



Bringing childhood and families back to nature

Mission

Frog Creek Adventure School is an outdoor education organization dedicated to fostering a deep and lasting connection with nature.

In our outdoor programs, children and families develop first-hand experiences with nature. Through these experiences, it is our hope that our community begins to understand the interconnection between all living beings and the reciprocal relationship that humans have with the natural world. Frog Creek Adventure School hopes to cultivate a concern for the natural world and create a community of lifelong environmental stewards.

Rationale

Our world is currently at a crossroads. In recent decades, as families and communities separated from the natural world, we have seen a rise in sedentary lifestyle, obesity, physical development problems, mental health issues, and massive environmental destruction. Children particularly have suffered from this disconnection from nature. We know children gain confidence, emotional wellbeing, resiliency, empathy, and critical thinking skills through play, risk taking, skill building and time in nature. Yet, our children find themselves in overly structured and adult-led environments, where they are not free to move, play, or take risks. Subsequently, we have become disconnected from the ways of the natural world as we connect to the virtual world.

Mentorship in nature provides children an opportunity to interact with and develop concern for the natural world. Developing a personal relationship with the nature often begins in childhood and continues throughout a person's lifetime. A strong connection between children and nature benefits children, families, community, culture, and the environment. We must *bring childhood, and families back to nature* for their health and for the health of the environment.

Philosophy











Children are:

- Deeply respected and trusted members of our community
- Capable and competent
- Free to take risks, move, and play
- Unconditionally accepted (play and speak without judgment)

Adult role:

Adults act as mentors, guiding exploration of the natural world. Frog Creek values unstructured exploration and play. Mentors model enjoyment of nature, observation skills, and journaling, as well as provide storytelling and enriching activities. Limits are set using nonviolent communication (NVC) and unconditional positive regard for the child.

CURRENT PROGRAMS

PROGRAM	Monday	Tuesday	Wednesday	Thursday	Friday	PRICE
Adventurers Ages 6-12 10am- 2:30pm		<i>n/a</i>		<i>n/a</i>		\$1,514 per Day, per Session (10% discount for 2+ days)
Froglets Ages 3-9 10am- 1:30pm						\$1,358 per Day, per Session (10% discount for 2+ days)
S.T.E.A.M. Ages 4+ 1:30-3:30pm	<i>n/a</i>		<i>n/a</i>		<i>n/a</i>	\$679 per Day, per Session (10% discount for 2+ days)
DATES	9/14/26 through 2/1/27	9/15/26 through 2/2/27	9/16/26 through 2/3/27	9/17/26 through 2/4/27	9/18/26 through 2/5/27	<i>Consult enrollment form for quarterly pricing</i>

Prices listed above are for One (1) Day a week for (1) Session ([18 weeks](#))

IMPORTANT INFORMATION

Fall Break – November 23rd through November 27th

Winter Break – December 21st through January 1st

Each class meets for [18 weeks](#), rain or shine.

In the case of potential unsafe weather (flooding, lightning, high wind etc.) we will do our best to offer class in a safe location but it may be cancelled or shortened and refunds will not be given.

How to enroll: Reach out to confirm space! Once confirmed, a \$200 deposit is required to hold your spot with the completed enrollment and medical release forms. The deposit is non-refundable and will be applied to tuition. Enrollment is not guaranteed until \$200 deposit, forms, and/or screenshot of your enrichment request has been received. Enrollment is for the full session (18 weeks), however you may enroll for 6 week sessions as required by your charter school. **Completed enrollment form & medical/release form is required each year your child is enrolled.**

Sibling discount 10% for additional siblings on same enrolled days – take 10% off the 2nd child’s tuition. Monthly payments are available, when needed. We strive to make Frog Creek accessible to all interested families. [Please reach out if you would like to discuss a sliding scale or a payment plan.](#)

Frog Creek Adventure School is an inclusive program. We welcome children with a wide range of developmental, behavioral, and learning abilities. Our mentors may find some children need more support than we have designed the program to offer. In order to offer a safe and supportive program, we may ask parents to secure additional support for their child so they can continue the program.

PROGRAM DESCRIPTIONS

Froglet Nature Days (for ages 3-9) and **Frog Creek Adventurers** (for ages 6-12) are evidence-based programs that foster connection with nature, community, and themselves. Classes include time for group connection and activities, and provide ample time for unstructured exploration and play, as well as art, storytelling, bushcraft, and other enriching activities. Frog Creek Adventure School is committed to supporting the growth of the whole child with attention to their physical, social, and emotional development.

