

# SUMMER CAMP PLANNER 2017: CAMPS CANADA



## DATES AND RATES:

Longfields-Davidson Heights Secondary

Barrhaven, Ontario

	<b>WK 1*</b> Jul 4 - Jul 7	<b>WK 2</b> Jul 10 - Jul 14	<b>WK 3</b> Jul 17 - Jul 21	<b>WK 4</b> Jul 24 - Jul 28	<b>WK 5</b> Jul 31 - Aug 4	<b>WK 6*</b> Aug 8 - Aug 11	<b>WK 7</b> Aug 14 - Aug 18
Arts and Crafts Camp	229 189	254 229	254 229	254 229	254 229	229 189	254 229
Basketball Camp	N/A	254 229	N/A	254 229	N/A	N/A	254 229
Ball Hockey Camp	229 189	N/A	254 229	N/A	254 229	229 189	N/A
Multisport Camp	229 189	254 229	254 229	254 229	254 229	229 189	254 229

# SUMMER CAMP PLANNER 2017: CAMPS CANADA

Berrigan Elementary School

Barrhaven, Ontario

	<b>WK 1*</b> Jul 4 - Jul 7	<b>WK 2</b> Jul 10 - Jul 14	<b>WK 3</b> Jul 17 - Jul 21	<b>WK 4</b> Jul 24 - Jul 28	<b>WK 5</b> Jul 31 - Aug 4	<b>WK 6*</b> Aug 8 - Aug 11	<b>WK 7</b> Aug 14 - Aug 18
Arts and Crafts Camp	<del>209</del> <b>189</b>	<del>254</del> <b>229</b>	<del>254</del> <b>229</b>	<del>254</del> <b>229</b>	<del>254</del> <b>229</b>	<del>209</del> <b>189</b>	<del>254</del> <b>229</b>
Multisport Camp	<del>209</del> <b>189</b>	<del>254</del> <b>229</b>	<del>254</del> <b>229</b>	<del>254</del> <b>229</b>	<del>254</del> <b>229</b>	<del>209</del> <b>189</b>	<del>254</del> <b>229</b>
Swim Camp	N/A	WK 1 of 2 <b>509</b>	WK 2 of 2	WK 1 of 2 <b>509</b>	WK 2 of 2	WK 1 of 2 <b>459</b>	WK 2 of 2
Morning Only Arts and Crafts Camp	<del>114</del> <b>105</b>	<del>144</del> <b>129</b>	<del>144</del> <b>129</b>	<del>144</del> <b>129</b>	<del>144</del> <b>129</b>	<del>114</del> <b>105</b>	<del>144</del> <b>129</b>
Morning Only Multisport Camp	<del>114</del> <b>105</b>	<del>144</del> <b>129</b>	<del>144</del> <b>129</b>	<del>144</del> <b>129</b>	<del>144</del> <b>129</b>	<del>114</del> <b>105</b>	<del>144</del> <b>129</b>

# SUMMER CAMP PLANNER 2017: CAMPS CANADA

Earl of March Secondary School

Kanata, Ontario

	<b>WK 1*</b> Jul 4 - Jul 7	<b>WK 2</b> Jul 10 - Jul 14	<b>WK 3</b> Jul 17 - Jul 21	<b>WK 4</b> Jul 24 - Jul 28	<b>WK 5</b> Jul 31 - Aug 4	<b>WK 6*</b> Aug 8 - Aug 11	<b>WK 7</b> Aug 14 - Aug 18
Arts and Crafts Camp	<del>209</del> <b>189</b>	<del>254</del> <b>229</b>	<del>254</del> <b>229</b>	<del>254</del> <b>229</b>	<del>254</del> <b>229</b>	<del>209</del> <b>189</b>	<del>254</del> <b>229</b>
Basketball Camp	<del>209</del> <b>189</b>	N/A	<del>254</del> <b>229</b>	<del>254</del> <b>229</b>	N/A	<del>209</del> <b>189</b>	N/A
Ball Hockey Camp	<del>209</del> <b>189</b>	N/A	<del>254</del> <b>229</b>	N/A	<del>254</del> <b>229</b>	<del>209</del> <b>189</b>	<del>254</del> <b>229</b>
Horseback Camp	<b>N/A</b>	<del>359</del> <b>339</b>	<del>359</del> <b>339</b>	<del>359</del> <b>339</b>	<del>359</del> <b>339</b>	<b>N/A</b>	<del>359</del> <b>339</b>
Bakkers Trailblazers Mountain Biking Camp	N/A	<del>329</del> 298	<del>329</del> 298	<del>329</del> 298	N/A	N/A	<del>329</del> 298
Multisport Camp	<del>209</del> <b>189</b>	<del>254</del> <b>229</b>	<del>254</del> <b>229</b>	<del>254</del> <b>229</b>	<del>254</del> <b>229</b>	<del>209</del> <b>189</b>	<del>254</del> <b>229</b>
Tennis Camp	N/A	<del>254</del> <b>229</b>	N/A	N/A	<del>254</del> <b>229</b>	N/A	<del>254</del> <b>229</b>

