
 - **Kayak:** Never paddled before? Our instructors will teach you how and take you on a trip around the cove. Younger campers can paddle with their parents in a double kayak.
 - **Sailing:** Sail with one of our instructors. Meet at the base of the pier. There will be a 30-minute sail at 2:30, 3:15 and 4:00. The number of people is limited each time. If you miss out today you will have a chance to sign up at breakfast on Thursday, Friday and Saturday for afternoon sailing.
 - **“Learn to Snorkel”:** Get fitted for equipment, learn how to breathe through a snorkel and kick with fins. A must for those new to snorkeling. For both kids and adults.
- 3:45 to 4:45 PM **Activities**
- **Archery:** Come learn basic archery technique and practice your skills.
 - **Beach:** Open until 4:45 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.
 - **Cooking Club:** Meet in the Cactus Room kitchen to help whip up some treats. This club will meet during the second afternoon block each day.
 - **Climbing Wall:** Everyone who fits in a harness and helmet is welcome to try!
 - **Garden:** Come to the garden for an introduction to our garden and composting program. Meet our newest residents in the garden; our chickens!
 - **Kayak:** Never paddled before? Our instructors will teach you how and take you on a trip around the cove. Younger campers can paddle with their parents in a double kayak.
 - **Kids Fun Zone on the Beach:** All children can meet on the beach for supervised play with a lifeguard.
 - **Sailing:** Sail with one of our instructors. Meet at the base of the pier. There will be a 30-minute sail at 2:30, 3:15 and 4:00. The number of people is limited each time. If you miss out today you will have a chance to sign up at breakfast on Thursday, Friday and Saturday for afternoon sailing.
 - **Snorkeling:** If you’re already comfortable with snorkel gear, join our instructors on a snorkel in the cove.
- 4:45 PM Beach closed for the day
- 5:00 PM **Social Time** in the Dining Area.
- Get to know the other families at camp
 - Appetizers, beer and wine, sodas.
 - **Sign up for massages in the store. Sangmi will be here Thursday, Friday and Saturday.**
- 5:45 PM **Dinner** – Family Introductions tonight. Please have everyone in the dining area by 5:45.
- 7:15 – 8:15 PM **“Rulers and Caretakers of the Sea: Orcas and OFS”**
Jean-Michel Cousteau
- 8:30 PM **Campfire** in the Airstream Theater. We’ll sing around the campfire, sing a few songs and skits from the staff and eat some treats!

Thursday, August 15

6:30 AM	Early morning Stand up Paddleboard. Meet at the lifejackets at 6:30 AM. Return for breakfast. Under 12 years old come with an adult.
7:30 to 8:15	Breakfast buffet available
9:00 AM	Emerald Bay Trips: Don't miss your chance to snorkel with Jean-Michel, Dick Murphy and Holly Lohuis. Check the special schedule for your cabin's assigned trip. Come down to the dive deck at 9:00 AM to get your wetsuit and gear. Trips will last until lunch time. We will be using a dive boat to travel from camp to our snorkel site.
9:15 to 11:15	Earl's Ridge Hike: Join CIC staff at 9:15 AM for this hike to a part of our cove many people don't see. Take a trail out of camp and up a small canyon. This moderate hike with two dry waterfalls to clamber over, is for all eager hikers including younger hikers in the group. It's a great chance to explore. Meet at the bell, wear closed toe shoes, sunscreen and bring a full water bottle and your camera!
9:15 to 10:30 AM	<u>Activities</u> <ul style="list-style-type: none">● Archery – fun for all ages!● Beach: Open from 9:30 until 12:00 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.● Climbing Wall - Everyone who fits in a harness and helmet is welcome to try!● Composting: All our (non-meat or dairy) food waste is composted into beautiful, fertile soil. Learn the secrets of composting while helping us recycle the camp's food scraps.● Kayaking: Never paddled before? Our instructors will teach you how to safely paddle and take you on a short trip around the cove or beyond. Younger campers can paddle with their parents.● "Learn to Snorkel": Get fitted for equipment, learn how to breathe through a snorkel and kick with fins. A must for those new to snorkeling. For both kids and adults.● Stand up Paddleboards: Learn to stand up paddle!● Tomahawks: Come learn to throw a tomahawk. Closed toe shoes please!
10:45 to 12:00	<u>Activities</u> <ul style="list-style-type: none">● Arts & Crafts: Tie Dye begins at 10:45 this morning. Bring a white t-shirt or buy a t-shirt in the camp store. If you want to make lanyards or friendship bracelets drop in anytime during the period.● Beach: Open from 9:30 until 12:00 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.● Climbing Wall - Everyone who fits in a harness and helmet is welcome to try!● Garden Projects: Our garden is always evolving. Come work on our latest projects and leave your mark on the garden!● Sailing: Sail with one of our instructors. There will be a 30-minute sail at 10:45 and again at 11:30. Sign up with Zach Cianci at 8:30 AM in the dining area.● Snorkeling: Join our instructors on a snorkel in the cove.● Stand up Paddleboards: Learn to stand up paddle!
12:00 PM	Beach closed for lunch
12:15-1:00	Lunch buffet available