Frog Creek S.T.E.A.M. (for ages 4+) provides opportunities for experiential learning through projects and play. The class is designed to help children build an intuitive, yet concrete understanding of the world and how it works, with the introduction of science experiments and art concepts to build on their current interests and knowledge. Each week we offer a science experiment/experience and an art project, as well as offering other materials for child led projects and ideas. Children are not required to participate in projects if they are not interested, and they are able to play and explore during this class too, but we ask that everyone stays together close by the blanket/class area.

*Art and science projects vary and are determined by the interest and developmental needs of the kids.

Potential art projects: hot glue guns and tinkering, multi-media collage, tie-dye, flower fairy & gnome houses, messy paint techniques like splatter, spin, & pour, paper mâché, sun catchers, beads & string (paper bead making, jewelry, friendship bracelets) stamp & print making, bookmarks, wood working animal sketching, and more!

Potential science project: experiments around weather, gardening and composting basics, chemical reactions, tinkering and simple machines, Fall, Winter, & Spring "Tastes" Labs, and more.

OUR PROCESS

Frog Creek is committed to offering 18-week, closed-enrollment classes based on our foundational philosophies. If a group stays consistent, meeting in a consistent space at consistent times, it is shown that the individuals of the group will have opportunities to grow more connected to each other, to their space, and to themselves. The participants will also learn more about who they are, the capabilities of their voice, and the meaning of their actions. We therefore ask families to commit, to their best ability, to the entire semester they sign up for, as it is the lifeblood of the efficacy of the program and its demonstrable developmental results.

Mentors

AIMEE O. – PROGRAM DIRECTOR

Aimee grew up in our local homeschool/ unschooling community, is a Manhattan Beach Nursery School alum and taught preschool there for many years (where she met the founding FC Families). Aimee is well versed in nonviolent communication, and is passionate about the importance of play, child-led learning, and nature-based education.

Aimee studied child development and alternative education philosophies at Santa Monica Community College and The Evergreen State College. With over 25 years of experience, Aimee has cared for children in many types of environments, babysitting, nannying, and teaching at preschools, daycares, Summer camps, art classes, etc.

Aimee is new to the director role at FC, but has been a lead mentor since 2018. While native to the south bay, Aimee was unfamiliar with the frog creek area before working here. She spent her first year or so learning everything from the kids and founding families, as they mentored their mentor and showed her all the trails, their favorite trees, how to climb down the old cliff area, and all the best hidden nooks and hideouts.

Aimee loves art and music, and her favorite place in nature is the ocean and our local tide pools. At Frog Creek Aimee regularly enjoys water coloring, playing games, hiking, plant identification, and watching the hawks fly around. Aimee is especially grateful to work outside (beach days and Summer Camp are her favorite), and to be able to provide a space for kids to be themselves, to explore, create, play, and move freely, and to find connection to community.

SUSANA Q. – SPECIAL EDUCATION CONSULTANT

Susana is a consultant and Lead Mentor at Frog Creek Adventure School, where she brings a deep passion for child development, nature-based learning, and relationship-centered guidance. With a bachelor's degree in Educational Psychology from the Autonomous University of Querétaro in the city of Querétaro, México, a training in Relationship based intervention for autistic kids and speech and hearing therapy, Susana has over a decade of experience supporting children with diverse developmental needs—including those receiving speech therapy for children with cochlear implants, and families navigating Autism through relationship-based therapeutic interventions.

Susana's work is grounded in empathy, respect, and connection. She is trained in Nonviolent Communication, a framework that shapes her approach to mentoring by fostering emotional awareness, collaboration, and trust. Before joining the mentorship team, Susana spent five years as a parent in the program, and four years as a mentor, giving her a

unique understanding of the forest school model from both a family and educator perspective.

Inspired by the natural world, Susana weaves nature, science, and crafting into meaningful learning experiences that nurture curiosity and confidence in every child. Her belief in the innate connection between humans and nature guides her mentoring philosophy and her personal life—where she enjoys camping, exploring the outdoors, and spending time with her family.

Susana is committed to creating a safe, inclusive, and joyful environment where children can grow, discover, and thrive through play, exploration, and authentic connection.

SHAUNA S. – MENTOR

For as long as she can remember, Shauna has loved kids. She begged to help in church nursery, babysat 3 kids under 5 at the age of 12, worked at camps, and nannied until she had children of her own. She studied elementary education and art at Gordon College.