# SUMMER CAMP PLANNER 2017: CAMPS CANADA

St. Peter Catholic High School

Orleans, Ontario

	WK 1* Jul 4 - Jul 7	WK 2 Jul 10 - Jul 14	WK 3 Jul 17 - Jul 21	WK 4 Jul 24 - Jul 28	WK 5 Jul 31 - Aug 4	WK 6* Aug 8 - Aug 11	WK 7 Aug 14 - Aug 18
Arts and Crafts Camp	N/A	<del>229</del> 179	<del>229</del> 179	<del>229</del> 179	<del>229</del> 179	N/A	<del>229</del> 179
Ball Hockey Camp	N/A	N/A	<del>229</del> 179	N/A	N/A	N/A	<del>229</del> 179
Multisport Camp	N/A	<del>229</del> 179	<del>229</del> 179	<del>229</del> 179	<del>229</del> 179	N/A	<del>229</del> 179
Morning Only Arts and Crafts Camp	N/A	<del>129</del> 89	<del>129</del> 89	<del>129</del> 89	N/A	<del>129</del> 89	<del>129</del> 89
Morning Only Multisport Camp	N/A	<del>129</del> 89	<del>129</del> 89	<del>129</del> 89	N/A	<del>129</del> 89	<del>129</del> 89

## OUR GUARANTEE:

If your child does not absolutely love their first day at camp, we will give you a full refund, no questions asked. Sorry, but no refunds will be offered after two days of camp.

## SUMMER CAMP LOCATIONS:

BARRHAVEN:	[BES]	Berrigan Elementary School: 199 Berrigan Drive, Nepean, On K2J 5C6
BARRHAVEN:	[LDH]	Longfields Davidson Heights: 149 Berrigan Dr, Nepean, ON K2J 5C6
KANATA:	[EOM]	Earl of March Secondary School: 4 The Parkway, Kanata, On K2K 2B6
ORLEANS:	[STP]	St. Peter Catholic High School, 750 Charlamagne Blvd, Orleans, ON K4A 3M4

# SUMMER CAMP PLANNER 2017: CAMPS CANADA

## CAMP DESCRIPTIONS:

These Camp Descriptions are provided as a basic introduction to our camps. Please read more detailed descriptions on our website.

### ARTS AND CRAFTS CAMP

LOCATIONS: LDH, BES, EOM, STP

AGES: ages 5 to 12

5 and 6 year olds DO NOT ATTEND OUR AFTERNOON SWIMS. They will instead visit local splash pads or remain at the school for afternoon activities including arts and crafts, movies, sports and cooperative games.

This camp is all about fun with basic arts and crafts. Our experienced art teachers provide a variety of creative activities using assorted materials such as pastels, coloured pencils, watercolour paints, foam sheets, googly eyes, beads, fabric paint, and more! At the end of the week, you will have a portfolio of wonderful projects to take home.

### BASKETBALL CAMP

LOCATIONS: LDH, EOM,

AGES: ages 7 to 12

Basketball skills, drills and games in the morning and swimming/off-site activities in the afternoon. This camp is a great place for any young basketball player looking to improve their skills, make new friends and have fun. Beneficial for beginners as well as more advanced players. Our fantastic coaches will improve your basketball fundamentals through drills, fitness and games, regardless of your ability! Each week will be capped off with full games.

#### WHAT YOU'LL LEARN

Dribbling, Passing and Catching, Lay-ups, Shooting, Guarding, Rebounding, Offensive Strategy, Defensive Strategy, Special Plays

### BALL HOCKEY CAMP

LOCATIONS: LDH, EOM, STP

AGES: ages 7 to 12

Ball Hockey skills and drills and games in the morning and swimming/off-site activities in the afternoon. The emphasis of this camp is to have fun while learning more about hockey and practicing your skills. Each week is capped off with a full game. The goals of this camp are skill development, fun and fair play! Our awesome coaches ensure that every camper gains confidence and enjoys success, regardless of their ability.

