



Westwood

Session #1: June 13 - June 24

Department of Recreation and Parks
 City of Los Angeles
www.laparks.org



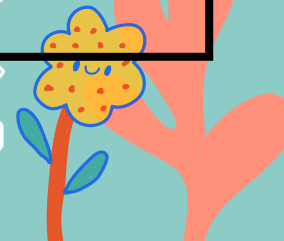
SEA MONSTERS

WEEK 1: JUNE 13 - JUNE 17

*All activities may be subject to change by Camp Instructor

MONDAY JUNE 13	TUESDAY JUNE 14	WEDNESDAY JUNE 15	THURSDAY JUNE 16	FRIDAY JUNE 17
ORIENTATION: POOL AND SAFETY RULES	WATER SAFETY LESSON: DISTRESSED SWIMMER AND SAFETY TIPS	WATER SAFETY LESSON: LIFEGUARD DUTIES	WATER SAFETY LESSON: FIRST AID/ LEARN TO PACK YOUR OWN FIRST AID	WATER SAFETY LESSON: COMMON FIRST AID OCCURANCES
25 MINUTE SWIM LESSON FOLLOWED BY WATER SAFETY DRILLS	25 MINUTE SWIM LESSON FOLLOWED BY WATER SAFETY DRILLS	25 MINUTE SWIM LESSON FOLLOWED BY WATER SAFETY DRILLS	25 MINUTE SWIM LESSON FOLLOWED BY WATER SAFETY DRILLS	25 MINUTE SWIM LESSON FOLLOWED BY WATER SAFETY DRILLS
WATER ACTIVITY/GAMES	WATER ACTIVITY/GAMES	WATER ACTIVITY/GAMES	WATER ACTIVITY/GAMES	WATER ACTIVITY/GAMES
CREATE A CD COASTER W/ YARN	GRASS FIELD GAMES: HULA HOOP CHALLENGE/ DONT WAKE THE DRAGON	FRIENDSHIP BRACELETS	GRASS FIELD GAMES: FLAG FOOTBALL/ FLAG CHOMPERS	ROCK PAINTING: BRING YOUR OWN ROCK!
POOL TIME: FREE SWIM	POOL TIME: FREE SWIM	POOL TIME: FREE SWIM	POOL TIME: FREE SWIM	POOL TIME: FREE SWIM

- Participants must have submitted their field trip slips by Thursday 6.23.22 to attend the trip.
- Must bring swim suit attire, extra clothes, towel, hat, sun- screen, water and a packed lunch.
- Activities include: kayaking, paddle boarding, waterslide usage and free swim.





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SEA MONSTERS

WEEK 2: JUNE 20 - JUNE 24

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MONDAY JUNE 20	TUESDAY JUNE 21	WEDNESDAY JUNE 22	THURSDAY JUNE 23	FRIDAY JUNE 24
EARTHQUAKE DRILL ACTIVE SHOOTER DRILL FIRE DRILL	WATER SAFETY LESSON: ADULT CPR: SIGNS, CALLING FOR HELP	WATER SAFETY LESSON: INFANT CPR: SIGNS, CALLING FOR HELP	WATER SAFETY LESSON: WATER SATEY TEST/ REVIEW WHAT CAMP KIDS LEARNED	HANSEN DAM FIELDTRIP*
25 MINUTE SWIM LESSON FOLLOWED BY WATER SAFETY DRILLS	25 MINUTE SWIM LESSON FOLLOWED BY WATER SAFETY DRILLS	25 MINUTE SWIM LESSON FOLLOWED BY WATER SAFETY DRILLS	25 MINUTE SWIM LESSON FOLLOWED BY WATER SAFETY DRILLS	HANSEN DAM FIELDTRIP*
WATER ACTIVITY/GAMES	WATER ACTIVITY/GAMES	WATER ACTIVITY/GAMES	 DiscoveryCube GUEST PRESENTATION 1PM - 2PM	HANSEN DAM FIELDTRIP*
CLAY CREATIONS	GRASS FIELD GAMES: CAPTURE THE FLAG	ROCK PHOTO HOLDER: BRING YOUR OWN ROCK	GRASS FIELD GAMES: BUCKET BALL TOSS/ MINEFIELD	HANSEN DAM FIELDTRIP*
POOL TIME: FREE SWIM	POOL TIME: FREE SWIM	POOL TIME: FREE SWIM	POOL TIME: FREE SWIM	HANSEN DAM FIELDTRIP*

- Participants must have submitted their field trip slips by Thursday 6.23.22 to attend the trip.
- Must bring swim suit attire, extra clothes, towel, hat, sun- screen, water and a packed lunch.
- Activities include: kayaking, paddle boarding, waterslide usage and free swim.

