SUMMER COMES TO LIFE

2017 SUMMER GUIDE
CAMARILLO FAMILY YMCA HIJI CENTER
a branch of the Channel Islands YMCA
WE BELIEVE everyone deserves the opportunity to discover who they are and what they can achieve. Summer programs and membership at the Y provide a community where everyone can cultivate values, develop skills and nurture relationships.

Give yourself the chance to have fun, improve your health, learn new things and reach your potential. Join the Y today! Sign up for Summer Day Camp, swim lessons, and our other fun summer programs.
HOW TO REGISTER FOR CAMP
There are two ways to register for camp: come in to the Y and we can give you the registration packet to fill out, or just visit our website. You can register or download the registration packet online. You must bring registration packets and your child(ren)’s immunization records to the Y within two weeks of camp start date in order for your registration to be valid.

DAY CAMP
Day Camp is located at our Camarillo Family YMCA Hiji Center and runs from 9am – 4pm. AM and PM extended care is available at no extra charge.

AM Extended Care 6:45 – 9am
PM Extended Care 4 – 6:30pm

EVERYONE IS WELCOME!
OPEN DOORS Financial Assistance is available to those who qualify. Applications are available at the front desk. Please ask for camp-specific deadlines to apply.

CAMP ORIENTATIONS
Attend a pre-camp orientation so you and your camper are ready for the first day! Learn about camp arrival and procedures, meet your camper’s counselors and have all of your questions answered. RSVP, and we’ll enter you in a drawing to win our Ready for Summer Survival Kit!

June 6 • 5:30 – 6:30pm  June 15 • 6:30 – 7:30pm
DAY CAMP

PRESCHOOL CAMP

Lil’ Chefs Camp (3–5 years) Pre-K; 9am – 1pm
This camp is food fun! Your camper will create edible masterpieces like ants on a log and monster apples, and they’ll enjoy every bite! Children must be potty-trained to attend. Fees: $155 per week.

Pee Wee All Sorts of Sports ½ Day (3 – 4 years)
**Ages and camps vary per week**
Huddle Up! Campers learn the basics of flag football, soccer, basketball, kickball and swimming. Campers also learn how to warm up and work together as a team, all while havin’ a ball! Fees: $155 per ½ day week.

TRADITIONAL CAMPS

Friendship Camp (4.5 – 7 years) TK – Grade 1
Campers will visit our specialty counselors for arts and crafts, sports and games, education and literacy. A weekly offsite field trip, swimming and many fun memories are included! Fees: $160 for 5 days, or $130 for 3 days.

Explorer Camp (7 – 11 years) Grades 2 – 5
This camp features endless opportunities for fun, allowing campers to choose from a variety of activities with “choice schedule.” A weekly offsite field trip, swimming and a chance to make new friends are included! Fees: $160 for 5 days/$130 for 3 days a week.

Counselor in Training (CIT) (14 – 17 years) Grades 9 – 11
Designed to give youth an opportunity to support YMCA Camp programs. Participants must complete an interview, be selected to take part in this learning experience and attend a CIT training the week of June 19 – 23. Participants assist counselors with daily duties, complete service learning projects and organize and help run camp events. Volunteer hours for their time spent will be received. Fees: $400 for the summer.
Specialty Camps

Beachgoers Galore (9 - 14 years) 4th-8th

A time to relax, have fun and meet new friends in a great beach setting. Spend days boogie boarding, having sandcastle competitions, playing beach volleyball, and at the end of the week, enjoy a Friday Luau! Campers must have strong swimming skills to participate and will be swim tested Monday morning before leaving for the beach. Fees: $195 per week.

Cheer Camp and Dance Camp (5 - 12) Grades K - 6 *Ages and camps vary per week*

Go, fight, win! This highly energetic camp offers aspiring cheerleaders and dancers an opportunity to receive basic instruction with choreographed dances, various cheer routines and the basics of tumbling. Campers will perform for families and camp friends at the end of camp each week. Fees: $155 per week.

Creatures & Critters Camp (5 - 12 years) Grades K - 6

Otters, giraffes, condors and penguins! This camp is zoo-per duper. Campers interact and learn about creatures and critter and visit local animal attractions. Fees: $265 per week.