Thursday, August 15

1:30 PM	Emerald Bay Trips: Don't miss your chance to snorkel with Jean-Michel, Dick Murphy and Holly Lohuis. Check the special schedule for your cabin's trip. Come down to the dive deck at 1:30 PM to get your wetsuit and gear. We will be using a dive boat to travel from camp to our snorkel site.
2:00 PM	Emerald Bay Hike: Pack some snorkel gear and walk over to Emerald Bay. Then hike down a short trail to the water for some great snorkeling including a cave in the cliff. This trip will last all afternoon. Bring water and a daypack and wear sunscreen, your bathing suit and closed toe shoes. Meet on the dive deck.
2:00 to 3:15 PM	<u>Activities</u> <ul style="list-style-type: none">● Arts & Crafts: Tie Dye begins at 2:00 this afternoon. Bring a white t-shirt or buy a t-shirt in the camp store. If you want to make lanyards or bracelets drop in anytime during the period.● Beach: Open from 2:00 until 4:45. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.● High Ropes Course: Arrive at 2:00 to get trained to go up on the ropes course. All participants must properly fit in a harness and be able to reach the transition points for our new system. Campers 10 and under need an adult with them.● Kayaking: Let's explore the coastline around Howlands Landing● Sailing: Sail with one of our instructors. There will be a 30-minute sail at 2:00 and again at 2:45. Sign up with Zach Cianci at 8:30 AM in the dining area.● Snorkeling: Campers' choice! Once the group assembles, you'll be off on a snorkel adventure in the direction of your choice.● Tomahawks: Come learn to throw a tomahawk. Closed toe shoes please.
3:30 to 4:45 PM	<u>Activities</u> <ul style="list-style-type: none">● Archery – fun for all ages!● Beach: Open until 4:45 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.● Cooking Club: Meet in the Cactus Room kitchen to help whip up some treats. This club will meet during the second afternoon block each day.● High Ropes Course: Arrive at 3:30 to get trained to go up on the ropes course. All participants must properly fit in a harness and be able to reach the transition points for our new system. Campers 10 and under need an adult with them.● Kayaking: Let's explore the coastline around Howlands Landing● Kids Fun Zone on the Beach: All children can meet on the beach for supervised play with a lifeguard.● Snorkeling: Campers' choice! Once the group assembles, you'll be off on a snorkel adventure in the direction of your choice.● Sailing: Sail with one of our instructors. There will be a 30-minute sail at 3:30 and again at 4:15. Sign up with Zach Cianci at 8:30 AM in the dining area.
4:45 PM	Beach closed for the day.
5:00 PM	Social Time in the Dining Area
5:45 PM	Dinner
7:15 PM	<i>"Coral Reefs – Sentinels of Ocean Health"</i> Dick Murphy
8:15 PM	Family Choice Night! Choose from the following activities: <ul style="list-style-type: none">● Night Dive (limited to ages 10 and older that are comfortable daytime snorkeling): Meet on the dive deck. There will be a sign-up during dinner in the dining area so we know how many people to expect.● Campfire, sing-along and treats: Meet at the Airstream Theater for songs and treats.● Star Gazing: Join us for a visual and auditory trip into the galaxies● Night Hike: Take a short walk to the back of camp to see what comes out at night

