2015 SUMMER HOURS OF OPERATION
May 20 - August 22

CENTER ACTIVITIES
Monday - Friday 10:00 AM - 4:00 PM

STUDENT REC CENTER
Monday - Thursday 10:00 AM - 8:00 PM
Friday 10:00 AM - 6:00 PM
Climbing Wall Hours
Monday-Thursday 12:00 - 4:00 PM

HUMBOLDT BAY AQUATIC CENTER
Monday - Thursday 10:00 AM - 6:00 PM
Friday - Sunday 10:00 AM - 7:00 PM

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SPECIAL THANKS & APPRECIATION TO:
Humboldt County Parks
Humboldt Area Foundation
The Humboldt Sponsors

FOR THEIR CONTINUED SUPPORT.

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Michael Wheeler - Michael is a contract designer for Center Activities. Please contact him with any questions.
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(707) 826-3357
Center Activities is a non-profit service organization located on the Humboldt State University campus. Our mission is to provide outdoor, recreational, fitness, educational and social experiences to the Humboldt State University students and the surrounding community in order to promote personal development, discovery and foster involvement in the community. Center Activities also manages the Student Recreation Center and the Humboldt Bay Aquatic Center. We are located in the new Recreation & Wellness Center Lobby (RWC 101).

REGISTRATION INFORMATION
Everyone is welcome to register for programs offered by Center Activities! Registration may be done in person at Center Activities, by telephone using any major credit card, through the mail or by fax using the form on Page 15. Pre-registration is mandatory for Outdoor Adventures, Aquatic Adventures, Leisure Activities and Youth & Teen Aquatic and Adventure Camps. Payment is required to guarantee a space in any Center Activities program. Please refer to the refund and cancellation policy on the mail-in registration form on page 15.

PERMIT INFORMATION
Center Activities holds special-use permits with the Shasta-Trinity, Six Rivers and Klamath National Forests, BLM and California State Parks. We also work closely with Humboldt County Parks and other agencies as needed. We are an equal opportunity service provider.

INSURANCE INFORMATION
Participation in any Center Activities program is at your own risk. Health or accident insurance is not provided. Student or personal health insurance is highly recommended.

PARKING INFORMATION
Parking permits are required at all HSU parking lots until 10:00 PM Monday through Thursday and 5:00 PM Fridays. There is no charge to park on campus during weekends. For more information, please visit the HSU Parking and Commuter Services at:
www.humboldt.edu/parking or call (707) 826-3773.

Get Informed.
Get Inspired.
Get Active.
The Student Recreation Center (SRC) is comprised of two buildings to best serve the Humboldt State community. The SRC is located near the Kinesiology & Athletics Building; the SRC West is located between the Forbes and West Gyms. Our purpose is to enrich the opportunity for on-campus physical activity through drop-in recreation, group fitness classes, indoor climbing, personal training, and special events.

FEES & ELIGIBILITY
Current membership and photo ID required. Registered HSU students are currently paying $48 per semester to support the SRC. With this in mind the following fees will apply:

- **Continuing & Extended Education Students:** $48 per semester
- **Staff/Faculty:** $50 per half semester
  - $80 per semester
  - $200 per year
  - $30 per semester for Healthy-U Program
- **Alumni Association Members:** $65 per half semester
  - $110 per semester
- **Sponsored Individual:** $8 single use visit
  - $60 for a pass of 10 visits

PERSONAL TRAINING
Personal trainers are certified fitness professionals that work one-on-one or in a group setting with their clients. You can consider a personal trainer as your private coach who will educate you about health, exercise and nutrition. Personal trainers assess the risks and plan a safe exercise program. Personal trainers can help motivate, improve exercise routines and help their clients to achieve their fitness goals.

PRICE PACKAGES*

- **Individual**
  - $20-$30 per session**
- **Buddy (2 people)**
  - $15-$25 per session**
- **Small Group (3-6 people)**
  - $10-$20 per session**

*Times and prices will vary.
**Price per session depends on how many sessions are purchased. Price is per person.

CONTACT INFORMATION

SRC Phone: (707) 826-4197
SRC West Phone: (707) 826-4183
src@humboldt.edu • www.humboldt.edu/src

The SRC offers indoor climbing camps for youth and teens, a strength and conditioning program for teens as well as fitness classes for adults. Our facility features a climbing wall, a fitness center with exercise equipment for both cardio and strength training, and an indoor field that can be used for jogging, indoor sports activities and special events. Both the indoor field space and the climbing walls are available for the public to rent with the option of group climbing instruction for those interested in the basics or improving climbing technique.
Located on the beautiful Eureka waterfront, the Humboldt Bay Aquatic Center is a multi-purpose facility dedicated to providing recreation and education opportunities for the local community, HSU students and staff, and clientele beyond Humboldt County. The HBAC provides rooms to rent for conferences, classes, receptions, and a variety of other events. The floating dock provides access to the waters of Humboldt Bay and supports the a full-scale aquatic equipment rental program. Please contact the HBAC regarding facility and aquatic rentals at (707) 443 - 4222.

**On-Site Aquatic Rentals**

All of our HBAC aquatic rental prices includes a short paddling and safety orientation, personal flotation device (PFD), wetsuit, splash jacket, paddle and the watercraft.

Our flat per-person rate allows you to come in and paddle for as long as you would like (two hours before closing). Most people plan on a 2-3 hour rental. All renters should know how to swim while wearing a PFD. Children under 15 years old must be accompanied by an adult. Minors under the age of 18 must have a parent or guardians signature on their rental waiver. While participating in our rental program, you may get wet. Bringing a swimsuit to wear under the included wetsuit is a great way to prepare for your time on Humboldt Bay.

<table>
<thead>
<tr>
<th>Rental Type</th>
<th>HSU Student</th>
<th>Community Member</th>
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<tbody>
<tr>
<td>Kayak or Stand Up Paddle Board</td>
<td>$20</td>
<td>$25</td>
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<tr>
<td>Tandem Kayak or Canoe</td>
<td>$30</td>
<td>$35</td>
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**Rental Program Hours of Operation**

Monday - Thursday 10:00 AM - 6:00 PM  
Friday - Sunday 10:00 AM - 7:00 PM  
Launch of on-site rentals concludes one hour before closing. Rental limits are based on forecasted weather & tidal conditions as well as paddler abilities.