Drama-Tastic Camp (7 - 12 years) Grades 2 - 6

Save the drama for camp and get into character! Campers create their own play with commercial breaks, props, sets and more. Friends and families will be invited to the performance at the end of the week. Fees: $185 per week.

Teen Club (11 - 14 years) Grades 6 - 8

Through different weekly themes, teens are inspired and empowered as they swim, work in teams, play fun games and make new friends.

Teens will participate in interactive field trips three days a week, create and plan camp-wide themed activities and more! Our goal is for teens to work together, learn new skills, gain better decision-making and conflict resolution skills, while discovering something new about themselves. Fees: $175 per week.
**DAY CAMP**

**Eats ‘N’ Treats Camp (6 – 11 years) Grades 1 – 5**
Get your tummies in gear for a super-delicious camp! Learn safety and nutrition and make great eats and yummy treats. Your young chef will walk away with a cookbook they create! We recommend that children with serious food allergies do not enroll in this camp. Campers are required to bring a lunch daily. Fees: $195 per week.

**Fishing Camp (8 – 14 years) Grades 3 – 8**
Here fishy, fishy! Campers learn basic skills including baiting, reeling, and casting. Fridays will be spent having fun in the sun, playing in the sand, and if you catch a fish—you get to bring it home! The Y will provide bait and some fishing poles for campers to share. Campers are encouraged to bring their own fishing pole. Fees: $220 per week.

**Extreme Water Excursion Camp (9 – 14 years) Grades 4 – 8**
Dive into this water-lovin’ camp! Play in the lazy river at Lake Casitas water park, test out the water slides at the aquatic center and spend a day at the beach! Campers must have strong swimming skills and will be swim tested Monday morning before leaving for their trip. Fees: $265 per week.

**Join the Farm (5 – 11 years) Grades K – 5**
Hay! Have you heard how awesome this camp is? Campers get to learn about and experience planting, weeding, harvesting, composting and chicken care, topped off by a visit to the Oxnard farmers market! This summer there may even be some animal encounters! This camp is pure farm fun! Fee: $220 per week.

**Jr. Lifeguard Camp (9 – 14 years) Grades 4 – 8**
Learn how to spot and rescue distressed swimmers, casual dry-land conditioning and play fun lifeguard games! Study the American Safety and Health Institute basic first aid skills and have the option to test for certification. Fees: $195 per week.
Marvelous Masterpieces Camp (5 – 8 years) Grades K – 3
Let your imagination go wild while you sculpt and mold clay, capture camp memories, and create exceptional masterpieces! Get your creative juices flowing because this camp will be a marvelous blast. Fees: $185 per week.

Paint Splats (5 – 8 years) Grades K – 3
Paint on windows, sidewalks and old clothes. Campers use fun tools to create amazing works of art. Please make sure your camper is dressed in older clothes because this camp is sure to be a messy one! Fees: $185 per week.

Photography Camp (8 – 11 years) Grades 3 – 6
Campers will take pictures that last a lifetime, traveling to some of Ventura County’s local attractions. Campers will make a photo portfolio to share. Fees: $185 per week.

Sand N Sun Camp (5-8 years) Grades K – 3
The sand, the sun, the ocean... Campers enjoy the beach, making sand castles and kelp art, searching for sand crabs, and watching for dolphins! Fees: $195 per week.

NEW LEGO® Intro to STEM (5 – 7 years) Grades K – 2
We partner with Play-Well Teknologies for this camp. Tap into your imagination with tens of thousands of LEGO®! Build engineer-designed projects such as Boats, Snowmobiles, Catapults and Merry-Go-Rounds. Then use special pieces to create your own design! Fees: $290 per week.

NEW LEGO® STEM Challenge (8 – 12 years) Grades 3 – 6
Power on your engineering skills with Play-Well Teknologies and tens of thousands of LEGO® bricks and tools. Apply real-world concepts in physics, engineering and architecture to engineer-designed projects! Design, build and explore your craziest ideas. Fees: $290 per week.
Sewing Camp (7 - 11 years) Grades 2 - 6
Campers learn basic sewing skills—sewing a pillow case, patchwork pillow, beach bag—and practice cross stitching! Fees: $185 per week.

