

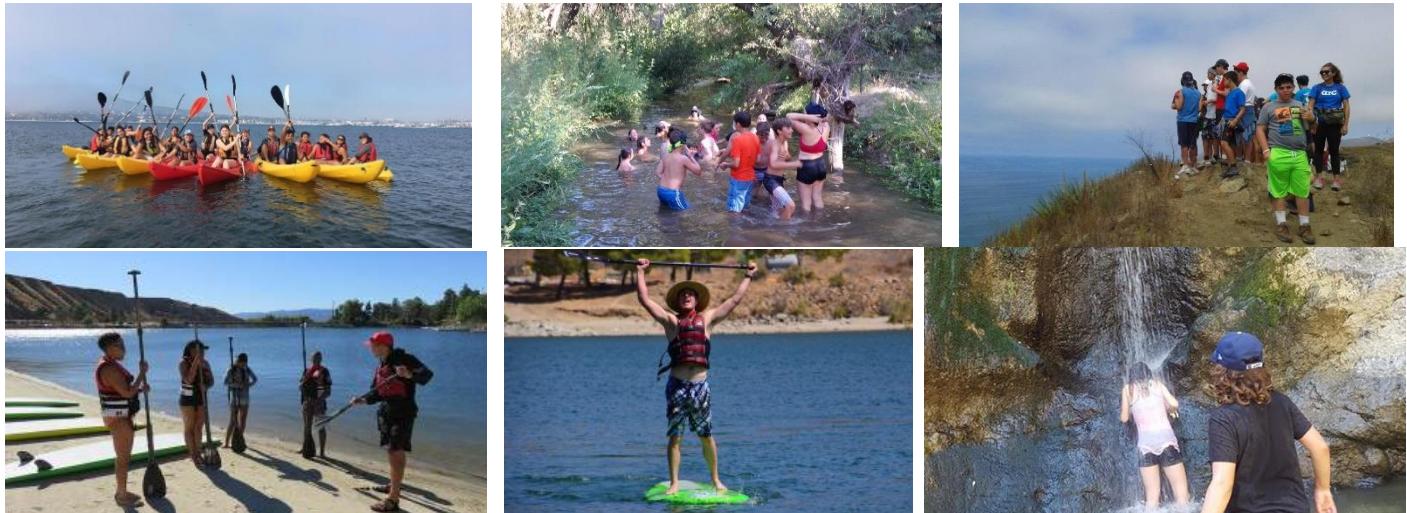


TEMPLE AKIBA SUMMER ADVENTURES 2019

arc is excited to return to Temple Akiba for a summer of adventure trips! These outdoor excursions will build camper confidence by allowing them to try new adventure activities in a safe, supportive environment.

OUR PHILOSOPHY:

We practice **Challenge by Choice** on every program we run so that campers will be able to set a goal for themselves at their challenge level for a meaningful and memorable experience. **Leave No Trace** is integrated into every outdoor program so that campers learn the importance of sustainability and leaving outdoor areas better than we find them.



YOUR SUMMER PROGRAMS FOR 2019

TUESDAY 6/18	WATER FALL HIKE	@ EATON CANYON
TUESDAY 6/25	HIGH ROPES	@ TUMBLEWEED DAYCAMP
TUESDAY 7/2	TIDEPOOL HIKING	@ ABALONE COVE
TUESDAY 7/9	RAPELLING	@ MALIBU CREEK STATE PARK
TUESDAY 7/23	KAYAKING	@ MARINA DEL REY
TUESDAY 7/30	NATURE HIKING	@ WILL ROGERS STATE HISTORIC PARK
TUESDAY 8/6	SURFING	@ SANTA MONICA STATE BEACH

WATERFALL HIKING: TUESDAY 6/18

Eaton Canyon	We Provide <ul style="list-style-type: none"> ● 2 Certified Guides ● First Aid ● Transportation to / from Temple Akiba 	Participants Bring <ul style="list-style-type: none"> ● Comfortable clothes ● Hiking or athletic shoes ● Sun protection ● Backpack ● Packed lunch ● Water bottle 	On our first hiking trip of the summer, we will check out pine trees and waterfalls in the Angeles National Forest in the mountains above Pasadena. The group will be immersed in a pine tree forest as they hike down a short, steep hill to a shaded creek that leads to a 30-foot waterfall. Groups will work together to spot natural features and learn about forest ecosystems.
10 participants min 26 participants max 2 TA Counselors			
June 18, 2019			