**Contact Information**

921 Waterfront Drive, Eureka  
Phone:(707) 443-4222 • Fax:(707) 443-1527  
hbac@humboldt.edu • www.humboldt.edu/hbac

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The Humboldt Bay Aquatic Center is a collaboration between the City of Eureka, California Division of Boating and Waterways, and Humboldt State University.

www.humboldt.edu/hbac
GENERAL INFORMATION
Outdoor recreation can be a lifelong pursuit with rewards at every step of the way. Since 1994, Center Activities has offered an incredible opportunity for youth. Our Youth & Teen Aquatic and Adventure Camps emphasize building confidence, encouraging teamwork and learning aquatic skills in a safe, fun environment. Center Activities has over thirty years of experience offering outdoor programs, with an enthusiastic staff that brings extensive experience in outdoor recreation and a deep commitment to safe instruction. Individualized instruction is an essential element of the camps and is made possible by keeping the participant to instructor ratio low at 6 to 1.

NO PREVIOUS EXPERIENCE NEEDED
No previous experience is needed to participate in any of the camps unless stated. For our Aquatic Camps, each student must demonstrate that he or she is water safe by swimming a short distance using any stroke and by treading water while wearing a life jacket.

CAMP STAFF
All camp staff hold a minimum of First Aid and CPR, and Aquatic Camp Staff are certified in Lifeguarding. Camp staff may also have Wilderness First Responder/First Aid and/or EMT training. All camp staff participates in an annual staff training before the start of camp to refine their skills and to prepare for the summer’s activities.

REGISTRATION INFORMATION
Call Center Activities at (707) 826-3357 to pre-register for any camp. Enrollment in camps is on a first-come, first-served basis with limited enrollment in each camp. Upon receipt of the registration form, Center Activities will mail a confirmation letter with detailed information on the specific camp including personal items and equipment needed, itinerary and other pertinent information. Center Activities will also include a medical history form that needs to be completed prior to camp. All registration forms must be completed before the camp begins.

WHAT THE PROGRAM FEE INCLUDES
Camps run up to five days, with a variety of options to choose from. Each camp features a variety of aquatic and land-based activities, with most offering at least one night overnight camp out per session. All camp program fees include basic equipment for activities, daily snacks, and instructional camp staff. Our outdoor camps additionally include transportation to and from to the Recreation & Wellness Center on the HSU campus (unless otherwise noted), and food for overnight trips, beginning with the first evening’s dinner.

WHAT CAMPERS SHOULD BRING
Campers will need to provide personal equipment such as their daily lunch, and personal clothing that is appropriate for the day’s activities. A detailed list of what will be provided by Center Activities and what will be needed by participants will be included as part of the registration packet. Any personal camping equipment such as sleeping bag, tent, or tarp may be rented through Center Activities if the camper does not have their own.

SPECIAL CAMP DISCOUNT
Most of our camps offer a discount for multiple family members registering in one camp, or for a participant registering in more than one camp. Please refer to the individual camp descriptions for more information.

SCHOLARSHIP FUND
With the generous support of local agencies such as the Humboldt Area Foundation, Humboldt Sponsors and the California State Parks Division of Boating & Waterways, we are able to offer qualified low-income youth an opportunity to participate at a reduced fee. Scholarships are based on a sliding scale with applications reviewed on an individual basis. Contact Center Activities for additional information and a scholarship application. Scholarships are awarded based on financial & family needs, camp space availability and timely application. Please ask for a scholarship application today!
Youth Climbing Program
June 22 - 25 or July 13 - 16
Learn essential climbing skills in a fun, challenging and supportive environment. Instructors teach climbing technique, safety checks, knot tying, belaying and clear communication. Our days will include team building challenges and games to help build climbing skill and knowledge, agility, self-esteem, responsibility and confidence. An optional outdoor climbing day at Moonstone Beach can be added on the Saturday following camp.

Program Fee: $130
$35 for the optional Saturday outdoor climbing day.

Day & Time: Session I - 9:00 AM - 12:00 PM: 6-9 years old
1:00 PM - 4:00 PM: 10-13 years old
Monday - Thursday • Saturday 10:00 AM - 2:00 PM
Session II - 9:00 AM - 12:00 PM: 10-13 years old
1:00 PM - 4:00 PM: 6-9 years old
Monday - Thursday • Saturday 10:00 AM - 2:00 PM

Location: Student Recreation Center

Youth Aquatics Camp
June 29 – July 3, July 13 – 17, or August 10 - 14
Get ready for one of the most well-known summer camps in Humboldt County! This camp offers a variety of aquatic skills for campers of all skill levels. Campers can look forward to many exciting activities, including flatwater kayaking, canoeing, surfing, stand up paddling and sailing! Our caring and supportive staff also teaches water safety, environmental education and promotes positive group development.

Program Fee: $285 *ask about daily rates
Program Fee Includes: Camp staff, transportation, aquatic equipment, daily snacks and food for the camp out beginning with Thursday's dinner.

Age Limit: 10 – 14 years old

Humboldt Bay Aquatic Center’s Kids Camp
July 6 – 10, July 27 – 31, August 3 – 7
We are looking forward to a fun-filled week on the water with your children! Each day campers get out on the water on kayaks, canoes and stand up paddle boards to learn safe paddling skills as well as a respect for the wonderful marine environment that we have in the Humboldt Bay. Land games and crafts will be integrated into each day at the Humboldt Bay Aquatic Center where the camp meets each day.

Program Fee: $200
Program Fee Includes: All paddling equipment, wetsuits, paddling jackets, and a healthy snack each day.