Splash Camp (5 - 12 years) Grades K - 6
Splish, splash, we’re having a blast! Designed for the beginner to intermediate swimmer, swim lessons begin the day, followed by onsite entertainment, and free swim. Fees: $185 per week for full day; $125 per week for ½ day (9am - 1pm).

NEW Surf and Boogie Camp (9 - 14 years) Grades 4 - 8
Hang ten, dudes! Learn to ride the waves! Days are spent learning and practicing surf and boogie boarding skills while having fun in the water and on the sand. A special emphasis is placed on water safety. Campers are encouraged to bring their own body boards to camp but can also share boards provided by the YMCA. Campers must have intermediate swimming skills to participate. Campers will be swim tested Monday morning. Fees: $195 per week.

NEW Wild About Science Camp (7 - 12 years) Grades 2 - 6
Campers take off into a world of exploration and hands-on experiments including a volcano, crystallization, soda bottle water launcher and more! Includes a field trip to the Discovery Science Center in Thousand Oaks. Fees: $185 per week.
SPORTS CAMPS

All Sorts of Sports (Grades K – 5 & K – 3)
**Ages and camps vary per week**
Huddle up! Campers learn the basics of flag football, soccer, basketball, kickball and swimming. Campers also learn how to warm up, perfect drills, and work together as a team, all while havin’ a ball! Fees: $155 per week

Basketball Camp (7 – 11 years) Grades 2 – 5
This is a challenging and rewarding camp designed to improve skill sets. Every camper will learn, improve and apply their skills to the game, regardless of their skill level. Fees: $155 per week.

Flag Football Camp (7 – 11 years) Grades 2 – 5
Ready, set, hike! Meet the world of flag football. Campers will learn fundamentals, skills, and drills, and get into team spirit! Fees: $155 per week.

Gym-Venture Camp (4 – 7 years) Grades Pre-K – 2
Campers will have the gym adventures of a lifetime! Play musical mats, stretch, learn yoga basics and play on fun gym obstacle courses. Your child will be exhausted (in the best way) by the end of the day. Fees: $155 per week.

Soccer Camp (7 – 11 years) Grades 2 – 5
Scooooore! This camp provides instruction in soccer: passing drills, shooting drills, offensive practice, defensive practice, sportsmanship skills and teamwork, all while having a blast! Fees: $155 per week.

NEW Splash Ball (7–12 years) 2nd-6th
Pass, Dribble, Score! Join the fun in this new water sports camp! Spend the morning learning the basics—dribbling, passing and shooting—and have Splash Ball scrimmages and open swim in the afternoons. Fees: $155 per week.
CAMP FOX
Spend the week on Catalina Island! Whether in the villas or cabins, the Pacific Ocean is just a few steps away. Join in exciting activities: beachfront swimming, kayaking, inner-tubing, snorkeling, stand up paddle boarding, marine lab, fishing, archery, hiking, disc golf, climbing wall, arts and crafts, campfires, the YMCA Rag program and more! Campers set goals, make connections and leave invigorated!

Jr High Camp Fox   June 18 - 24
Info Night       Santa Barbara YMCA
June 8 • 6:30pm

Jr High     Entering Grades 6 – 9
YALP       Entering Grades 9 – 12

School Age Camp Fox  June 18 - 24
Info Night       June 8 • 6:30pm
School Age     Entering Grades 3 – 6

BE A YALP AT CAMP FOX
YALP is a rewarding program designed for teens to not only grow as an individual but also as a leader. YALPs will be challenged on an overnight backpacking trip before being placed in the cabins/villas where they will have opportunities to lead and mentor campers. Community service hours will be granted upon completion. There is an application process to be considered for this program.

Register at the front desk today!

Fees
Y Member $625
Community $665
Deposit $100/session

Download registration packet at ciymca.org/html/sleepawaycamp.html
YMCA CAMP SEQUOIA LAKE
Over 900 acres of forest surrounded by Sequoia and Kings Canyon National Parks make this the perfect location to explore the great outdoors, develop confidence and make memories of a lifetime. Activities include sailing, ropes courses, rock climbing, archery, swimming, fishing, crafts, sports, campfires, canoeing, hiking, chapels and personal leadership and development. Campers share cabins with friends and meet new cabinmates from other Ys.

