

Teen Camps and Programs

Supercamp

Supercamp has three levels of teen summer camp for high school students. The mission of their teen summer program is to help participants learn how to make the most of every moment uncover their unique abilities, and develop greater confidence, while mastering strategies for academic success.

Northern California camp sites include Stanford University and U.C. Berkeley. A Supercamp DVD and brochure is available by visiting their website.

www.supercamp.com

Contact - Cindy 1-800-285-3276 Ext. 108

California State Parks Junior Lifeguard Program

This program emphasizes teamwork, leadership and aquatic safety while introducing young people to safe marine and aquatic recreation opportunities.

www.scsla.org/guards/hmb

Contact - James Nothhelfer jnothhelfer@parks.ca.gov
(650) 726-8806 cell (650) 773-1759

Peninsula Jewish Community Center, Foster City

One week summer camp programs designed just for teens (Grades 7-12)

Grades 7-10

- Race the Bay
- New! Street Arts
- Soaked and Stoked!
- Glee Camp (2-week program)
- New! Social Adventure

Grades 11-12

- Counselor in Training (CIT)

www.pjcc.org/camp

Contact - camps@pjcc.org or (650) 378-2704

Hillbarn Theatre

A great place to fulfill the need for artistic experience for the youth in the Foster City/San Mateo area. To register call Hillbarn Theatre. A fun, safe, supportive, professional environment where students acquire valuable life skills through immersion in the performing arts.

Triplethreats Ages 12-18

Master Intensive Workshop Ages 14+

www.hillbarntheatre.org

Contact - (650) 349-6411

California State Summer School for the Arts

This is a four-week summer program for talented and motivated high school students. This is a very competitive program, but also very prestigious. Programs are offered in Animation, Creative Writing, Dance, Film & Video, Music, Theater and Visual Arts.

www.csssa.ca.gov

Contact - comments@csssa.org or (916) 229-5160

Peninsula Humane Society & SPCA

Junior Volunteer Positions - applications are required for all positions
Ages 13 to 17 years of age.

Baby Bird

Enrichment (cats and dogs)

Kitten nursery

Small animal companion volunteer

Tender loving care (TLC) cats and dogs

Thrift Store

Wildlife

Please check the website for detailed descriptions.

Contact - volunteers@PHS-SPCA.org or (650) 340-7022 X 370

CASC - California Association of Student Councils

CASC Camp is a fun, life-changing experience for all students who want to lead in their schools, communities, and beyond. CASC offers you the opportunity to acquire a variety of leadership skills and team building techniques. - location will be in Berkeley

www.casc.net

Contact - Ronak Hair (510) 834-2272 or cell (408) 786-4144

Stanford Medical Center, Palo Alto

Are you interested in a health or medical career? This is a 2-day summer workshop for sophomores or juniors (as of spring 2012). Please visit their website for more information. Applications are due soon!

www.summer.stanford.edu

School for Independent Learners, Los Altos

Want to change the world?

Want to discover what you can accomplish?

Want to earn 5, 10, or 15 units of UC-approved high school credit?

Welcome, then, to My Social Justice.

Their mission is to enable high school students to learn about the world, to look within and grow, and to improve their own lives and the lives of others. Their for-credit course is about "social justice" and "social entrepreneurship" - exploring worldwide social and economic disparities, considering why we should care, and evaluating what's being done to find solutions.

www.mysocialjustice.org

Contact - Javier Rojas jrojas@kennet.com

Counselor in Training Programs & Volunteer Options

TechKnowHow, Bay Area locations

This program is for high school students to help younger students with Logo, K'nex, Robotics and Game Design projects. Teens receive mentoring in leadership, teamwork, communication and problem-solving skills.

The program requires a minimum of two weeks working either with 6-9 or 10-14 year olds.

www.campinfo@techknowhowkids.com

Contact - Sue at sue@techknowhowkids.com or (650) 638-0500

Foster City Parks & Recreation

The Counselor In Training (C.I.T.) program is designed to teach Teens important job skills that will assist in becoming paid Counselors in the future. The 7-8 week program will develop job skills specifically focusing on leadership abilities and team work skills. Application and acceptance into the program are required. There is limited space in the program and not all applicants will be accepted.

A Counselor In Training needs to demonstrate maturity, campership qualities, and abilities to affectively assist Camp Staff. CIT's need to pose qualities such as the ability to be a leader and a role model for younger children. A CIT's responsibilities include assisting Camp Staff in activities and programs. Weekly developmental meetings will take place requiring small group participation and discussion. Most important a C.I.T. must love children and possesses the desire to participate.

The minimum age is by grade. Students must be entering at least the 8th grade. Typically CITs are freshmen and sophomores. At the age of 16, they are eligible to apply for a paid position.

Some duties of a C.I.T. include:

To help Staff with program activities

To serve as team captains and referees, as needed in games

To help the younger campers with their activities, projects and games

To keep track of all sports equipment or other program supplies as asked.

To help maintain quiet and order when needed

To prepare group games/activities

To strictly observe al camp rules

To increase participation by older children

To increase the older child's self-confidence, tolerance, ability to set goals, problem solving and decision making abilities.

To have additional trained eyes, ears and hands in program operation.

The application is due April 6, 2012 by 5:00 p.m. to the Recreation center 650 Shell Blvd.

Foster City. Attn: Lisa Yee - Youth Coordinator

www.fostercity.org

(650) 286-3387 fax (650) 286-3521

Highlands Recreation Center, San Mateo

There are several volunteer options available at Highlands that are great for young teens. Please contact the following people for more information:

Bryce Robertson (ext. 105) - Lifeguard opportunities and working at the pool
Rebecca Hitchcock - Working at the preschool summer camp (half day)
Mike Koenig - Working at the Highlands Rec Center summer camp (full day)
Jeff Schwartz - Volunteer office work.

C.I.T. positions available.

Contact - www.highlandsrec.com or (650) 341-4251

Peninsula Jewish Community Center, Foster City

Counselor in Training Program (C.I.T.) available for grades 10-11
Junior Counselor Program (JC) available for grade 12

This is a great opportunity to gain actual life work experience. The program may be used toward fulfillment of high school community service hours (not a paid position)

Contact - www.camps@pjcc.org or (650) 378-2704

Peninsula Family YMCA, San Mateo

YMCA teen programs/C.I.T. include leadership groups, community service projects, exposure to diverse career options and much more.

There are also volunteer options available for lifeguarding (must be 15 years. old), assisting with classes in the pool and assisting in the childcare center.

Contact - www.ymcasf.org/peninsula
Robyn Fischer or Richard MacDaniel (650) 286-9622

Senior Center - City of San Mateo

Volunteer opportunities are available serving hot lunch at the senior center. Beresford Senior Center and King Center Senior Center

Contact - Maureen Mazzocco, Senior Center Coordinator
mmazzocco@cityofsanmateo.org (650) 522-7493

Don't forget about volunteer opportunities in areas that you are passionate about.

- Helping at your church or synagogue - many have summer camp programs
- Animal lovers can volunteer at a pet hospital or local veterinarian office
- If you are an art student, see if you can help at a local pottery painting store or art studio/camp
- Organize a food drive or volunteer at a local food bank
- Second Harvest Food Bank - Santa Clara and San Mateo Counties www.shfb.org click on volunteer
- Volunteer at your local library - many have programs where teens read to children. The Foster City Library also has a program called "Book Buddies."
- Coyote Point has volunteer opportunities in many areas. Please see their website for specific information. www.curiodyssey.org note: their name recently change to CuriOdyssey.
- Take a community college course in an area of interest. Be sure to talk to the school counselor first to get the required forms to complete.