HIGH ROPES: TUESDAY 6/25

Tumbleweed Day Camp	We Provide <ul style="list-style-type: none"> ● 3 Belay Certified Guides ● High ropes harnesses, helmets, and shoes ● Safety equipment ● First Aid Kit ● Transportation to /from Temple Akiba 	Participants Bring <ul style="list-style-type: none"> ● Comfortable clothes ● Hiking or athletic shoes ● Sun protection ● Packed lunch ● Water bottle 	A Ropes Course is a teambuilding experience that takes place in both "Low Ropes" and "High Ropes" settings, in which campers attempt obstacles on wires and poles in the air, while safely attached to ropes. Campers will get a chance to climb at least 4 high ropes elements, including the Leap of Faith, the Multi-Vines, the Broken Bridge, the Giant's Ladder, or the Outdoor Rock Wall.
10 participants min 26 participants max 2 TA Counselors			
June 25, 2019			



TIDEPOOL HIKING: TUESDAY 7/2

Abalone Cove	We Provide <ul style="list-style-type: none"> ● 2 Lifeguard Certified Guides ● Nature guides ● Optional wetsuits ● Water safety equipment ● First Aid Kit ● Transportation to / from Temple Akiba 	Participants Bring <ul style="list-style-type: none"> ● Swimsuit ● Long pants and long sleeves ● Change of clothes ● Water-suitable shoes ● Hat and sunscreen ● Backpack ● Packed lunch ● Water bottle 	Tidepool hiking to the beautiful Abalone Cove is one of our favorite activities. Get ready to reach inspiring lookouts and explore vast at Rancho Palos Verdes. Discover the creatures in the tidepools and learn about our coastal environments. Whether it be high tide or low time it will be a wonderful day at the beach.
10 participants min 26 participants max 2 TA Counselors			
July 2, 2019			

RAPPELLING: TUESDAY 7/9

Malibu Creek State Park	We Provide <ul style="list-style-type: none"> ● 3 Certified Guides ● Rappelling harnesses, helmets, and descending systems ● Safety equipment ● First Aid Kit ● Transportation to / from Temple Akiba 	Participants Bring <ul style="list-style-type: none"> ● Comfortable clothes ● Hiking or athletic shoes ● Sun protection ● Backpack ● Packed lunch ● Water bottle 	Rappelling trips are a one-of-a-kind outdoor experience in which campers will take a short hike to the top of the cliff, where they are safely attached to a rope line using our triple-backed safety system. With two rappel lines set up side-by-side, friends will be able to rappel down the rock face next to each other as they overcome their fears.
10 participants min 26 participants max 2 TA Counselors			
July 9, 2019			

KAYAKING: TUESDAY 7/23

Marina del Rey, CA	We Provide <ul style="list-style-type: none"> ● 2 Waterfront Lifeguard Certified Guides ● Kayaks, seat backs, and paddles ● Safety equipment, including life jackets ● First Aid Kit ● Transportation to/from Temple Akiba 	Participants Bring <ul style="list-style-type: none"> ● Change of clothes ● Water shoes (Crocs, Tevas, flip flops) ● Towel ● Sun protection ● Backpack ● Packed lunch ● Water bottle 	Kayaking teaches the importance of balancing goals, clear communication, and positive leadership practices to strengthen teamwork in a fun, encouraging environment. Campers will learn how to maneuver the kayak, stay safe on the water, and explore Marina del Rey as the group kayaks to and eats lunch at Mother's Beach.
10 participants min 26 participants max 2 TA Counselors			
July 23, 2018			

NATURE HIKING / SURVIVAL SKILLS: TUESDAY 7/30

Will Rogers State Historic Park	We Provide <ul style="list-style-type: none"> ● 2 Certified Guides ● Nature guide books and pamphlets ● Safety equipment ● First Aid Kit ● Transportation to / from Temple Akiba 	Participants Bring <ul style="list-style-type: none"> ● Comfortable clothes ● Hiking or athletic shoes ● Sun protection ● Backpack ● Packed lunch ● Water bottle 	On guided Adventure Hiking trips, participants gain an appreciation of nature, engage in community building, and learn about local history. Hikers will enjoy beautiful scenery of a moderate 2-mile loop to and from Inspiration Point. Hikers will also have the chance to develop their survival skill out on the trail.
10 participants min 26 participants max 2 TA Counselors			
July 30, 2019			

SURFING: TUESDAY 8/6

Venice Beach	We Provide	Participants Bring	Surfing combined with a team bonding. Participants will learn about a local marine aquatic environment while learning how to surf. Surfing with arc is open to all skill levels—all the basic techniques of paddling, maneuvering, and launching are taught in surfing orientation. Participants of all experience levels can feel confident on the water.
10 participants min 26 participants max 2 TA Counselors	<ul style="list-style-type: none"> ● 2 Waterfront Lifeguard Certified Guides ● Wet suits, surfboards ● First Aid Kit ● Transportation to / from Temple Akiba 	<ul style="list-style-type: none"> ● Swimsuit ● Change of clothes ● Towel ● Water shoes (Crocs, Tevas, Keens) ● Sun protection ● Packed lunch ● Water bottle 	
August 6, 2019			