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Register at the front desk today!

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CAMP OVERNIGHT

CAMP OVERNIGHTS
Don’t want the fun to end? Stay for the camp overnights with traditional camp games and activities all night long, like swim time in our outdoor pool, crafts, sports and field games, camp storytelling, and camp snacks! Campers can choose to sleep inside camping tents set up in our Y gym, or on padded mats inside the gym.

Check-in begins at 6:30pm, lights out will be 10:30pm and morning wake-up will be at 7am. Parent pick-up is by 8:30am on Saturday morning.

Campers must eat dinner before arriving. Evening snacks and breakfast will be provided by the YMCA.

FREE FAMILY NIGHTS FOR ALL
July 13 • 6:30pm – 8pm
Come meet your child’s favorite counselor, and join fun camp activities, games and crafts. Bring the whole family because this night is sure to be a blast!

August 18 • 6:30pm – 8pm
Come play carnival games and celebrate the end of summer! Round up the whole gang; you won’t want to miss this event.

Overnight Dates
July 21 – 22
August 11 – 12

Register by March 31
Get $10 off each child registration!

$50 per child or camper
YOUTH SPORTS

Spring Basketball (8 games) Ages 3 – 14
Registration begins January 25
Meet & Greet: March 18
Season: April 1 - May 20
Fees: $95 members / $120 community

Summer Flag Football (6 games) Ages 4 – 12
Registration begins April 3
Meet & Greet: June 10
Season: June 24 to July 29
Fees: $80 members / $105 community

Summer T-Ball (6 games) Ages 3 – 8
Registration begins April 17
Meet & Greet: July 1
Season: July 15 – August 19
Fees: $80 members / $105 community

Fall Basketball (8 games) Ages 3 – 12
Registration Begins: July 10
Meet & Greet: September 8
Season: September 22 – November 10
Fees: $95 members / $120 community
Flag Football (7 games + playoffs)
Registration begins April 4
Season: May 2 – June 20
Fees: $320 team/$45 Individual

Fall Basketball (6 games + playoffs)
Registration begins August 21
Season: October 5 – November 18
Fees: $300 team/$45 individual
SWIM LESSON
Each lesson includes 25 minutes of instruction. For specific class times and days, please visit ciymca.org/camarillo or pick up an Aquatics schedule at the front desk.

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Days</th>
<th># of Weeks</th>
<th>Rates</th>
<th>Perch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring I</td>
<td>Apr 17-May 20</td>
<td>MW or TTH, Saturdays</td>
<td>5 weeks, 5 weeks</td>
<td>$70/$100, $35/$50</td>
<td>$75/105, $38/53</td>
</tr>
<tr>
<td>Spring II</td>
<td>May 22-June 17</td>
<td>MW or TTH, Saturdays</td>
<td>4 weeks, 4 weeks</td>
<td>$56/$80, $28/$40</td>
<td>$60/84, $30/42</td>
</tr>
<tr>
<td>Summer I</td>
<td>June 24 - July 22</td>
<td>Saturdays</td>
<td>4 weeks</td>
<td>$28/$40</td>
<td>$30/42</td>
</tr>
<tr>
<td>Summer IA</td>
<td>June 19-29</td>
<td>MW or TTH</td>
<td>2 weeks</td>
<td>$26/$38</td>
<td>$30/42</td>
</tr>
<tr>
<td>Summer IB</td>
<td>July 10-20</td>
<td>MW or TTH</td>
<td>2 weeks</td>
<td>$26/$38</td>
<td>$30/42</td>
</tr>
<tr>
<td>Summer IC</td>
<td>July 24-Aug 3</td>
<td>MW or TTH</td>
<td>2 weeks</td>
<td>$26/$38</td>
<td>$30/42</td>
</tr>
<tr>
<td>Summer II</td>
<td>July 29-Sep 2</td>
<td>Saturdays</td>
<td>6 weeks</td>
<td>$42/$60</td>
<td>$45/63</td>
</tr>
<tr>
<td>Summer ID</td>
<td>Aug 7-17</td>
<td>MW or TTH</td>
<td>2 weeks</td>
<td>$26/$38</td>
<td>$30/42</td>
</tr>
<tr>
<td>Summer IE</td>
<td>Aug 21-31</td>
<td>MW or TTH</td>
<td>2 weeks</td>
<td>$26/$38</td>
<td>$30/42</td>
</tr>
</tbody>
</table>