Age Limit: 8-12 years old

www.humboldt.edu/centeractivities
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<tr>
<th>SRC Youth Climbing Camp</th>
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<tr>
<td>June 22-25</td>
<td>Learn the fundamentals needed to climb indoors: fitting the harness, tying the figure 8 knot and general safety.</td>
<td>Discover your comfort zone for climbing and learn how to follow routes on a rock wall.</td>
<td>Learn techniques to help refine your climbing skills, learn general climbing knots, and improve flexibility and strength.</td>
<td>Put what you’ve learned together and climb, climb, climb!! Ages 10 and older will work on more advanced skills such as proper belaying and rappelling technique.</td>
<td>We’re off on Friday but join us for a family day of climbing at Moonstone Beach on Saturday.</td>
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<td>July 13-16</td>
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<th>Youth Aquatics Camp</th>
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<tr>
<td>June 29-July 3</td>
<td>Enjoy an exciting day of team building activities, kayaking and canoeing at Stone Lagoon.</td>
<td>Catch a wave at Moonstone Beach on a surfboard or bodyboard, or harness the wind on Big Lagoon in a sailboat!</td>
<td>Catch a wave at Moonstone Beach on a surfboard or bodyboard, or harness the wind on Big Lagoon in a sailboat!</td>
<td>Camp out at Big Lagoon! Spend the day practicing your skills followed by a cozy evening around the campfire roasting marshmallows.</td>
<td>Morning activities include a relay race or treasure hunt. Families are invited to join us for an afternoon BBQ followed by an aquatic free time for all!</td>
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<td>July 13-17</td>
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<td>August 10-14</td>
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<th>Humboldt Bay Aquatic Center’s Kids Camp</th>
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<tr>
<td>July 6-10</td>
<td>Campers will be introduced to kayaks, canoes, and stand up paddle boards while paddling for fun and practice on Humboldt Bay.</td>
<td>Super wet day! Campers practice different rescue techniques, learn weather &amp; safety topics all while playing games.</td>
<td>Paddle &amp; play while learning about the local marine life such as Harbor Seals, shore birds and marine invertebrates.</td>
<td>Learn about the history and ecology as we paddle &amp; explore Old Town Eureka waterfronts.</td>
<td>Morning activities include land games and skill building exercises. Families are invited to join us for an afternoon paddle with their camper.</td>
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<td>July 27-31</td>
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<th>Youth Surf Camp</th>
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<tr>
<td>July 20-24</td>
<td>Surf or bodyboard at Moonstone Beach. Basic surfing concepts will be introduced.</td>
<td>Surf or bodyboard at Moonstone Beach. Participants will be introduced to basic ocean awareness as well as additional surfing techniques.</td>
<td>Enjoy a day off from surfing while exploring ocean dynamics of Trinidad’s coast. Campers will get a chance to explore Trinidad Head, the HSU Marine Laboratory, and College Cove.</td>
<td>Campers refine their surfing skills in Crescent City followed by a campout, hiking, and swimming in designated areas at Jedidiah Smith State Park.</td>
<td>Participants enjoy one final day of surfing in Crescent City before heading home.</td>
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<thead>
<tr>
<th>Jr. Sailing School</th>
<th>Monday</th>
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<td>July 20-24</td>
<td>Get introduced to sailing basics such as water safety, boat parts, rigging, and points of sail.</td>
<td>Practice sailing while building in knowledge of wind conditions, tides, and knots.</td>
<td>Learn rescue skills such as capsize recovery and man overboard rescues while improving sailing maneuvering.</td>
<td>Progress with sailing skills and maneuvering while racing other campers on the bay.</td>
<td>Final day of “Yar!” with sailing games and races.</td>
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<td>Intermediate:</td>
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<td>August 17-21</td>
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For camp descriptions and age limits, please turn to page 5.
Teen Strength & Conditioning Program
June 15 - July 16 or July 20 - August 20
Open to all teen athletes, this program includes exclusive, individualized training in the areas of plyometrics, speed development, strength development, power development, agility, Olympic lifting and flexibility.
Program Fee: $80
Day & Time: Two training sessions available each day: either 1:00 PM - 3:00 PM or 5:00 PM - 7:00 PM • Monday - Thursday
Location: Student Recreation Center • HSU
Note: Fee includes optional workout days on Fridays.

Teen Counselor in Training Program
June 22 - 26
This teen program is a great option for campers who have grown up in our summer programs, or for teens wanting to gain job skills and are interested in the pursuit of a professional career in recreation. Our Counselor in Training (CIT) Program will introduce teens to group facilitation and management techniques, team building skills, leadership, and the skills to assist in the aquatic activities that we offer. CITs will get trained in and have the opportunity for certification in First Aid and CPR. Upon completion of this program campers will be encouraged to apply to be CIT’s for our following youth camps. Activities include surfing, sailing, sea kayaking, and stand up paddle boarding with a 2 night camp out at Ruth Lake.
Program Fee: $340
Program Fee Includes: Camp staff, transportation, aquatic equipment, Red Cross CPR and First Aid Certifications fees, daily snacks and food for the camp out beginning with Wednesday’s dinner.
Age limit: 14 – 17 years old
Note: A $10 registration fee will be charged for each week of youth camp the CITs participate in.

Multi-Venture Teen Program
July 6 - 10
This camp is a great option for the older camper who enjoys the thrills of our Aquatics Camp, but is ready for a new twist. Join us for an exciting week of team building activities, climbing on a rock wall and surfing. The fun continues as we head out to Ruth Lake for two nights under the stars and sunny, warm days filled with kayaking, canoeing, sailing and stand up paddling galore!
Program Fee: $315
Program Fee Includes: Camp staff, transportation, aquatic equipment, daily snacks and food for the camp out beginning with Wednesday’s dinner.
Age Limit: 14– 17 years old

Teen Hiking & Backpack Program
July 13 - 17
This program focuses on developing backcountry skills to get your teen started in the lifetime pursuit of backpacking. During the week, your teen will be introduced to the basics of outdoor travel, backcountry cooking, map & navigation skills, and proper gear before heading to the Lost Coast for a beach campout on Wednesday night. The focus will be on gear, safety, and Leave No Trace environmental ethics. Teens will have plenty of opportunities to create new friendships and will finish out the week with an overnight backpacking trip along the Lost Coast.
Program Fee: $315
Program Fee Includes: Instructional staff, transportation, backpacking equipment, permit & camping fees, daily snacks and food for the camp out beginning with Wednesday’s dinner.
Age Limit: 14 – 17 years old

Jr. Sailing School
August 17-21
We harness the power of the wind and smiles as your teen learn to sail on Humboldt Bay! We have partnered up with the Humboldt Yacht Club to teach your teen the basic skills necessary to sail small craft boats. Participants learn boat rigging, points of sail, capsize recovery, boat handling skills, and more on Lasers and Pico sailboats with an on-site motorized safety boat present. As skills progress, we introduce the sailors to more advanced sailboats.
Program Fee: $175
Program Fee Includes: All sailing equipment, wetsuits, paddling jackets and a healthy snack each day.
Age Limit: 13 - 17 years old
Note: This week is combined with the youth intermediate sailing school on pg. 5

Teen Surf Program
August 3 - 7
This camp is perfect for the ocean-minded teen who is looking for a fun and exciting adventure. All skill levels are welcome, from those who have never seen the ocean to those who would like to refine their skills. This week consists of group and individual surf instruction, ocean safety and awareness, team building activities and plenty of saltwater action. The week includes a two night campout near Crescent City.
Program Fee: $315
Program Fee Includes: Instructional staff, transportation, all surfing gear, daily snacks and food for the camp out beginning with Wednesday’s dinner.
Age Limit: 14 - 17 years old
## Teen Programs Calendar

<table>
<thead>
<tr>
<th>SRC Teen Strength &amp; Conditioning Program</th>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td>June 15-July 16</td>
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<td>July 20-August 20</td>
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- Start the week off with a challenging lower body workout including Olympic lifts, squats and dead lifts, followed by speed training and a game of ultimate football.
- Upper body workout including Olympic lifts, bench press variations, and pulling movements. Work on change of direction training followed by sports conditioning.
- A lower body volume workout with speed agility and plyometric training followed by speed ladder challenges.
- Circuit challenge! Including tire flips, battle ropes, sled pulls, hurdle jumps and more!
- Optional Workout Day.

