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LAURA JEAN MUSIC ACADEMY

# UKULELE AND SONGWRITING RETREAT 2025

*Nothing but music, friendship, and memories.*



## CAMP INFO

Dates: Monday July 1st - Friday 11th July 2025

Ages: 11+

**Exclusive to LJMA Students**

Portola Redwoods State Park ( 5 nights)

Hearst San Simeon State Park (5 nights)

Included activities: Songwriting and ukulele group classes, white water rafting day trip, kayaking, day trips to various towns, hiking, swimming, beach days, long walks, games and tons of music!

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## CAMP LOCATIONS

11 days, 10 nights - 2 campsites - Beach side and Redwoods.





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## CAMP DESCRIPTION

In our attempt to reduce anxiety, stress and pressure that have affected so many kids these days, this camp is designed to take them back to basics, relax, disconnect from devices and be a kid again while being surrounded with what they love the most - music and friends.

Nature is a huge healer. It calms the mind, resets your soul and brings you back to a neutral mentality. We have a strict no device policy where devices are only allowed for 1 hour each day before being locked up so that campers can fully disconnect. Join us as we explore contrasting beautiful locations up the coast of California.

A minibus will be provided to transport all campers to and from locations as well as home cooked meals every night from our very own Mama Angelica! No tin can food and scraps, campers will get two healthy homemade meals a day, a packed lunch as well as snacks and drinks to keep them energized and ready to go. This is the perfect get-away for the music loving camper.



## ACCEPTING AS YOUNG AS 11 YEARS OLD!

Through demand we have extended our acceptance age to be as young as 11 years old HOWEVER 11 and 12 year olds are required to go to bed at 9pm every night for an hour of monitored quiet time to settle down and relax before their lights go off at 10pm. We are VERY strict with this and any younger campers caught trying to disobey expectations will be sent home.

Teens will be allowed to stay up until 11pm to discuss more mature conversations with camp counsellors around the campfire that is set up away from sleeping quarters. This has proven to be an integral part of the camp and an incredible opportunity for teens to be themselves and discuss mature conversations in a safe and monitored environment.

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## WHAT'S INCLUDED?

- Campsite reservations at hard-to-come-by gorgeous California State Parks.
- Breakfast, Lunch, Dinner (hot meal), snacks and water all day.
- All meals prepared and cooked by our very own personal cook
- Nightly smores round the campfire, hot chamomile teas or cocoa to help you snuggle into bed for a peaceful night's sleep.
- 15 seater tall Minibus transportation to and from each site.
- Pick up / Drop off from Laura Jean Music Academy
- 24 hour adult supervision - 4 adults/12 campers 1:3 ratio.
- Planned schedule including:
  - Morning yoga (optional but highly recommended for getting the blood flowing)
  - Hiking
  - Day trips to various towns
  - Beach days
  - Board / Card games
  - Inclusive interactive evening group games/music trivia tournaments, teams competitions.
  - Exploring local towns including tasting local cuisines and stopping into local shops.
  - Group ukulele and songwriting lessons - many times on the beach, in groves or with a beautiful view of nature.
  - Relaxing down time
  - Dinner and breakfast is always eaten together
  - White Water Rafting Trip (Medium Level)
  - Kayaking afternoon





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## CAMP MENTALITY

This camp is all about FUN and making incredible memories. This small, intimate camp is suited for kind, loving, inclusive campers who are capable of respecting rules and following instructions. For those who love the outdoors, love music, are willing to try new things and happy to interact in a group setting then this is the camp for you.

Conversations are monitored and must be inclusive and appropriate for all ages during the day time. At 9pm younger campers are required to go to bed allowing the older campers to stay up to discuss more mature conversations.

Games are chosen specifically to get campers talking, interacting and encouraging personal connections. There is down time each day where campers can have their phones or devices for 60 minutes where they can scroll, call home etc. After that phones are taken away until the following day. Ukulele and songwriting classes are included but optional. If campers don't feel like partaking on a particular day and prefer to relax they are welcomed to otherwise, campers will be expected to participate in group games, work as a team and help each other throughout the day with camp tasks, exercises and activities.

No egos, just love, support and friendship.