Friday, August 16

6:30 AM	Early morning Stand up Paddleboard trip. Meet at the lifejackets at 6:30 AM. Return for breakfast. Under 12 years old come with a parent.
7:30–8:15	Breakfast buffet available
9:00 AM	Emerald Bay Trips: Don't miss your chance to snorkel with Jean-Michel, Dick Murphy and Holly Lohuis. Check the special schedule for your cabin's assigned trip. Come down to the dive deck at 9:00 AM to get your wetsuit and gear. Trips will last until lunch time. We will be using a dive boat to travel from camp to our snorkel site.
9:15 to 12:00	Earl's Ridge Hike: Join CIC staff at 9:15 AM for this hike to a part of our cove many people don't see. Take a trail out of camp and up a ridge. This moderate hike is for all eager hikers including younger hikers in the group. It's a great chance to explore. Meet at the bell, wear closed toe shoes, sunscreen and bring a full water bottle and your camera!
9:15 to 10:30 AM	<u>Activities</u> <ul style="list-style-type: none">● Archery – fun for all ages!● Arts & Crafts: Fun projects every day! Arrive at 10:45 for the project. If you want to make lanyards or bracelets drop in anytime during the period● Beach: Open from 9:30 until 12:00 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.● Composting: All our (non-meat or dairy) food waste is composted into beautiful, fertile soil. Learn the secrets of composting while helping us recycle the camp's food scraps.● Quail Trail Walk: Join our naturalists as we explore some of the new trails we've been working on in the canyon behind camp. Please bring a water bottle and wear closed toed shoes. Meet at the bell.● Field Archery: Meet at Barracuda with closed toe shoes to learn about Field Archery (Archery tag)● High Ropes Course: Arrive at 9:15 to get trained to go up on the ropes course. All participants must properly fit in a harness and be able to reach the transition points for our new system. Campers 10 and under need an adult with them.● Stand up Paddleboards: Learn to stand up paddle!
10:45 to 12:00	<u>Activities</u> <ul style="list-style-type: none">● Arts & Crafts: Fun projects every day! Arrive at 10:45 for the project. If you want to make lanyards or bracelets drop in anytime during the period.● Beach: Open from 9:30 until 12:00 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.● Garden Projects: Our garden is always evolving. Come work on our latest projects and leave your mark on the garden!● High Ropes Course: Arrive at 10:45 to get trained to go up on the ropes course. All participants must properly fit in a harness and be able to reach the transition points for our new system. Campers 10 and under need an adult with them.● Kayaking – Let's explore the local coves● Snorkeling: Campers' choice! Once the group assembles, you'll be off on a snorkel adventure in the direction of your choice.● Sailing: Sail with one of our instructors. There will be a 30-minute sail at 10:45 and 11:30. Sign up with Zach Cianci at 8:30 AM in the dining area.
12:00 PM	Beach closed for lunch
12:15-1:00	Lunch buffet available

