

The City of

SAN DIEGO

Park and Recreation Department
Open Space Division

Adventure, Discovery, Friendship



NATURE CLUB

Nature Through Your Eyes



NATURE CLUB is designed to provide children (ages 7-12) with the opportunity to spend time outdoors connecting with nature. Each NATURE CLUB will offer hiking and various fun-filled, nature-related activities! Children will be immersed in the sights and sounds of nature as they build friendships and share memorable experiences.

Hope to see you soon!

J a n u a r y 2 0 1 7

Date

Time

Meeting Location

- | | | |
|----------------------|---------------------------------------------------------|---------------------------------------------------------|
| Saturday, January 14 | A Day in the Life of A Park Ranger
9:00 A.M. to Noon | Ranger Station (2155 Beyer Blvd. SD, CA 92154) |
| Saturday, January 21 | Adventure in Otay Valley
9:00 A.M. to Noon | Rios Staging Area (1769 Rios Ave. CV, CA 91911) |
| Saturday, January 28 | Explore Beyond the Horizon
9:00 A.M. to Noon | Otay Mesa Open Space (6852 Calle De Linea SD, CA 92154) |

Be ready to use all your senses to discover every hidden treasure of our urban wilderness.

Join a Park Ranger to explore nature all over the city!

Please see back of flier for more information.



Children ages 7 to 12

Please contact Park Ranger to RSVP

619-665-9745 / mikashimada@sandiego.gov

Space limited to 15 participants

The program's purpose and intent: The purpose of Nature Club is to provide children with the opportunity to spend time in nature. Nature Club programs are not designed as structured education programs; the intent is to encourage children to discover the wonders and beauty of nature for themselves. The program is led by a Park Ranger and, when available, a select group of volunteers. The Park Ranger and volunteers are not teachers; they serve as mentors.

Parent/legal guardian responsibility: We ask that you or a designated person be available to pick up your child on the trail if the child is not feeling well or when the child requests that he/she wants to leave.

Before you sign up for the program, please make sure that the child who is going to participate in the program is emotionally mature and independent. The child must feel comfortable being away from his/her parent(s) for three-to-five hours in an unfamiliar wilderness area. He/she needs to be able to follow rules, focus, and participate and work with other children and adult leaders, both individually and as a group.

What to wear & to bring: For the first timer, please bring The City of San Diego Park and Recreation Department *Waiver, Release of Liability and Authorization for Medical Treatment* form with a parent/legal guardian's signature.

Bring a basic First Aid Kit. Wear closed-toe hiking shoes/boots with good tread, weather-appropriate clothing in layers, a hat, and sun block. Also, be sure to bring drinking water, healthy snacks, a small notebook, a pencil, coloring pencils, and a backpack. Finally, please bring a light lunch if the daytime program is scheduled to end later than noon. For the evening programs, please bring a flashlight/lantern and insect repellent.

Before arriving at the program: Please make sure that your child is interested in participating in the program, has had a good night's sleep, and is ready to participate in the program. Also, make sure your child goes to the bathroom before you drop him/her off. For the majority of the hike, there is no access to bathrooms.

Please note that we will try our best to return as scheduled; but due to the terrain, temperature, and varying abilities of participants, we may occasionally return a bit later than planned. We always make your child's safety our first priority.