#### WHAT YOU'LL LEARN

# SUMMER CAMP PLANNER 2017: CAMPS CANADA

Moving with the Ball, Passing and Receiving, Stick-handling, Shooting, Positioning, Goaltending, Offensive Strategy, Defensive Strategy, Special Plays.

## **HORSEBACK CAMP**

LOCATIONS: EOM

AGES: ages 7 to 12

In partnership with the Silver Creek Ranch in Carp, campers will receive Horseback Riding instruction in the morning and swimming/off-site activities in the afternoon. Transportation from our camp location is provided by school bus.

Under the watchful eye of experienced horse-riding instructors, campers of different abilities will learn western horseback riding on quarter-horses and ponies in an outdoor sand ring. Confidence in riding will be fostered at each camper's individual pace. In addition to riding, children will also learn lots about horses and come to understand the complete responsibilities of horse ownership. Our mission is to educate campers through hands-on experience about horses, horse care and of course riding . . . in a fun-first, country environment.

### WHAT YOU'LL LEARN

feeding, bedding, grooming, leading, tying, tacking, mounting, riding, theme days, and much more.

## **MULTISPORT CAMP**

LOCATIONS: LDH, BES, EOM, STP

AGES: ages 5 to 12

5 and 6 year olds DO NOT ATTEND OUR AFTERNOON SWIMS. They will instead visit local splash pads or remain at the school for afternoon activities including arts and crafts, movies, sports and cooperative games.

Action-packed and filled with variety, this camp is like a fun phys-ed class. We play a wide variety of sports including archery, basketball, baseball, ball hockey, soccer, bocce ball, dodgeball, large-group games, touch football, ultimate frisbee, and soccer-baseball. Our goal for this camp is to nurture an appreciation of sport and provide an environment where all children achieve success regardless of their athletic ability. Our exceptional staff make it fun for everybody.

## **BAKKERS TRAILBLAZERS: MOUNTAIN BIKING CAMP**

LOCATIONS: EOM

AGES: ages 7 to 14

Bakker's trailblazers is the dream of Osmond Bakker, former professional mountain biker, to safely teach the joy of mountain biking. He is responsible for designing and teaching the instructors and implementing the mountain bike

# SUMMER CAMP PLANNER 2017: CAMPS CANADA

program. It is his hope that after graduating through the camp program, you will have the necessary skills to enjoy mountain biking for the rest of your life.

Bike riding fun in an off-road environment, single-track and cross-country riding trails through the forests of South March in Kanata. We'll start with basic skills close to home for a couple of days and then venture further afield later in the week when our experienced instructors feel like the group is ready. Our awesome instructors will teach campers safety first and then how to have fun on your bike. Our experienced trail-riding coaches ensure that every camper gains confidence and enjoys success, regardless of their ability.

## WHAT YOU'LL LEARN

balance, ascending, descending, controlling speed, pushing the limits safely, turning, basic bike maintenance and cleaning.

## SWIM CAMP (2 WEEKS IN DURATION)

LOCATIONS: BPS, EOM

AGES: ages 5 to 12

Campers will have a 45-minute swimming lesson **each morning for two weeks**. When they are not at their swim lessons, "swim campers" will participate in our Multi-Sport Camp.

Swim Camp is the perfect solution for busy parents. No need to drive your kids to swim lessons outside of your regular work day. Lessons will be provided during camp hours by experienced, qualified swim instructors and participants will work toward completing their levels in the City of Ottawa's "Red Cross Swim Kids" program. Campers will be placed in appropriate swim levels based on the swim assessment completed on the first day. We will be offering a variety of levels throughout the morning and will ensure that each camper is placed in the appropriate group. Just as with the City of Ottawa swim program, participants will receive a progress report at the end of each session.

## TENNIS CAMP

LOCATIONS: EOM

AGES: ages 8 to 12

We'll be walking to the tennis courts beside the Beaverbrook Pool for our lessons. Our program is geared toward players of all levels. Under the instruction of our tennis coaches, you'll learn the basics of tennis and improve your forehand and backhand technique while learning how to serve and return some great shots!