Friday, August 16

1:30 PM	Emerald Bay Trips: Don't miss your chance to snorkel with Jean-Michel, Dick Murphy and Holly Lohuis. Check the special schedule for your cabin's trip. Come down to the dive deck at 1:30 PM to get your wetsuit and gear. We will be using a dive boat to travel from camp to our snorkel site.
2:00 PM	Emerald Bay Hike: Pack some snorkel gear and walk over to Emerald Bay. Then hike down a short trail to the water for some great snorkeling including a cave in the cliff. This trip will last all afternoon. Bring water and a daypack. Wear sunscreen, your bathing suit and closed toe shoes. Meet on the dive deck.
2:00 to 3:15 PM	<u>Activities</u> <ul style="list-style-type: none">● Arts & Crafts: Try a new activity today. We have everything you need. If you want to make lanyards or bracelets drop in anytime during the period.● Beach: Open from 2:00 until 4:45 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.● Climbing Wall: Everyone who fits in a harness and helmet is welcome to try!● Kayaking: Paddle to Emerald Bay! 10 and under share a kayak with a parent.● Field Archery: Meet at Barracuda with closed toe shoes to learn about Field Archery (Archery tag)● Legos: Hang out in the shade at the recreation area near the dining area● Sailing: Sail with one of our instructors. There will be a 30-minute sail at 2:00 and again at 2:45. Sign up with Zach Cianci at 8:30 AM in the dining area.● Snorkeling: Campers' choice! Once the group assembles, you'll be off on a snorkel adventure in the direction of your choice
3:30 to 4:45 PM	<u>Activities</u> <ul style="list-style-type: none">● Archery● Beach: Open until 4:45 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.● Cooking Club: Meet in the Cactus Room kitchen to make some appetizers and desserts.● Climbing Wall: Everyone who fits in a harness and helmet is welcome to try!● Kayaking: Let's explore the coastline around Howlands Landing.● Kids Fun Zone on the Beach: All children can meet on the beach for supervised play with a lifeguard.● Sailing: Sail with one of our instructors. There will be a 30-minute sail at 3:30 and again at 4:15. Sign up with Zach Cianci at 8:30 AM in the dining area.● Snorkeling: Campers' choice! Once the group assembles, you'll be off on a snorkel adventure in the direction of your choice.● Tomahawks: Come learn to throw a tomahawk! Closed toe shoes please.
4:45 PM	Beach closed for the day
5:00 PM	Social Time in the Dining Area
6:00 PM	Dinner
7:15 PM	Everything is Connected: Our Future Depends on a Healthy BLUE Planet" Jean-Michel Cousteau, Dick Murphy and Holly Lohuis
8:15 PM	Family Choice Night! Choose from the following activities: <ul style="list-style-type: none">● Night Dive (limited to participants ages 10 and older who are comfortable snorkeling during the daytime): Meet on the dive deck. Sign up at dinner in the dining area so we know how many to expect.● Night Hike: See the island at night and enjoy a great look at the stars. Wear closed toe shoes and bring your flashlight.● Star Gazing: Join us for a visual and auditory trip into the galaxies● Kids Movie: Meet at the Airstream Theater for an animated movie.

Saturday, August 17

6:30 AM	Early morning kayak trip. Meet at the lifejackets at 6:30 AM. Return for breakfast.
7:30–8:15	Breakfast buffet available
8:00 to 12:00	Howlands Peak Hike: A strenuous 5-mile hike to the 1700' + peak behind camp. Wear sturdy walking shoes, wear plenty of sunscreen and bring at least 2 quarts of water per person. Be at breakfast at 7:30 to eat before leaving. During summer camp we don't take campers younger than 12 years old on this hike.
9:15 to 10:30 AM	<u>Activities</u> <ul style="list-style-type: none">● Archery● Arts & Crafts: Try a new project today. If you want to make lanyards or bracelets drop in anytime during the period.● Beach: Open from 9:30 until 12:00 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.● Kayaking: Camper's choice! Once the group assembles, you'll be off on a kayak adventure in the direction of your choice.● Compost: Do your part! Come turn the compost for a few minutes this morning.● High Ropes Course: Be here at 9:15 to get properly trained to go up on the high course. All participants must properly fit in a harness and be able to reach the transition points for our new system. Campers 10 and under need an adult with them.● Snorkeling: Campers' choice! Once the group assembles, you'll be off on a snorkel adventure in the direction of your choice.● Stand up Paddleboards: Learn to stand up paddle!
10:45 to 12:00	<u>Activities</u> <ul style="list-style-type: none">● Beach: Open from 9:30 until 12:00 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.● Garden: Our garden is always evolving. Come work on our latest projects and leave your mark on the garden!● Field Archery: Meet at Barracuda with closed toe shoes.● High Ropes Course: Be here at 10:45 to get properly trained to go up on the high course. All participants must properly fit in a harness and be able to reach the transition points for our new system. Campers 10 and under need an adult with them.● Kayaking: Camper's choice! Once the group assembles, you'll be off on a kayak adventure in the direction of your choice.● Microscopes: Meet in Barracuda (by the Gaga pit) with Dick Murphy and Ocean Futures staff to explore the microscopic world of the kelp forest.● Sailing: Sail with one of our instructors. There will be a 30-minute sail at 10:45 and again at 11:30. Sign up with ZACH CIANCI at 8:30 AM in the dining area. <ul style="list-style-type: none">● Stand up Paddleboards: Learn to stand up paddle!
12:00 PM	Beach closed for lunch
12:15-1:00	Lunch buffet available