## FOOD

- No roughing it while eating out of a can, what makes this trip special as we bring along a personal cook. This ensures that meals are healthy, home cooked and prepared ahead of time and allows us to focus on relaxation, game time and learning.
- Campers who love to cook are of course welcome to help out and everyone is expected to set up and clear their plates and help wash up after every meal.



- Our food was one of the highlights of the trip in past trips and campers look forward to returning to camp after a long day of adventuring to tuck into freshly made meals.

## PHONES/DEVICES

Phones and devices including Apple watches are a huge factor in adding stress to our brains and not being able to fully relax or disconnect.

Therefore we will be collecting all phones (no other devices allowed at camp) at the start of the camp and campers will get their phones back for 1 hour every day to scroll, connect and call home. Phones will be collected back after an hour and kept safe until the next day. We are EXTREMELY strict on this rule.



All parents will be updated daily with photos and information about their campers.

## SAFETY

- Safety is paramount. This is a mixed sex camp and we take safety EXTREMELY seriously.
- All camp counselors have been fully background checked.
- We will supply a ratio of adult to child at 1:3.
- We intend to stay as a group for the majority of the trip and will split only for separated activities during the day.
- Same-sex students can sleep together (up to 3 per tent) and must inform the camp of sleeping arrangements before registration deadlines.
- Campers will not be allowed to go anywhere on their own, ever.
- Buddies will be assigned at the start of camp and campers must stick with their assigned activity leaders throughout the day.
- We will all be together playing games round the campfire in the evening and bathroom breaks MUST be in pairs.
- Permission to leave the group must be requested every time and a counselor/teacher will be assigned to accompany. This is not to restrict the fun, purely to keep everyone safe.

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- The only tents campers are allowed to enter is their own. If campers are found in another campers tent FOR ANY REASON their parents will be contacted and they will be expected to be picked up within 24 hours.

## GROUP MUSIC CLASSES



## CLASS INFO

- Classes are optional. Students can pick either or both classes to partake in.
- Students that do not opt for additional classes will partake in extra board games and chill time.
- Each class is 1 hour - 45 mins each
- Class teachers currently teach their respective subjects privately at the Laura Jean Music Academy, have vast experience working with small groups and are trained specifically with working with kids. They are passionate musicians and dedicated educators.



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## UKULELE CLASS

Learn all the main chords throughout the week as well as a new song every day to be played in a group around the campfire each night.

For those taking the Ukulele Class, they will be required to bring their own Ukulele. If you need to purchase one here are a couple of links to recommended Ukuleles: [Option 1](#) [Option 2](#).

## SONGWRITING CLASS

Analyze and tear apart the songs you learn in Ukulele class and learn to write your own. Strip them down and learn how each songwriter created the song you are studying. Learn how to add these techniques into your own songwriting ability.

Time in the day will be given for students to practice and write in a relaxing and chilled atmosphere surrounded by nature.

This is a songwriter's DREAM.