## WHAT YOU'LL LEARN

forehand, backhand, volley, overhead smash, serve, backhand and forehand slice, footwork, singles and doubles strategy, lots of game play

# SUMMER CAMP PLANNER 2017: CAMPS CANADA

## MORNING ONLY ARTS AND CRAFTS CAMP

LOCATIONS: BES, EOM, STP

AGES: ages 5 and 6 only

Mornings only - 7:30 am to 12:30 pm \*

\* Campers can stay for lunch until 12:30 or be picked up at 12:00 noon before lunch. "Mornings Only Campers" will take part in our traditional Arts Camp and then leave just after lunch before our afternoon swims.

Summer Morning Only Arts Camp is all about fun with basic arts and crafts. Our experienced art teachers provide a variety of creative activities using assorted materials such as pastels, coloured pencils, watercolour paints, foam sheets, googly eyes, beads, fabric paint, and more! Our awesome teachers provide lots of encouragement, guidance and inspiration. At the end of the week, you will have a portfolio of wonderful projects to take home.

## MORNING ONLY MULTISPORT CAMP

LOCATIONS: BES, EOM, STP

AGES: ages 5 and 6 only

Mornings only - 7:30 am to 12:30 pm \*

\* Campers can stay for lunch until 12:30 or be picked up at 12:00 noon before lunch. "Mornings Only Campers" will take part in our traditional Multisport Camp and then leave just after lunch before our afternoon swims.

Our Multi-Sport Camp gives campers an opportunity to try their hand at a wide variety of sports, games, and team challenges. Our goal for this camp is to nurture an appreciation of sport and provide an environment where all children achieve success regardless of their athletic ability. Our staff is an exceptional collection of certified teachers, coaches, assistants and volunteers.

## SWIM RESTRICTIONS FOR 5 AND 6 YEAR OLDS:

At March Break Camp only, 5 and 6 year olds will attend our afternoon public swims. **At Summer Camp, 5 and 6 year olds DO NOT ATTEND OUR AFTERNOON SWIMS.** They will instead visit local splash pads or remain at the school for afternoon activities including arts and crafts, movies, sports and cooperative games.



# SUMMER CAMP PLANNER 2017: CAMPS CANADA

## CAMP HOURS:

There is no fee for our pre and post camp care hours.

Pre-camp hours: 7:30 am to 8:30 am (many off-site camps leave our locations at 9:00am sharp)

Camp hours: 8:30 to 4:30pm

Post-camp hours: 4:30 to 5:30pm

## CAMP PREP KIT:

A detailed Camp Prep Kit (we call it "Gator Tales") containing a packing list, emergency contact information, afternoon outings schedule, lunch menu, and theme day schedule will be made available on our website here:

[http://www.campscanada.com/gator\\_tales.php](http://www.campscanada.com/gator_tales.php) on the Thursday before each week of camp.

## QUEST FOR THE GATOR CUP:

One of the traditions we are most proud of is our weekly "Quest for the Gator Cup". Since 1996, this fierce, but friendly, competition has pit our Safari friends (Iguanas, Parrots, Treefrogs, Cheetahs, Elephants, and Gators) against one another in a week-long competition that we call the "Quest for the Gator Cup". Each team consists of campers of all ages and from all Specialty Camps and their counselors. At the end of each week, every camper receives a commemorative ribbon celebrating their participation in this one-of-a-kind event.

**The Gator Cup is sure to be the highlight of every camper's week and something they'll remember for years to come.**

## OPTIONAL LUNCH:

COSTS:

5 day weeks: \$34/week

4 day weeks: \$28/week

## LUNCH MENU:

All food and snacks provided by Camps Canada are "NUT FREE".

Along with the main course, campers also receive a drink of juice and a dessert like granola bars, pudding, or cookies.

Monday Pizza Pizza

Tuesday Subway sandwiches

Wednesday All Beef Hotdogs

Thursday Subway sandwiches

# SUMMER CAMP PLANNER 2017: CAMPS CANADA

Friday                  Pizza Pizza

Campers will be asked to choose the type and quantity of pizza, subway and hotdogs on their first day of camp each week.

Pizza choices are 1 or 2 slices: cheese only or cheese and pepperoni.

Subway choices are 6 inch or 12 inch on white bread: HAM (cheese, lettuce, ham) or VEGETARIAN (cheese, lettuce, tomato) or 3 MEAT (cheese, lettuce, pepperoni, bologna, salami). Mayonnaise and mustard are provided on the side only.

## SWIM SAFETY:

We take swim safety very seriously. We want to assure you that we have put many safety precautions in place and our staff are well trained in supervising group swims. In fact, many of the swim policies and procedures we invented many years ago are now part of the City of Ottawa regulations for all swim groups and specifically camps.