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<tr>
<th>Teen Counselor in Training Program</th>
<th>Monday</th>
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<td>June 22 - 26</td>
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- Get acquainted, play team building games and learn facilitation skills while spending the day catching waves at Moonstone Beach.
- Start with First Aid & CPR training, end with a fun afternoon developing leadership skills through games and preparing for the next day’s campout.
- Pack up and head out to Ruth Lake for the two night campout. Learn kayaking and stand up paddle boarding and practice teaching these skills to fellow CIT’s.
- Practice facilitation & leadership skills. Sail on the lake followed by another beautiful night under stars and marshmallows around the campfire.
- Enjoy a final morning in the lake while discussing all the lessons learned and adventures had. Then pack up and head back home to the coast.

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<tr>
<th>Multi-Venture Teen Program</th>
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<td>July 6-10</td>
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- Spend an exhilarating day with fun team building activities and an exciting challenge on the 45’ rock wall at the HSU Student Recreation Center.
- Catch a wave at Moonstone Beach while learning to surf on a bodyboard or surfboard.
- Time to enjoy the sun as we head East to Ruth Lake for a two night campout! Activities include: canoeing, kayaking, stand up paddling and sailing.
- Another fun day at Ruth Lake followed by a relaxing evening under the stars and marshmallows around the campfire.
- Teens enjoy a final lake-side morning before heading back to the coast.

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<tr>
<th>Teen Hiking &amp; Backpack Program</th>
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<td>July 13-17</td>
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- Get introduced to backpacking basics such as proper gear, safety, and Leave No Trace principles; followed by a hike in the redwood forest.
- Builds upon basics and introduces outdoor travel and navigation skills and backcountry cooking, followed by another local day hike.
- Head to Mattole Campground for a campout to test our gear before embarking on the Lost Coast.
- We will strap on our packs and hit the trail for an overnight backpack trip on the North section of the renowned Lost Coast Trail.
- Enjoy a final day on the trail while hiking back to the Mattole Campground and heading home.

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<tr>
<th>Jr. Sailing School</th>
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<td>August 17-21</td>
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- Get introduced to sailing basics such as water safety, boat parts, rigging, and points of sail.
- Practice sailing while building in knowledge of wind conditions, tides, and knots.
- Learn rescue skills such as capsize recovery and man overboard rescues while improving sailing maneuvering.
- Progress with sailing skills and maneuvering while racing other campers on the bay.
- Final day of “Yar!” with sailing games and races.

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<th>Teen Surf Program</th>
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<td>August 3-7</td>
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- Surfing or body boarding at Moonstone Beach. Basic surfing concepts will be introduced.
- Surf or bodyboard at Moonstone Beach. Participants will be introduced to basic ocean awareness as well as additional surfing techniques.
- Enjoy a break from surfing while exploring ocean dynamics of Crescent City’s Coast line. Followed by exploration of Stout Grove, a swim in the Smith River and a campout at Mill Creek Campground.
- Enjoy a day of surfing at Crescent City’s South Beach followed by another fun night under the stars at the campground.
- Everyone has one last opportunity for surfing fun at Crescent City before heading home.

For program descriptions, pricing and age limits, please turn to page 7.
OUTDOOR & AQUATIC ADVENTURES

OUTDOOR ADVENTURES

Backpacking the Lost Coast
June 19 - 21
Looking for a bit of a challenge, but aren’t ready to traverse steep mountains? The Lost Coast area of southern Humboldt County is one of the most unique sections of coast in California. This trip navigates 25 miles of road-less coastline and uncrowded beach, offering dynamic ocean views. Though the trail is moderately level, the soft sand and traverse rocks make it an ideal challenge for any backpacker.

Program Fee: $70 HSU Students • $85 All Others
Program Fee Includes: instruction, camping/permit fees, and instructional materials. Transportation will be by carpool.
Location: The Lost Coast
Mandatory Pre-trip Meeting: Tuesday • June 16 • 6:00 PM at the Recreation & Wellness Center • Drop-In Lounge • Room 108
Topics Include: Gear, clothing, food, packing and backpacking basics
Registration Deadline: Monday • June 15

Backpacking the Trinity Alps
July 24 - 26
Clear streams, grassy meadows, waterfalls, swimming holes, and alpine lakes await in the Trinity Alps Wilderness Area. This trip offers backcountry exploration experience and the opportunity to meet other backpackers. The trail will consist of moderate high country terrain and cover 10-12 miles round trip. The specific trailhead and destination will be determined at the pre-trip meeting.

Program Fee: $70 HSU Students • $85 All Others
Program Fee Includes: instruction, camping/permit fees, and instructional materials. Transportation will be by carpool.
Location: The Trinity Alps
Mandatory Pre-trip Meeting: Tuesday • July 21 • 6:00 PM at the Recreation & Wellness Center • Drop-In Lounge • Room 108
Topics Include: Gear, clothing, food, packing and backpacking basics
Registration Deadline: Monday • July 20

Introduction to Bicycle Touring
June 20 - 21
This outing is geared for beginning to intermediate cyclists who are wanting to try a longer distance ride and campout. Gear will be shuttled to the campsite in the support vehicle so your bike will be nice and light. We will set out on a locals’ favorite loop traveling back roads through epic surroundings. You will receive instruction on proper shifting, braking and hill descending, climbing techniques, how to avoid road hazards, road etiquette, and basic field maintenance. Participants need to bring their own bike, should wear proper riding apparel, and must have a bike helmet. The daily riding distance will be 25 - 30 miles.

Program Fee: $65 HSU Students • $75 All Others
Program Fee Includes: instruction, camping fees, gear shuttle
Trip Departure: 9:00 AM • HSU J Parking Lot
Mandatory Pre-trip Meeting: Wednesday June 17 • 6:00 PM in the Recreation & Wellness Center Drop in Lounge • Please bring your bike
Registration Deadline: Monday • June 15
Note: Inquire about bike rentals if you do not have your own bike.

AQUATIC ADVENTURES

Moonrise Paddles
May 2, May 30, and July 31
Come for an evening paddle and watch the moon rise over Humboldt Bay. We provide a choice of kayaks or canoes and experienced guides to facilitate these two hour adventures.