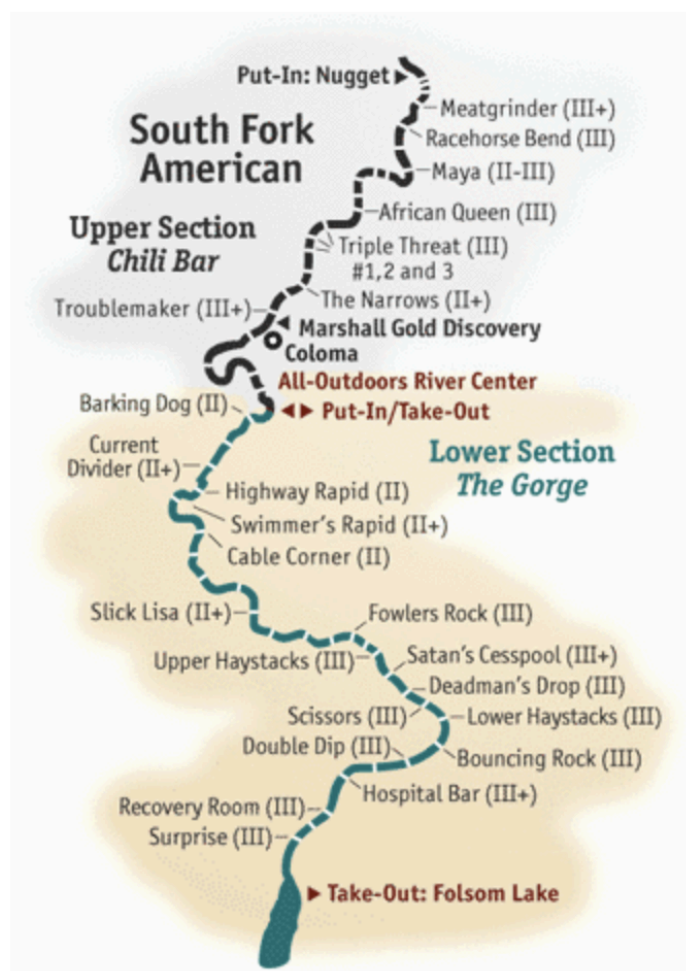
## WHITE WATER RAFTING INFO



## South Fork American River

### Lower 'Gorge' Itinerary

- Meet mid-morning to late morning in Lotus
- Sign-in, instruction
- Class II warm-up rapids (Medium level of difficulty)
- Riverside lunch
- Class III rapids, the "Gorge"
- Take-out in Folsom Lake, shuttle
- Trip ends mid-afternoon to late afternoon





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On the Lower "Gorge", our trip begins with easy Class II rapids, the perfect warm-up for the Class III whitewater that waits downstream. Before we get to the big stuff, we break for a delicious riverside lunch. After lunch, we're back in the rafts, paddling the Class III whitewater of the "Gorge". Our Class III challenge begins with Fowler's Rock Rapid and culminates with rapids like Hospital Bar and Recovery Room. Any trip through the rapid-filled "Gorge" is an eventful one! Reaching Folsom Lake in the late afternoon, we float to our take-out.

For more information visit [All Outdoors California Rafting](#).

Rated 5\* on YELP

We experienced this trip last time and the rapids are challenging but extremely manageable. For those that are nervous they allow you to sit in the middle of the boat so that you are safe throughout the adventure and don't need to fall into the water if you don't want to, however if it is warm it is incredibly refreshing!



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## SAMPLE ITINERARY

07:30 am	Morning Roll Call
07:30 am - 08:15 am	Morning run, swim, walk, yoga
08:15 am - 09:15 am	Breakfast
09:15 am - 10:00 am	Shower/wash up
10:00 am - 10:30 am	Make lunches
10:30 am	Leave for a day trip.
10:30 am - 11:00 am	Travel to town in minibus/ snack time
11:00 am - 01:00 pm	Explore the local town looking at bookshops, antique shops, thrift shops, record stores, cafes, and patisseries.
01:00 pm - 02:30 pm	Sit in the park and eat our lunch together, play group card games, and find a little local cafe for a treat.
02:30 pm - 03:00 pm	Travel back to camp
03:00 pm - 05:30 pm	Ukulele class on the beach + beach game time.
05:30 pm - 06:30 pm	Phone time/Downtime
06:30 pm - 07:15 pm	Shower/Change into PJs
07:15 pm - 08:00 pm	Dinner/Group card/board game
08:00 pm - 09:00 pm	Songwriting Class round campfire
09:00 pm - 10:00 pm	11/12 year olds - Bed preparations and quiet time, 13+ year olds - Campfire hangout time with Laura
10:00 pm	11/12 year olds - Lights out 13+ year olds - Campfire hangout continued
10:45 pm	13+ year olds - Bed preparations
11:00 pm	13+ year olds - Lights out

## CONFIRMED SCHEDULE

TBD



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## WHAT WILL I NEED TO BRING?



## PACKING CHECKLIST



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## PRICING

- Offering an EARLY BIRD SPECIAL!
  - Spaces are limited to 14 campers.
  - 7 campers are required for the camp to take place and must be signed up by May 1st. If not enough campers sign up refunds will be sent and camp will be canceled.
  - Payment plans are available in monthly installments.
  - Full payment must be received by June 1st.
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- \$3700 (Early Bird) Register before May 1st
  - \$4100 Register before June 1st

### Discounts:

- 5% off if payment is received in full
- 5% off sibling discount

Last registration accepted June 1st.

## HOW TO REGISTER

[CLICK HERE](#)

Once registered, sale is final