### SWIM RULES FOR ALL CITY OF OTTAWA POOLS

1. Our swim policies are firm. "If you don't follow our rules, you don't swim."
2. At March Break Camp only, 5 and 6 year olds will attend our afternoon public swims. **At Summer Camp, 5 and 6 year olds DO NOT ATTEND OUR AFTERNOON SWIMS.** They will instead visit local splash pads or remain at the school for afternoon activities including arts and crafts, movies, sports and cooperative games.
3. All 5 and 6 year olds **MUST WEAR A LIFEJACKET.** They are not permitted to take the swim test. They will be given an orange bracelet to wear during swim time.
4. All 7 year olds and older must complete a swim test every day before they start their swim. Every camper must attempt to swim approximately 10 meters (30 feet) unassisted (our staff are in the water). If a camper chooses not to do the test or is unable to complete the test without assistance, we will make sure they put on a lifejacket. At this point, they will have a second wristband (orange in color) put on to identify them as a "lifejacket kid". All campers wearing a lifejacket will be placed in a group of 3 or 4 campers and assigned to a specific counselor who will stay with the group at all times.
5. All campers (and staff) will wear a colored wristband to identify them as campers with Camps Canada.
6. All campers will be paired up with a buddy for the duration of the swim.
7. "Lifejacket kids" must keep their lifejackets on for the duration of the swim. We have a zero tolerance policy for kids who remove their own lifejacket. Those who do, will be removed from the pool and sit out the rest of the swim. We will inform mom and dad at the end of the day and discuss the procedure for our next swim.

# SUMMER CAMP PLANNER 2017: CAMPS CANADA

## AFTERNOON SCHEDULES:

5 and 6 year olds **DO NOT ATTEND OUR AFTERNOON SWIMS**. They will instead visit local splash pads or remain at the school for afternoon activities including arts and crafts, movies, sports and cooperative games.

7 to 12 year olds will travel by school bus to some local-area swimming pools.

	Monday	Tuesday	Wednesday	Thursday	Friday
Berrigan ES	General Burns Swim	General Burns Swim	Gator Games (at camp)	General Burns Swim	Gator Games (at camp)
Barrhaven PS	Walter Baker Swim	Walter Baker Swim	Gator Games (at camp)	Walter Baker Swim	Gator Games (at camp)
Earl of March SS	Beaverbrook Pool Swim	Beaverbrook Pool Swim	Gator Games (at camp)	Beaverbrook Pool Swim	Gator Games (at camp)
St Peter Catholic HS	Bearbrook Pool Swim	Francois Dupuis Pool Swim	Gator Games (at camp)	Francois Dupuis Pool Swim	Gator Games (at camp)

## SAMPLE SCHEDULE:

Each day is packed with special activities and **every day and every week is different** to accommodate campers who are with us for several weeks throughout the summer.

7:30 to 8:30am	Pre-Camp DROP OFF (free of charge: children choose between supervised quiet time for reading and playing board games or sports activities and games in the gym)
8:30 to 8:45 am	Large Group Game: this helps the kids warm up before we take attendance.
8:45 to 9:00 am	Attendance
9:00 am sharp	Campers going off-site depart by school bus (eg. swim camp, horseback camp). Others remain on-site
9:00 to 9:40 am	ROTATION 1: Scatter: kids are divided into their specialty camps and start programming with their counselors.
9:40 to 10:20am	ROTATION 2: Specialty Camp Time (as chosen weekly)
10:20 to 10:50 am	Snack Break (free Gatorade and water available)

# SUMMER CAMP PLANNER 2017: CAMPS CANADA

10:50 to 11:30 am	ROTATION 3: Specialty Camp Time (as chosen weekly)
11:30 to 12:00 PM	Daily Optional Time: campers participate in gym activities of their choice to play with counselors.
12:00 to 12:30pm	Lunch (lunch plan available for a fee) Buses return from off-site camp locations
12:30 to 1:30pm	Flagpole (camp dance, singsong, jokes) and prepare for afternoon activities.
1:30 to 4:00pm	Whole-camp activities: see schedule below (typically public swims, no lessons provided)
4:00 to 4:30pm	Snack (free Gatorade supplied, cash snack bar available)
4:30 to 5:30pm	Post-Camp - PICK UP (free of charge: children choose between supervised quiet time for reading and playing board games or sports activities and games in the gym)