Program Fee: $25 HSU Students • $35 All Others
Program Fee Includes: Instruction, kayaks, canoes and all necessary paddling equipment
Day & Time:
Saturday • May 2 • 7:00 PM
Saturday • May 30 • 7:00 PM
Friday • July 31 • 7:30 PM
Location: Humboldt Bay Aquatic Center (921 Waterfront Dr, Eureka)
Registration Deadline: Thursday before the paddle
Family Fun Weekend
May 9-10 (Mother’s Day), June 20-21 (Father’s Day), July 25-26, August 8-9
Get your family together for a memorable paddling excursion at an unbeatable value! Kids kayak for free on these Family Fun Weekends. Our staff gives a brief safety talk and introduction to the boats, then your family can cast off our dock to lead your own adventure.
Program Fee: $20 per adult • Children paddle for free (limit 2 per adult)
Time: Drop in any time between 11:00 AM – 4:00 PM
Location: Humboldt Bay Aquatic Center (921 Waterfront Dr., Eureka)

Introduction to Sea Kayaking
May 23, June 13, July 18, or August 8
The North Coast has some of the most scenic and pristine coastline available for sea kayaking. This four hour excursion starts with classroom instruction before heading out on the Humboldt Bay. Our instructors will cover boat handling, improved paddling efficiency, tides, currents, weather and water safety considerations, and open water paddling techniques. This course will prepare you to safely set out on your own adventures. No experience is necessary.
Program Fee: $35 HSU Students • $45 All Others
Program Fee Includes: instruction, kayaks and all necessary gear
Day & Time: Saturdays • May 23 - 9:30 AM • June 13 - 9:30 AM
July 18 - 12:30 PM • August 8 - 9:30 AM
Location: Humboldt Bay Aquatic Center (921 Waterfront Dr., Eureka)
Registration Deadline: Thursday before each course

Kinetic Paddle
May 24
Watch from a canoe or kayak as the brave kinetic sculpture pilots launch their all-terrain human powered art sculpture vessels into the Humboldt Bay as they race towards their next destination in the renowned Kinetic Sculpture Championship.
Program Fee: Standard Rental prices apply
Day & Time: Sunday starting at 9:00 AM
Location: Humboldt Bay Aquatic Center (921 Waterfront Dr., Eureka)

Learn to Stand Up Paddle
May 30, June 14, July 11, or August 16
Get a new perspective on paddling while getting a fun workout. Join the growing world of stand up paddling by learning the essential information and skills for the sport. Humboldt Bay provides the flat water, scenery, and wildlife viewing – you provide the laughter and muscle power as you learn basic techniques for a new lifelong passion.
Program Fee: $25 HSU Students • $35 All Others
Program Fee Includes: Instructors, paddleboards and gear
Day & Time: Saturday • May 30 - 10:00 AM
Sunday • June 14 – 1:00 PM
Saturday • July 11 – 11:00 PM
Sunday • August 16 – 1:00 PM
Location: Humboldt Bay Aquatic Center (921 Waterfront Dr., Eureka)
Registration Deadline: Thursday before each course

Canoe the Slough
June 27
We will launch our canoes from Humboldt Bay and travel up the beautiful Freshwater slough. As we paddle through this riparian habitat rich with wildlife, you will get the opportunity to spot some of 100,000 birds that are claimed to feed and rest in this scenic wetland. Bring packable snacks and binoculars if you have them.
Program Fee: $35 HSU Students • $45 All Others
Program Fee Includes: Paddle instruction, and all necessary paddling gear
Day & Time: Saturday • 8:30 AM – 12:30 PM
Location: Humboldt Bay Aquatic Center (921 Waterfront Dr., Eureka)
Registration Deadline: Thursday • June 25

Sea Kayak & Rescue Safety
June 27
Progress your paddling skills in this fun and safe environment with this course that focuses on rescue & safety that no paddler should be without. Our instructors cover paddle float re-entry, rodeo re-entry, t-rescues, towing, tides and weather conditions.
Program Fee: $35 HSU Students • $45 All Others
Program Fee Includes: instruction, kayaks and all necessary gear
Day & Time: Saturday, 10:00 AM – 2:00 PM
Location: Humboldt Bay Aquatic Center (921 Waterfront Dr., Eureka)
Registration Deadline: Thursday • June 25

Sailing Refresher & Play Day
June 14
This day is designed for those who have sailed before but haven't been out in a while. This one day course will review rigging, sailing theory, boat maneuvers, and give you the chance to practice your skills on Big Lagoon. Sailboats will be Lazers and Picos.
Program Fee: $50 HSU Students • $62 All Others
Program Fee Includes: Instruction, sailing equipment, lifejacket, wetsuit. Transportation will be by carpool.
Prerequisite: Participants must have previous sailing experience.
Day & Time: Sunday • 9:00 AM
Registration Deadline: Monday • June 8

Stone Lagoon SUP Tour
June 27
Join us for a paddle on beautiful Stone Lagoon located along the coast north of Trinidad. This shallow bay is nestled in the mountains and separated from the Pacific Ocean with a thin sandbar. It is a favorite resting place for migratory waterfowl and there may even be an opportunity to see Roosevelt Elk grazing on the shorelines. Additional information will be mailed upon registration.
Program Fee: $35 HSU Students • $45 All Others
Program Fee Includes: Stand Up Paddle instruction, stand up paddle gear, & transportation
Trip Departure: 9:30 AM from the J Parking Lot on HSU campus. For those who live in Eureka, please contact us to arrange your pick up at the Humboldt Bay Aquatic Center
Registration Deadline: Wednesday • June 24

(707) 826-3357
Introduction to Sailing
June 27 - 28
Join Center Activities for two full exhilarating days at Big Lagoon and learn to harness the wind on two of the world’s most popular and versatile sail boats. We will utilize the Olympic Class Lasers as well as the fun and user friendly Pico boats that are ideal for entry-level sailing. Each participant will steer and control their own boat. Skills will include rigging, sailing theory, boat maneuvering, launching and capsize recovery.
Program Fee: $132 HSU Students • $149 All Others
Program Fee Includes: Instruction, sailboat and equipment, life-jacket and wetsuit. Transportation will be by carpool. Camping at Big Lagoon is optional.
Registration Deadline: Monday • June 22
Mandatory Pre-Trip Meeting: Thursday • June 25

4th of July Fireworks Paddle
July 4
Watch the fireworks display as it bursts in colorful magnificence above you from a kayak or canoe on the Humboldt Bay Waterfront. Get an epic view and patriotic memory to last a lifetime. Clear skies not guaranteed.
Program Fee: $35 HSU Students • $45 All Others
Program Fee Includes: Paddling equipment, all safety gear & paddling guide
Location: Humboldt Bay Aquatic Center (921 Waterfront Dr., Eureka)
Registration Deadline: July 1