Saturday, August 17

2:00 to 4:15 PM	Little Geiger Kayak/Snorkel: Paddle to a nearby cove and snorkel. Keep your eyes peeled for bat rays and harbor seals! Meet on the Dive Deck at 2:00 with your sunscreen, water bottle and towel. Under 12 with an adult.
2:00 to 3:15 PM	<u>Activities</u> <ul style="list-style-type: none">● Archery● Arts & Crafts: We're doing all kinds of things today. If you want to make lanyards or bracelets drop in anytime during the period.● Beach: Open from 2:00 until 4:45 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.● Climbing Wall● Kayaking: Camper's choice! Once the group assembles, you'll be off on a kayak adventure in the direction of your choice.● Legos: Hang out in the shade at the recreation area near the dining area● Microscopes: Meet in Barracuda (by the Gaga pit) with Ocean Futures staff to explore the microscopic world of the kelp forest.● Sailing: Sail with one of our instructors. There will be a 30-minute sail at 2:00 and 2:45. Sign up with Zach Cianci at 8:30 AM in the dining area.● Snorkeling: Campers' choice! Once the group assembles, you'll be off on a snorkel adventure in the direction of your choice.● Tomahawks: Come learn to throw a tomahawk. Closed toe shoes please.
3:30 to 4:45 PM	<u>Activities</u> <ul style="list-style-type: none">● Archery● Beach: Open until 4:45 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.● Cooking Club: Meet in the Cactus Room kitchen to make some appetizers and desserts● Field Archery: Meet at Barracuda with closed toe shoes.● Kids Fun Zone on the Beach: All children can meet on the beach for supervised play with a lifeguard.● Kayaking: Camper's choice! Once the group assembles, you'll be off on a kayak adventure in the direction of your choice.● Sailing: Sail with one of our instructors. There will be a 30-minute sail at 3:30 and again at 4:15. Sign up with Zach Cianci at 8:30 AM in the dining area.● Snorkeling: Campers' choice! Once the group assembles, you'll be off on a snorkel adventure in the direction of your choice.● Tide-pooling/Shoreline Exploration: The best tides of the week for exploring the shoreline and intertidal zone. Meet on the beach near the pier with closed toes shoes. No sandals please!
4:45 PM	Beach closed for the day
5:00 PM	Social Time in the Dining Area
6:00 PM	Dinner
7:45 PM	<i>Family Camp Talent Show</i> Show off your family or cabin skit, song, poem, stunt or real talent! <i>Meet at the Airstream Theater</i>

Sunday, August 18

7:30–8:15	Breakfast buffet available. Please set aside some time this morning to pack your belongings. All luggage needs to be outside of the cabins by the start of lunch.
8:30 AM	Parsons Landing Hike: 7-mile round trip hike to a scenic and remote beach. Wear sturdy walking shoes, a hat, and plenty of sunscreen. Bring 2 quarts of water and your camera. We'll be back for lunch.
9:15 to 10:30 AM	<u>Activities</u> <ul style="list-style-type: none">● Archery● Beach: Open from 9:15 until 12:00 PM. No lifeguard on duty. Adults must supervise anyone under 18.● Composting and Garden● High Ropes Course● Kayaking● Snorkeling● Stand up Paddleboards
10:45 to 12:00	<u>Activities</u> <ul style="list-style-type: none">● Archery● Beach: Open from 9:15 until 12:00 PM. No lifeguard on duty. Adults must supervise anyone under 18.● Quail Trail Walk● High Ropes Course● Kayaking● Snorkeling● Kids Fun Zone on the Beach: All children can meet on the beach for supervised play with a lifeguard.● Tomahawks
12:00 PM	Beach closed for lunch
12:00 PM	Lunch buffet available