

CIMI FOX 5-DAY PROGRAM PLANNER

Please complete and return! ☒

Please complete the information below and return it to the CIMI Program Office using the self-addressed envelope provided. The earlier we have your planner information, the easier it will be to schedule your selected programs. The CIMI Program Office will contact you to confirm the final details of your program.

GROUP INFORMATION:

Group _____ From (City, State) _____
 Program dates _____ Grade Level _____
 Adult Leader _____ Will you be attending? _____
 Phone Number WK: _____ Best times to call _____
 Cell: _____ Are you returning from a previous yr.? _____
 Fax: _____

Email:

Contracted number of spaces		Number of students attending		Number of boys attending		Number of girls attending		Number of chaperones attending	
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PROGRAM INFORMATION:

For five-day programs please select **EIGHT** daytime sessions and **FOUR** evening programs. Complete descriptions of each program can be found in section 3.0 of this syllabus

DAYTIME PROGRAMS:

WATER ACTIVITIES:

- Orientation Snorkel** – First snorkel – Emphasis on acclimating students to wetsuit, snorkel gear and marine environment.
- Basic Snorkel** – Second Snorkel – (First snorkel is a prerequisite for the basic snorkel). Emphasis on marine fish, invertebrate ID and ecosystems.
- Ocean Kayaking** – A 3-hour introduction to the exciting world of kayaking. Students will learn the basics of paddling and take a coastal tour along Catalina’s shoreline.
- Day Trip** (COUNTS FOR TWO PROGRAMS)
 - Day Trip** – Kayak trip to another cove of the island (weather permitting). Equals two programs
 - Day Trip with High Ropes Initiatives** – Half kayak day trip with an earlier return to camp to challenge students on the high ropes element, the Giant Swing. **(MAX 60 kids)**
 * Not recommended if High/ Low ropes is already on schedule

LABORATORIES:

- Fish/ Shark - Invertebrates - Algae** – A 3-hour introduction to the subjects of fish, invertebrates and the algae of Southern California through ID, classification and aquariums.
- Oceanography – Plankton - Tidepool** – A 3-hour introduction to oceanography and plankton. Students will conduct oceanographic experiments from our float and utilize video microscopes to study plankton. Students will also explore the tidepools along the rocky shore of our cove.

HIKE & ROPES ACTIVITIES:

High & Low Ropes Initiatives*- A 3 hour class dedicated to building confidence and having fun. Our Giant's Swing and Giant's Ladder are designed to challenge and empower students, while our low ropes initiatives develop leadership and teambuilding. *Mini hike can be substituted for Low Ropes

Terrestrial Ecology Hike Options (please select only ONE)

Terrestrial Ecology Hike – An aggressive hike used to explore the island's ecosystems, its geological formation, history, as well as its flora and fauna. Incorporated into the hike are many games and activities used as learning tools.

Mini Ecology Hike/ Low Ropes Initiatives/ Climbing Wall – A shorter and modified aggressive hike to explore the vistas of Fox Landing. Combined with team building initiatives on the low ropes course, as well as the climbing wall, this is a good option for schools looking for student bonding.

NIGHT PROGRAMS: (Please select FOUR of the following activities)

Astronomy – A look at constellations and planets from atop bluffs/hills at Fox Landing, often accompanied by legends and stories from around the world.

Squid Dissection – Class learns the external and internal anatomy of the squid via an organized group dissection (in teams of 2).

Marine Mammals – Students are introduced to marine mammals, their adaptations and survival strategies in our marine mammal lab.

Deep Sea Biology – A dynamic class that introduces students to the diverse, deep-sea ecosystem through the use of photos, activities, specimens and videos.

Fisheries Awareness – A program based around our impact on the oceans by various fishing methods and strategies to reduce it. Class can be structured to group size and interest.

Night Snorkel – (75 Student Max, \$5.00 per student) Students must have successfully and confidently completed at least one daytime snorkel before participating in a night snorkel. Students use underwater lights to explore the nocturnal life of Fox Cove with CIMI Instructors.

Campfire – (School Led) A campfire at our amphitheater or on our waterfront is a great way for your group to bond at camp. If there is a school activity you would like to lead at campfire please contact your instructor upon arrival. *Marshmallows available upon request.*