Whitewater Raft & Paddle
July 11
Hop into a raft or inflatable kayak and join us for a day of adventure on the scenic Trinity River. Explore exciting whitewater intermixed with serene, relaxing sections ideal for swimming and wildlife viewing. The section of river we choose will be dependent on river flows and conditions.
Program Fee: $65 HSU Students • $75 All Others
Program Fee Includes: Guides, river equipment, permit fee & transportation
Mandatory Pre-Trip Meeting: Thursday • July 9 • 6:00 PM
Recreation & Wellness Center • Drop-In Lounge • Room 108
Trip Departure: 9:00 AM from the J Parking Lot on HSU Campus. For those who live in Eureka, please contact us to arrange your pick up at the Humboldt Bay Aquatic Center
Registration Deadline: Wednesday • July 8

Introduction to Kayak Rolling
July 12
This course will initially concentrate on learning improved bracing, and from there progress to combat roll instruction. A combination of individual instruction and practice time at the Arcata Community Pool will give every kayaker the opportunity to develop their roll. If one of these dates doesn’t work with your schedule please contact us about private kayak roll instruction.
Program Fee: $20 HSU Students • $28 All Others
Program Fee Includes: Instruction and equipment
Day & Time: Sunday • 4:30 PM - 6:30 PM
Location: Arcata Community Pool
Registration Deadline: Thursday • July 9

Introduction to Surfing
July 18
This course offers participants the opportunity to safely learn and enjoy the sport of surfing. Designed for the individual having little or no surfing experience, we will focus on water safety, surf etiquette, ocean awareness, surfboard handling and technique. We will surf where the conditions are best for beginning surfers. Transportation will be by carpool.
Program Fee: $55 HSU Students • $65 All Others
Program Fee Includes: Instructors, surfboard, wetsuit, booties, and instructional materials
Mandatory Pre-Trip Meeting: Thursday • July 16 • 6:00 PM
Recreation & Wellness Center • Drop-In Lounge • Room 108
Day & Time: Saturday • July 18
Registration Deadline: Wednesday, July 15

Introduction to River Kayaking
Mandatory Pool Date: Sunday, July 26 4:30-6:30 PM
River Dates: August 1 - 2
This course focuses on developing paddling skills to get you started on whitewater kayaking. You will be introduced to the basics of kayaking and a combat roll in the Arcata Community Pool and progress to moving white-water during a weekend overnight on the Trinity River. The focus will be on boating safety, basic strokes, boat control, hydrology, wet exits, and rolling the kayak. A combination of inflatable kayaks and hardshell kayaks will be used depending on the individual needs and skill progression. Additional activities may include a river safety section that involves the use of basic river safety equipment specifically adapted for kayaking situations.
Program Fee: $175 HSU Students • $210 All Others
Program Fee Includes: Instruction, kayaks, river gear, transportation and permit fees
Prerequisite: Introduction Kayak Rolling Session, or instructor approval
Registration Deadline: Thursday • July 23
**Introduction to Archery**  
May 23, June 13, or July 25  
This class is designed to introduce archery through the hands-on application of using a bow and arrow. You will learn the fundamentals of archery as well as the proper care and use of archery equipment.  
**Program Fee:** $30 HSU Students • $35 All Others  
**Days & Times:** Saturday • 9:00 AM – 12:00 PM  
**Location:** Recreation & Wellness Center 124  
**Registration Deadline:** Friday before the class  
**Note:** Participants will need to bring $5 on the day of the class to pay for equipment rentals

**Hypnotize Yourself for Success**  
May 25 & May 27, June 8 & June 10, or June 22 & 24  
Learn self-hypnosis training to revolutionize the way you perceive, create, and attract your reality for amplified success and life fulfillment. Each day will involve a one hour informational lecture - blending sciences of psychology, neuroscience, physics, and spirituality - followed by a half hour hypnotic experience and fifteen additional minutes for questions. Learn how to create positive change using simple and enjoyable skills that will work for a lifetime! All this and more, for half the cost of just one private session!  
**Program Fee:** $75 HSU Students • $100 All Others  
**Day & Time:** Monday & Wednesday • 5:00 PM - 6:45 PM  
**Location:** Recreation & Wellness Center 124  
**Registration Deadline:** Friday before course  
**Note:** For more detailed course descriptions, see www.humboldt.edu/centeractivities

**Neuro-Linguistic Programming (NLP) Tools to Use on Yourself**  
June 2 & June 4, June 16 & June 18, or June 23 & June 25  
Learn the tips and tricks behind NLP and how its use can create rapid shifts in mood, cognition, and behavior. This class blends science-based lectures with experiential practice to get you using these skills immediately on yourself to change the way you feel about the world, yourself, your past, and your future to create a more positive outlook and attract what you want out of life. Techniques include: Color Anchoring, Instant Motivation, re-framing negative experiences, boosting positive experiences, mapping across, swish pattern, and more. Come learn how you can control and enhance your mind - naturally and easily - for a happier, healthier life!  
**Program Fee:** $85 HSU Students • $115 All Others  
**Day & Time:** Tuesday & Thursday • 5:00 PM - 6:45 PM  
**Location:** Recreation & Wellness Center 124  
**Registration Deadline:** Friday before each course  
**Note:** For more detailed course descriptions, see www.humboldt.edu/centeractivities

**Inner Mind Sourcing – RARE Group Experience**  
June 30  
Inner Mind Sourcing is a relatively new technique, and Kyle is the only person offering a group experience like this. This experience will help you to release lifetimes of stress, negativity, trauma, and fear. However, due to the advanced nature of this process, participants must have first completed a prior hypnosis and NLP workshop. Come reboot your brain so that it has the updated adult model. Space is extremely limited for this workshop so sign up today!  
**Program Fee:** $50 HSU Students • $80 All Others  
**Day & Time:** Tuesday • 5:00 – 7:00 PM  
**Location:** Recreation & Wellness Center • Room 124  
**Prerequisite:** Must have already completed a hypnosis and NLP workshop or received instructor approval  
**Registration Deadline:** June 26  
**Note:** For more detailed course descriptions, see www.humboldt.edu/centeractivities
**Spin**  
May 25 - June 24, or July 6 - August 5  
A non-impact, highly effective way to build cardiovascular strength and endurance. 35 minutes of high intensity cardio set to music and a 10 minutes cool down and stretch. Appropriate for all levels. Class is limited to 10 people-register early!  
Drop-In: $5  
Per Session: $30  
Both Sessions: $50  
Day & Time: Mondays & Wednesdays • 5:45 PM - 6:30 PM  
Location: Recreation & Wellness Center • Room 126

