FROG CREEK
ADVENTURE SCHOOL

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	☑	*n/a*	☑	☑	*n/a*	$1,399/Day/Session (10% discount for 2nd + days)
Froglets Ages 3-9 10am-1:30pm	☑	☑	☑	☑	☑	$1,252/Day/Session (10% discount for 2nd + days)
S.T.E.A.M. Ages 4+ 1:30-3:30pm	*n/a*	☑	*n/a*	☑	*n/a*	$610/Day/Session (10% discount for 2nd + days)
DATES:	2/2/26 through 6/8/26*	2/3/26 through 6/2/26	2/4/26 through 6/3/26	2/5/26 through 6/4/26	2/6/26 through 6/5/26	*No class Memorial Day

Prices listed above are for One (1) Day/week for Each Session (17 weeks)

IMPORTANT INFORMATION

Spring Break is March 30th through April 3rd
No class Memorial Day – Monday, May 25th, 2026 – makeup class is Monday, June 8th, 2026
Each class meets for 17 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.

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.AM. (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, muti-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 17-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.

FROG CREEK ADVENTURE SCHOOL

Nature Days Curriculum

Frog Creek Adventure School is committed to supporting the growth of the whole child with attention to their physical, social, and emotional needs. Nature Days is an outdoor program for 6-12 year olds in the South Bay of Los Angeles, which includes time for unstructured exploration and play, as well as journaling, enriching activities, and storytelling.

NATURALIST AND ECOLOGY STUDIES:

Students will have an opportunity to cultivate a deep connection to nature. They will be exposed to regional plants, trees, birds, and mammals. Through mentoring, students will use observation, nature journaling, and field guides to develop knowledge about the local ecology. Students will gain information about animal tracking, patterns, and behaviors while exploring the ecology and wildlife landscape.

WILDERNESS AWARENESS:

Through sensory awareness games, journaling, safety assessment, mapping, and exploring, students will have the opportunity to orient themselves to the region and develop comfort with the wilderness environment.

LANGUAGE AND WRITING DEVELOPMENT:

Storytelling will be used to share nature information as well as to develop language. Students will have the opportunity to share stories with the group and develop writing skills in their nature journals.

NATURAL CRAFTS AND ART:

Mentors will expose students to art through nature journaling, simple drawing, and painting. Students will use natural materials to create crafts and art.

PHYSICAL DEVELOPMENT:

Students will be physically challenged throughout the semester. They will be exposed to many games that include running, jumping, crawling, and other physical challenges. Students will hike and explore in different terrains and weather which will help with their balance, body awareness, and physical development.

PERSONAL AWARENESS AND EXPRESSION:

Students will be supported to develop their passions and skills in the natural setting. They will be supported in developing comfort and confidence in their self-expression and in conflict resolution.

Mentors

Aimee Odle – 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.

Caterina Del Conte – Director of Operations

Caterina has been a parent at Frog Creek Adventure School since its very first semester. She graduated from Wellesley College as a Peace & Justice Studies major, with a minor in Education. A former Frog Creek Adventure School Board member, Caterina believes wholeheartedly in the mission "Bringing childhood back to Nature". When they can, her family has spent at least a week out of every month somewhere in the beautiful. diverse wilderness of California. During her time on the Board, Caterina helped with administrative duties to keep the Board organized. As the organization grew, she was brought on as a part time employee, first as the Program Administrator, assisting the Director with keeping the organization running, both as a nonprofit and in its programming capacity, and then as Director of Operations in 2023.

Caterina bring to the position 18+ years of event coordination & logistical management experience, primarily in the nonprofit sector. She has worked with charities both big and small, in a million different ways; budgets, event coordination, fundraising, administration, donor relations, graphics, marketing, and design. She is excited to see the program continue to grow and honored to be a part of that growth process.

Susana Quintanar – Special Education Consultant

Susana Quintanar 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 Peck Slome – 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 – Spring 2026

FROG CREEK ADVENTURE SCHOOL

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(ES):

PROGRAM	Monday	Tuesday	Wednesday	Thursday	Friday	PRICE
Adventurers Ages 6-12	☐	*n/a*	☐	☐	*n/a*	$1,399/day/session
Froglets Ages 3-9	☐	☐	☐	☐	☐	$1,252/day/session
S.T.E.A.M. Ages 4+	*n/a*	☐	*n/a*	☐	*n/a*	$610/day/session

Prices listed are for 1 day/week for 1 session (17 weeks)

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

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

☐ **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*_____

PLEASE READ CAREFULLY & INITIAL:

_____**Absence Policy:** *Missed classes are not excused from payment.*
_____**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 January 5th, 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 January 5th, 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 January 5th, 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,

nothing in this Agreement shall be construed as a release for conduct that is found to constitute gross negligence or intentional conduct; and

4) **TO INDEMNIFY** the Host, its owners, affiliates, operators, employees, agents, and/or 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 participation in the Activities and/or use of the Equipment, including while receiving instruction and/or training.

Personal Responsibility

The Participant and his/her parent(s) or legal guardian(s) certify that Participant has no physical or mental condition that precludes him/her from participating in the Activities and that he/she is not participating against medical advice. The Participant and his/her parent(s) or legal guardian(s) understand that Participant's participation in the Activities is voluntary and further understand that they have the opportunity to inspect the Host's Equipment and facilities before any participation. The Participant and his/her parent(s) or legal guardian(s) understand that Participant is obligated to follow the rules of the Activities and that he/she can minimize his/her risk of injury by doing so and through the exercise of common sense and by being aware of his/her surroundings. If, while participating in the Activities, the Participant or his/her parent(s) or legal guardian(s) observe any unusual hazard or condition, which they believe jeopardizes Participant's personal safety or that of others, Participant and/or his/her parent(s) or legal guardian(s) will remove Participant from participation in the Activities and immediately bring said hazard or condition to the attention of the Host.

To the extent that any portion of this Agreement is deemed to be invalid under the law of the applicable jurisdiction, the remaining portions of the Agreement shall remain binding and available for use by the Host and its counsel in any proceeding.

I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT. I MAY BE WAIVING CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.

Participant's Name (Printed)	Participant's Signature	Date
Parent/Guardian's Name (Printed)	Parent/Guardian's Signature	Date

General Waiver