Join the FRESH Crew Today!

The Urbana Park District is organizing a new teen club, the FRESH Crew. FRESH stands for Future Responsible Environmental Stewardship Heroes. Through FRESH programming, the park district seeks to provide opportunities for teens to grow as leaders and decision-makers, becoming more proactive, confident, and independent.

We are gathering a group of teens that are passionate about cultivating and improving community programs. The FRESH Crew will meet on a regular basis to discuss, plan, and organize events and programs centered on making the Urbana Park District a teen-friendly space in the community.

Are You?...
- Between the ages of 13-18
- Passionate about the community
- Able to commit to at least one hour-long meeting a month

Then join the FRESH Crew today! For more information or to sign up, email Environmental Education Coordinator, Chelsea Prahl, at ckprahl@urbanaparks.org or message the Urbana Park District on Facebook.

FRESH Meals Cooking Basics

February 12, 5-7pm
- Middle School
February 19, 5-7pm
- High School
Phillips Recreation Center, James Room Kitchen
Ages 12-18

Join the Champaign-Urbana Professional Chefs Association in the James Room Kitchen to learn cooking basics to make your own FRESH meals at home! Eating healthy not only tastes great, but helps you gain energy and stamina! You will learn basic cooking skills while creating a nutritional dinner to enjoy. All ingredients will be provided.

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Camp FRESH!

Monday-Friday, 7:30am-3pm
Lake House in Crystal Lake Park
Ages 11-14

Campers will engage in a variety of hands-on experiences involving multiple groups and organizations within the Urbana-Champaign community. Each week offers a unique experience. Drop off is from 7:30-8:30am at the Lake House, scheduled group activities begin at 8:30am. See Extended Nature Day Camp on page 27 for a longer camp day.

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Camp FRESH Code
85298

FREE! FRESH for Finals:
Kool-Aid & Kram

TBA: Final Exam Week
Phillips Recreation Center
Middle School & High School

Join Urbana Park District staff and your friends for games, prizes, snacks, studying, and yes...Kool-Aid! Staff and tutors will be on-hand to help you complete study guides and give you tips on how to conquer your final exams with confidence. Please bring textbooks and any other study materials you need help with completing.
Counselor-In-Training (CIT) Program

Ages 13-15 (Completion of 7th grade required)
Application Deadline: March 13, 2020
Camp Dates: Monday-Friday, June 1-July 31, 8:30am-3pm (pending the last day of school)
Pre-camp training is mandatory - Dates TBA
Anita Purves Nature Center
Fee $360 (required at acceptance into program)

Experience camp from the leader’s point of view and bring your own energy and talents to the Urbana Park District’s summer camps. Participate in and lead daily camp activities while assisting counselors and children in Nature Day Camp. CITs will participate 15-20 hours per week, three days a week. Throughout the summer, CIT’s will set goals for success, attend weekly meetings and reflect on experiences while growing personally and professionally. Join an elite group that gains experience and leadership skills that prepare them for future summer and part-time jobs.

Interested? Complete a CIT application, available at any park district office or online at www.urbanaparks.org/programs/nature-programs/. Candidates are selected through an application and interview process. Space is limited.

Fee includes camp T-shirt, training time, supervision and field trips. Payment is due upon acceptance into the program. For more information, call Chelsea Prahl at the Anita Purves Nature Center at 217 384-4062.

Junior Counselor (JC) Program

Ages 16-17 (15 with related experience)
Application Deadline: March 13, 2020
Camp Dates: Monday-Friday, June 1-July 31 (pending the last day of school)
Pre-camp training is mandatory - Dates TBA
Anita Purves Nature Center

Being a Junior Counselor trains you for future camp leader positions and much more. You get the benefits of a paid position, staff training and fun camp experience that includes planning and implementing activities, interacting with campers and staff, and more! Throughout the summer, your level of responsibility increases along with your skills and confidence in your own abilities. Junior Counselors work alongside camp leaders, assist campers and Counselors-in-Training and bring energy and enthusiasm to camp each day. As a JC, you’ll have a paid 20-25 hour work week and receive a staff T-shirt.

Interested? Visit www.urbanaparks.org/jobs/ to submit an Urbana Park District job application by March 13, 2020. Candidates are selected through an application and interview process. Space is limited. Call Chelsea Prahl at 217-384-4062 to learn more.

FREE! Lifeguard in Training Courses

• Tuesday, February 18, 5-7pm
• Saturday, March 21, 10am-12pm
Urbana Indoor Aquatic Center
Ages 13 and Up

Whether you are too nervous to take a lifeguarding course, or just curious about what lifeguarding entails, join us for a “preview” lifeguard class. Aquatics staff will introduce you to the pre-requisites of becoming a lifeguard and teach you specific lifeguarding skills. In water skills and dryland skills will be taught and performed. Please bring a one piece swimsuit and towel with you. For more information email Aquatics Specialist, Jennifer Nierenhausen at jrnierenhausen@urbanaparks.org.

Teen Baking 102: Scones
with Blue Dragonfly Catering
Saturday, February 29, 1-3pm
Phillips Recreation Center
Ages 13-18

Impress your friends with these simple yet delicious scones! Learn the science of the ingredients and why they all work together. All bakers will get to customize their own signature scones.

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FREE! Bike Tune-Up Workshop

Wednesday, March 25, 3:30-5:30 pm
Phillips Recreation Center
Ages 13-18

Get your bike ready for the road! Bring your own bicycle and work on it yourself with support from bike mechanics and volunteers. Come anytime during this workshop and learn basic bike maintenance and walk away with a freshly tuned bike. The bike tune up workshop will take place at the basketball court outside the Phillips Recreation Center. The event will be moved indoors if it is raining.