**Butts’N’Gutts**  
May 25 - June 24, or July 6 - August 5  
This challenging 30 minute class is designed to target your core and lower body.  
Drop-In: $2  
Per Session: $20  
Both Sessions: $35  
Day & Time: Mondays & Wednesdays • 5:00 PM - 5:30 PM  
Location: Recreation & Wellness Center • Room 125

**Zumba**  
June 16 - July 9, or July 21 - August 13  
Zumba is a fitness program that combines music and easy-to-follow dance moves. Because working out should be FUN and EASY TO DO!  
Drop-In: $3  
Per Session: $30  
Both Sessions: $40  
Day & Time: Tuesdays & Thursdays • 5:15 PM - 6:00 PM  
Location: Recreation & Wellness Center • Room 126

**Isshinryu Karate**  
June 1 – July 29  
If you are looking for an activity that provides a workout with the benefit of learning a practical form of self-defense, this may be for you. Isshinryu Karate is a classical style of Okinawan Karate. Robert Sherman, eight degree black belt and chief instructor, has taught Isshinryu Karate concurrently at HSU since 1979.  
Program Fee: $60 HSU Students • $70 All Others  
Days & Times: Mondays & Wednesdays • 7:00 – 9:00 PM  
Location: Recreation & Wellness Center • Room 126

Nothing like a campfire... and a clean sleeping bag  
**DOWN SLEEPING BAGS $20**  
On the hill  
12th & G Streets  
ARCATA  
OPEN EVERY DAY  
emeraldcitylaundry.com
# RENTAL GEAR

All rental items require a deposit. Advance reservations require full payment at the time of the reservation.

## CAMPING & BACKPACKING GEAR

<table>
<thead>
<tr>
<th>TENTS &amp; TARPS</th>
<th>DAILY</th>
<th>WEEKEND</th>
<th>WEEKLY</th>
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<td>ONE PERSON TENT - MSR HUBBA, SIERRA DESIGN LIGHTENING XT</td>
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<td>THREE PERSON TENT - MARMOT</td>
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<td>HAMMOCK</td>
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## WETSUITS & LIFE JACKETS

| HOTLINE COLD CLIMATE UNIT, 5 MIL. WITH HOOD | $15.00 | $20.00 | $25.00 | $30.00 | $35.00 |
| 4/3 MIL YOUTH WETSUIT | $10.00 | $15.00 | $20.00 | $25.00 | $30.00 | $35.00 |
| FARMER JOHN STYLE OR WETSUIT JACKETS | $10.00 | $15.00 | $20.00 | $25.00 | $30.00 | $35.00 |
| WET SUIT BOOTIES | $5.00 | $8.00 | $10.00 | $12.00 | $15.00 | $20.00 |
| PERSONAL FLOATATION DEVICES (PFD) | $10.00 | $15.00 | $20.00 | $25.00 | $30.00 | $35.00 |

## CANOES

| CANOE PACKAGE (INCLUDES CANOE, 2 PADDLES AND 2 PFDS) | $40.00 | $45.00 | $50.00 | $55.00 | $60.00 | $65.00 |

## SEA KAYAKS *

| SINGLE SEA KAYAK PACKAGE (INCLUDES SIT-IN* OR SIT-ON-TOP KAYAK, PADDLE, PADDLE FLOAT, PFD) | $30.00 | $35.00 | $40.00 | $45.00 | $50.00 | $55.00 |
| DOUBLE SEA KAYAK PACKAGE (INCLUDES SIT-IN* OR SIT-ON-TOP KAYAK, 2 PADDLES, 2 PADDLE FLOATS, 2 PFDS) | $40.00 | $45.00 | $50.00 | $55.00 | $60.00 | $65.00 |
| FOAM VEHICLE ROOF RACK (CANOE OR KAYAK) | $5.00 | $10.00 | $10.00 | $15.00 | $20.00 | $25.00 |

## RIVER KAYAKS *

| RIVER KAYAK PACKAGE (INCLUDES RIVER KAYAK, PADDLE, SPRAY SKIRT, HELMET AND PFD) | $30.00 | $35.00 | $40.00 | $45.00 | $50.00 | $55.00 |
| PADDLE (KAYAK, CANOE, SUP) | $10.00 | $15.00 | $20.00 | $25.00 | $30.00 | $35.00 |
| SPRAY SKIRT | $5.00 | $10.00 | $10.00 | $15.00 | $20.00 | $25.00 |
| HELMET | $5.00 | $10.00 | $10.00 | $15.00 | $20.00 | $25.00 |

## SAIL BOATS *

| SAILBOAT PACKAGE (INCLUDES LASER OR PICO BOAT, HELMET(S), PFD(S)) SPECIAL CONDITIONS APPLY | $50.00 | $55.00 | $60.00 | $65.00 | $70.00 | $75.00 |
| SAILBOAT TRAILER (NEED TO HAVE 1 7/8" TRAILER BALL, FLAT FOUR WIRING) | $15.00 | $20.00 | $25.00 | $30.00 | $35.00 |

## SURFBOARDS *

| SURFTECH SOFTBOARDS | $20.00 | $25.00 | $30.00 | $35.00 |
| BOOGIE BOARDS* | $10.00 | $15.00 | $20.00 | $25.00 | $30.00 | $35.00 |

## STAND UP PADDLEBOARDS

| STAND UP PADDLEBOARDS | $50.00 | $55.00 | $60.00 | $65.00 | $70.00 | $75.00 |

* All surfboard, boogie board, and boat rentals require special approval.

These rentals must be made in advance during facility open hours.

(707) 826-3357
Summer 2015 Registration Form

Space is limited and participation is on a first-come, first-served basis. Please register early to ensure your space. Registration may be possible after the deadline, space permitting. Please mail payment and registration form to:

Center Activities, HSU
#1 Harpst Street, Arcata, CA 95521
or fax to (707) 826-3354.

For further information, please call (707) 826-3357 or email cntract@humboldt.edu

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PARTICIPANT NAME ________________________________________________ AGE * __________ BIRTH DATE * ________________

ADDRESS __________________________________________________________ CITY __________ STATE ______ ZIP __________

PARENT / GUARDIAN NAME * ______________________________ PHONE ____________________________

EMAIL ___________________________ SHOE SIZE __________ * Required if participant is a minor.