* No classes during the week of July 4
SWIM CLASSES

PARENT/CHILD SWIM LESSONS

Parent & Child
For parents and children ages six months to two years, this class introduces children to the water and a class environment. Children will learn the basics of swimming, including floating, bubbles, kicking and proper entry and exit of the pool. Parent involvement is a key element of this class, as you learn the tools necessary to practice water safety with your children.

PRESCHOOL CLASS LEVELS

Perch, 2 – 3 Years
This class is for children almost ready to transition from Parent/Tot into Pike. Participants will be taught front and back floating, kicking, breath control and deep water confidence, and they will be introduced to front crawl. This class has a 1:3 teacher-student ratio to provide extra support during early development.

Pike, 3 – 5 Years
This class is designed for those with very little swimming ability. Children work toward kicking, front and back floating, breath control and independent swimming.

Eels, 3 – 5 Years
Children who can swim about 10 feet independently with their face in the water will work on breathing techniques, front crawl stroke and kicking on front and back.

Ray, 3 – 5 Years
Children who can swim on their back and are learning the front crawl stroke with side breathing will work on rotary breathing, backstroke, treading water and deep water swimming.
PROGRESSIVE CLASS LEVELS

Polliwog, Ages 6 – 13
Designed for participants with very little experience, participants will work toward front and back floating, kicking, independent swimming and comfort in deep water.

Guppy, Ages 6 – 13
Participants who are able to swim the front crawl with their face in the water will work on rotary breathing, backstroke and underwater swimming.

Minnow, Ages 6 – 13
For those who can swim one length of the pool using front crawl with side breathing, and can do backstroke. Swimmers work on improving their breast stroke, elementary backstroke, endurance and water safety skills.

Fish, Ages 6 – 13
Swimmers who can swim two lengths of the pool using the front crawl with side breathing will work on sidestroke, breast stroke and butterfly.

ADULT SWIM CLASS
For participants 14 years and up, this class is designed for beginners. Participants will work on becoming more comfortable in the water and basic stroke mechanics.

PRIVATE AND SEMI-PRIVATE SWIM LESSONS
Lessons are 30 minutes of instruction
Individual instruction for swim students three years of age and older. Private lessons are based on instructor and participant availability. Please arrange your own partner for semi-private lessons.

Private: $25 per lesson member/$50 per lesson community
Semi-Private Lessons: $16 per lesson member/$32 per lesson community
SPLASH BALL

In this introductory class, students will learn basic water polo skills such as dribbling, passing and shooting. Students should already have strong swimming skills and will be swim tested the first day to ensure their safety and comfort.

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Days</th>
<th># of Weeks</th>
<th>Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring I</td>
<td>Apr 21-May 19</td>
<td>Fridays</td>
<td>5 weeks</td>
<td>$45/$60</td>
</tr>
<tr>
<td>Spring II</td>
<td>May 26-June 16</td>
<td>Fridays</td>
<td>4 weeks</td>
<td>$36/$48</td>
</tr>
<tr>
<td>Summer I</td>
<td>June 23-July 21*</td>
<td>Fridays</td>
<td>4 weeks</td>
<td>$36/$48</td>
</tr>
<tr>
<td>Summer II</td>
<td>July 28-Sep 1</td>
<td>Fridays</td>
<td>6 weeks</td>
<td>$54/$72</td>
</tr>
</tbody>
</table>

* No classes week of July 4

SWIM TEAM

The Camarillo Family YMCA is home of the Camarillo Barracudas, a fun and exciting swim team for children ages 5 to 17. Practice levels are offered for a variety of abilities. Swim meets are held monthly and competition is optional. Try-outs are made by appointment with the coach. Most swimmers have completed Ray (children ages six and under) or Fish (children older than six) before trying out for swim team.