Shauna has brought her passion for kids to Frog Creek for the past 8 years, where she meets all children where they are, and feels like the luckiest person in the world, getting to be in nature with some of her favorite people!

Enrollment Form – Fall 2026



Please scan and email completed form & \$200 deposit or full tuition to: frogcreekadventureschool@gmail.com

For mailing address or questions? (323) 902-7849

Frog Creek Adventure School is a 501(c)(3) | FEIN/Tax ID: 82-1541613

www.FrogCreekAdventureSchool.org

Please fill out one enrollment form per family, and include one medical release form per participant.

Full Name(s) of Each Participant: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone (Home/Cell): _____

How did you learn about us? Flyer Internet From a friend Other _____

PLEASE SELECT YOUR CLASS/DAY(S) OF THE WEEK:

PROGRAM	Monday	Tuesday	Wednesday	Thursday	Friday	18 WEEKS PRICE
Adventurers Ages 6-12	<input type="checkbox"/>	n/a	<input type="checkbox"/>	n/a	<input type="checkbox"/>	\$1,514 per day For 1 Session
Froglets Ages 3-9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$1,358 per day For 1 Session
S.T.E.A.M. Ages 4+	n/a	<input type="checkbox"/>	n/a	<input type="checkbox"/>	n/a	\$679 per day For 1 Session

Prices listed are for (1) day per week for (1) session (18 weeks)

CHARTER SCHOOL ONLY:

PLEASE SELECT HOW YOU WILL BE PAYING:

PROGRAM	18 WEEKS PRICE	Quarter 1 (6 Weeks)	Quarter 2 (6 Weeks)	Quarter 3 (6 Weeks)
Adventurers Ages 6-12	\$1,514 <input type="checkbox"/>	\$505 <input type="checkbox"/>	\$505 <input type="checkbox"/>	\$505 <input type="checkbox"/>
Froglets Ages 3-9	\$1,357 <input type="checkbox"/>	\$452 <input type="checkbox"/>	\$452 <input type="checkbox"/>	\$452 <input type="checkbox"/>
S.T.E.A.M. Ages 4+	\$679 <input type="checkbox"/>	\$226 <input type="checkbox"/>	\$226 <input type="checkbox"/>	\$226 <input type="checkbox"/>

I would like to sponsor a Frog Creek Scholarship. Please accept my tax-deductible donation for:

\$10 \$25 \$50 \$75 \$100 \$150 \$200 \$_____



PAYMENT INFORMATION – PLEASE SELECT ONE:

- Zelle send payment to frogcreekadventureschool@gmail.com
- Check payable to Frog Creek Adventure School
- Purchase Order from a Charter School Name of school _____
- Cash Paid to _____

POLICIES: PLEASE READ CAREFULLY AND INITIAL EACH ONE:

- ____ **Absence Policy:** Missed classes are not excused from payment. No makeup classes will be given.
- ____ **Refund Policy:** No refunds are given.
- ____ **Cancellation Policy:** The full balance is due for all committed students regardless of continuation in the program. The last day to withdraw enrollment is September 1st, 2026
- ____ **General Payment Policy:** A \$200.00 deposit is required to hold your place. This will be applied to your tuition. We strive to make our classes accessible, please speak to us directly if you need payment arrangements.
- ____ **Fee Policy:** A semester fee of \$200 is assessed per participant for liability insurance; which is included in the tuition fee.
- ____ **FOR CASH PAYMENTS:** By initialing here, I agree to enroll my child for the semester and agree to send the full balance by September 1st, 2026
- ____ **FOR ENRICHMENT CERTIFICATES:** By initialing here, I agree to enroll my child for the semester and agree to send a screenshot of my enrichment request by September 1st, 2026
- I have read and agree to abide by the Frog Creek Adventure School's Absence, Refund, Cancellation, General Payment, and Fee Policies.**

Parent/Guardian Name – Please Print

Parent/Guardian Signature

Date



Medical and Release Form

Frog Creek Adventure School requires a current Medical and Release Form for each person attending any class and/or event. If information changes, participants/parents are responsible for updating us. **Please print clearly (in blue or black ink) and sign the third page in two separate places and return all three pages.**

Email completed form to: frogcreekadventureschool@gmail.com

Last Name: _____ First Name: _____

Gender (circle): Male Female Date of Birth: ____/____/____ e-mail: _____

Street Address: _____

City: _____ State: ____ Zip: _____

Phone - Cell: _____ Home: _____ Work: _____

Emergency Contact Information

Name: _____ Relationship: _____

Home Phone: _____ Work Phone: _____ Other Phone: _____

Out-of-State Contact (Name and Phone): _____

Medical Conditions (**CONFIDENTIAL**)

So that we can properly assist you, it is your responsibility to make us aware of any medical conditions below and at registration. Please attach additional pages as needed.