How did you hear about us? TV Ad Newspaper Ad Picked up brochure at: Other: __________

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CLASS TITLE: ______________________ SESSION: ______________ FEE: __________

CLASS TITLE: ______________________ SESSION: ______________ FEE: __________

CLASS TITLE: ______________________ SESSION: ______________ FEE: __________

CLASS TITLE: ______________________ SESSION: ______________ FEE: __________

Total: $ __________

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* Special Camp Discount: Families that register for more than one Center Activities camp will receive a discount as indicated in the program fee area. This discount also applies if you register more than one member of the family for any Center Activities camp. Please note that the camp discount does not include or apply to registrations in the Youth Climbing or Strength & Fitness camps.

Name(s) of additional family member(s) registered: ____________________________________________

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Please Read and Initial:

CANCELLATION AND REFUND POLICY

We reserve the right to cancel or modify any activity due to inclement weather, insufficient participation or other conditions beyond our control. In the event that Center Activities cancels an activity, all fees collected are fully refundable or transferable. Should any participants cancel a trip of their own volition, the following guidelines are applicable. Refunds will not be given outside these guidelines except in rare situations and then only with the approval of the Center Activities Administrative Staff. This policy is necessary to ensure proper student/instructor ratios, the highest quality programs and to secure the lowest prices for the agencies with which we work. INITIAL __________

No refunds or transfers/account credits will be given within seven days prior to the beginning of the activity. Refund requests more than seven days prior to an activity will be assessed a 25% or $10 fee, whichever is greater. Account credits may only be transferred one time and expire after 2 years of their accrual. There are no refunds made after the initial transfer is done. For courses that meet five or more times, a full refund will be issued if the participant withdraws prior to the second class meeting. INITIAL __________

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Payment Method

Payment in full must accompany registration. Please do not send cash. If using a check, you must include your license and expiration date and make payable to Center Activities. You agree to pay the total fees as stated above.

VISA MASTERCARD DISCOVER AMERICAN EXPRESS Credit Card#: ____________ ____________ ____________ ____________ ____________ ____________ ____________

Exp Date: __/__/____ CARDHOLDER FULL NAME (please print): ________________________________

CARDHOLDER SIGNATURE: ______________________________ DATE: __________________________

CHECK OR MONEY ORDER: License/ID#: ____________ ____________ ____________ ____________ Exp Date: __/__/____
RELEASE, WAIVER OF LIABILITY, INDEMNITY AGREEMENT AND MEDICAL RELEASE

I am aware that during the outing, trip, class, instruction, or other activity in which I am enrolling through the University Center, Center Activities Program I will be exposed to certain risks and hazards. I am aware that these risks and hazards may result in property damage, personal injury or death.

In consideration of being permitted to enroll in and participate in the outing, class instruction or other activity, I agree to the following:

1. I hereby release, waive, discharge and covenant not to sue the State of California, the Trustees of the California State University, Humboldt State University, Humboldt State University Center, Center Activities Program, their directors, officers, employees and agents (hereinafter, referred to as “Releasees”) from all liability to me, my personal representatives, assigns, heirs and next of kin for any loss or damage in any claim or demands therefore, on account of property damage, personal injury or death, whether caused by the negligence of the Releasees or otherwise, arising out of the outing, trip, class, instruction or other activity.

2. I agree to indemnify, save and hold harmless the Releasees and each of them from any loss, liability, damage or cost that they may incur due to my enrollment or participation in the outing, trip, class, instruction or other activity whether caused by the negligence of the Releasees or otherwise.

3. I hereby assume full responsibility and risk of bodily injury, death or property damage due to the negligence of Releasees or otherwise arising out of the outing, trip, class, instruction or other activity. I understand that there are certain risks and dangers that may occur, including but not limited to: the hazards of traveling in mountainous terrain; the hazards of aquatic activities; exposure to personal injury; accident or illness in remote places without medical facilities; forces of nature; and travel by air, train, boat, automobile or other conveyance.

4. I further expressly agree that the foregoing Release, Waiver and Indemnity Agreement is intended to be as broad and is inclusive as is permitted by the laws of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, continue in full legal force and effect.

5. I have read and voluntarily signed the Release, Waiver of Liability and Indemnity Agreement and further agree that no oral representation, statement or inducements not contained in this document have been made.

6. I agree that while participating in this activity I agree to conform to all policies of the Center Activities Program, and to abide by all state and federal laws. I also agree to accept and follow the directions of the outing or activity leader(s) or instructor(s) and to act in a mature and responsible manner. I further agree to follow all wilderness regulations and ethics, and to adhere to any lodging or campground requirements or precepts. I agree not to leave the group unless first notifying the outing or activity leader. I understand that upon leaving the group, I waive all rights as an outing or activity participant.

7. I hereby grant permission for the performance of any emergency medical treatment that may be required in the case of an accident wherein I am rendered unconscious or unable to approve of the required medical treatment. I hereby hold harmless and agree to indemnify the Releasees from any claims, causes of actions, damages and/or liabilities arising out of or resulting from said medical treatment. In the event that I become the victim of an accident I will hold harmless from any liability or negligent actions which may arise in connection with the search and rescue, stabilization, evacuation, transportation, and emergency care I receive while secondary aid resources are being sought.

8. I hereby agree to permit University Center, Center Activities Program’s employees, agents and other guests to take photographs and make film records of the trip without further recourse. I understand and agree that such photographs and/or film records may be used for commercial and/or promotional purposes.

9. I hereby agree that California law will apply to any legal actions for personal injury, property damage or death arising out of any outing, trips, classes, instructions or other activities in which I am enrolling through the University Center, Center Activities Program. I further agree that California is the proper forum in which to file any legal action arising out of any activity in which I am enrolling. I agree to attempt to settle any dispute (that cannot be settled by discussion) through mediation before a mutually acceptable mediator.

10. I hereby acknowledge that this agreement shall be governed by and construed in accordance with California law and each party hereby irrevocably submits to the exclusive jurisdiction and service of process of the California courts. I further acknowledge that this agreement was entered into in Humboldt County, California and all legal actions arising from this agreement shall be filed in the courts of Humboldt County.

PARTICIPANT SIGNATURE ____________________________ DATE ____________________________

SIGNATURE OF PARENT (if applicant is a minor) ____________________________

EMERGENCY CONTACT ____________________________ RELATIONSHIP ____________________________

PHONE ____________________________ SECOND PHONE ____________________________

List below any ALLERGIES and any special MEDICAL CONSIDERATIONS that may affect participant’s ability to participate in the activity for which you are registering. If you need more room, please attach an additional sheet. Please also list any MEDICATIONS the participant is currently taking, or will have with them during the activity, listing all pertinent details. This information is CONFIDENTIAL.
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