<table>
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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Spring I</td>
<td>April 17 - May 20</td>
<td>M - TH</td>
<td>5 weeks</td>
<td>$100/$135</td>
</tr>
<tr>
<td>Spring II</td>
<td>May 22 - June 17</td>
<td>M - TH</td>
<td>6 weeks</td>
<td>$120/$162</td>
</tr>
<tr>
<td>Summer I</td>
<td>June 19 - July 22*</td>
<td>M - TH</td>
<td>5 weeks</td>
<td>$100/$135</td>
</tr>
<tr>
<td>Summer II</td>
<td>July 24 - September 2</td>
<td>M - TH</td>
<td>6 weeks</td>
<td>$120/$162</td>
</tr>
</tbody>
</table>

* No practice July 4
SESSION DATES

Winter II  February 27 – April 1 (5 weeks)
Spring I    April 17 – May 20 (5 weeks)
Spring II   May 22 – June 17 (4 weeks)
Summer I    June 26 – July 29 (4 weeks)
Summer II   July 31 – August 26 (4 weeks)

Cost  
5 weeks: $35 member/$70 community
4 weeks: $30 member/$60 community

CLASS SCHEDULE

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball Ages 3 - 5</td>
<td>Ballet Ages 3 - 4</td>
<td>Tumbling Ages 3 - 5</td>
<td>Gym &amp; Swim Ages 3 - 6</td>
<td>Ballet Ages 3 - 6</td>
</tr>
<tr>
<td>4:30 - 5:15pm</td>
<td>3:45 - 4:30pm</td>
<td>3:45 - 4:30pm</td>
<td>9 - 10am</td>
<td>11 - 11:45am</td>
</tr>
<tr>
<td>Basketball Conditioning Ages 6 - 9 5:15 - 6pm</td>
<td>Basketball Ages 5 - 9 4:30 - 5:15pm</td>
<td>Cheer, Dance, &amp; Tumble Ages 6 - 10 4:30 - 5:30pm</td>
<td>Tiny Hip Hop Ages 3 - 6 4 - 4:45pm</td>
<td>Hip Hop Ages 7 - 12 4:45 - 5:30pm</td>
</tr>
</tbody>
</table>

WELLNESS COMES TO LIFE
MEMBERSHIP INFORMATION

**HOURS**
Monday to Friday 5am - 9pm  
Saturday 7am - 7pm  
Sunday 9am - 5pm

**HOLIDAY CLOSURES**
January 1 New Year’s Day  
April 16 Easter  
May 29 Memorial Day  
July 4 Independence Day  
September 4 Labor Day  
November 23 Thanksgiving Day  
December 25 Christmas Day

**RATES**
Adult (19-65) $50  
Two Person $75  
Family $86  
Senior (66+) $44  
Teen (12-18) $32

**MEMBERSHIP BENEFITS**
- A wholesome, encouraging, family environment  
- Use of facility and specialty fitness equipment  
- Over 60 group exercise classes offered 7 days/week  
- Lap swimming available at all times  
- Three complimentary Y-Fit appointments with a Wellness Coach to help you with a fitness assessment, exercise routine & equipment orientation  
- Membership privileges at most YMCAs across the nation  
- Certified Personal Trainers are ready to help you meet your fitness goals. Check with the front desk about rates and specials.
CHARGE INTO SUMMER!

Summer comes to life at HEALTHY KIDS DAY!

APRIL 29

Join us for this FREE community event!

CHILDCARE
Our program services kids in grades K through 8th attending most schools in PVSD, CAPE and NOW SOMIS! With the needs of your family in mind, we offer:

- Flexible full-time & part-time schedules
- Before & after school care from 6:45am to 6:30pm
- Homework tutoring & structured activities
- Safe transportation to and from most schools.
- Low staff to student ratios

Registering your child in YMCA afterschool child care program secures their space in our program for the year. Payments are to be made weekly beginning in August 2017 prior to your child’s attendance in the program. Sign up for the 2016 – 2017 school year today!

For more information, please call Paige Harris at 805.484.0423x12.