Do you/your child: (Circle Yes or No)

- Wear contact lenses/glasses?..... Yes No
- Wear a hearing aid?..... Yes No
- Have asthma?..... Yes No
- Have any physical disabilities?..... Yes No
- Have any special needs that may affect your participation in the program?
(e.g., fears, second language, ADD, etc.)..... Yes No
- Have any other condition that may endanger, alter, or somehow limit your
ability to participate in the program?..... Yes No

• Have an allergic reaction to:

1. Medications?..... Yes No
2. Insect bites or stings?..... Yes No
3. Foods?..... Yes No
4. Plants?..... Yes No
5. Other?..... Yes No

• Take any medication currently?..... Yes No

• Use medication for allergic reactions?..... Yes No

• Have special dietary needs?

(e.g., Vegetarian, Vegan, etc.)..... Yes No

Please explain in detail any "Yes" answer marked above:

**** Note: if you have anaphylactic allergic reactions we request that you bring EpiPen or AnaKit ****

Insurance Information (if you do not carry health insurance, please note)

Name of Health Insurance Carrier: _____
Group/Plan Number: _____ Phone: _____
Physician Name: _____ Phone: _____
Date of last tetanus booster: ____/____/____

Medical Release: In the event of a medical emergency, I hereby authorize and consent to any x-ray, examination, anesthetic, medical or surgical diagnosis or procedure rendered under the supervision of any qualified health care professional. It is understood that this authorization is given in advance of any specific diagnosis, treatment, or hospital care being required but is given to provide authority and power to render care which the aforementioned health care professional in the exercise of his/her best judgment may deem advisable. It is understood that effort shall be made to contact the undersigned prior to rendering treatment to the patient, but that the above treatment will not be withheld if I cannot be reached. I acknowledge that I am responsible for all reasonable expenses in connection with care and treatment rendered during this period.

Photo Release: By signing at the bottom of this form I hereby grant free permission for Frog Creek Adventure School to use images of me participating in their programs or events for outreach purposes, including but not limited to electronic or print materials or media.

[] **No, I do not wish to grant a photo release.** *(Please consider granting this release to us if at all possible, as our ability to successfully share our programs with new participants depends on having representative photographs.)*

RELEASE OF LIABILITY, ASSUMPTION OF RISK, WAIVER OF CLAIMS & INDEMNIFICATION AGREEMENT

Notice – By signing this document you may be waiving certain legal rights, including the right to sue.

Release and Waiver of Claims; Assumption of the Risk; Indemnification Agreement

In consideration of being allowed to participate in Guided Hiking/Biking Tours & Team Building Activities \ and other activities (collectively the “Activities”) provided by Frog Creek Adventure School (the “Host”), the Participant, and the Participant’s parent(s) or legal guardian(s) if the Participant is a minor, do hereby agree, to the fullest extent permitted by law, as follows:

- 1) **TO WAIVE ALL CLAIMS** that they have or may have against the Host arising out of the Participant’s participation in the Activities or the use of any equipment provided by the Host (“Equipment”), including while receiving instruction and/or training;
- 2) **TO ASSUME ALL RISKS** of participating in the Activities and using the Equipment, even those caused by the negligent acts or conduct of the Host, its owners, affiliates, operators, employees, agents, and/or officers. The Participant and his/her parent(s) or legal guardian(s) understand that there are inherent risks of participating in the Activities and using the Equipment, which may be both foreseen and unforeseen and include serious physical injury and death;
- 3) **TO RELEASE** the Host, its owners, affiliates, operators, employees, agents, and officers from all liability for any loss, damage, injury, death, or expense that the Participant (or his/her next of kin) may suffer, arising out of his/her participation in the Activities and/or use of the Equipment, including while receiving instruction and/or training. The Participant and his/her parent(s) or legal guardian(s) specifically understand that they are releasing any and all claims that arise or may arise from any negligent acts or conduct of the Host, its owners, affiliates, operators, employees, agents, and/or officers, to the fullest extent permitted by law. However,

