



SUMMER FAMILY CAMP – BOWFORT LODGE



Family Camp is an exciting opportunity for the whole family to experience summer camp! Family Camp is offered at the end of August. This program is a great way to get unplugged, reconnect with your family and introduce your children to summer camp.

WHAT TO EXPECT

- Qualified and energetic staff members provide mentorship, assistance, and directions throughout the week. Each staff has Standard First Aid and CPR certification
- **Activity sign-up:** It is important to us that all Family Camp families are satisfied with their schedule. Upon arrival and check-in, each family (adults and children residing in the same home) will draw a number to determine the order in which they will sign up for specific activities and make their personalized schedules.
 - o A number of activities have age restrictions in effect; our camp staff are considered ‘activity facilitators’ during family camp because parents are available to provide hands-on support for their campers, and we have a larger staff to participant ratio in family camp.
 - o Parent(s) must sign up with their child(ren) under 12Y unless in Adventure Seekers. See activity descriptions below for more details
- A variety of **accommodation** options are available:
 - o *Clusters:* cozy indoor spaces with three dorm rooms, washrooms with showers, and a central common room
 - o *Longhouse:* small, private, 4-person rooms and washrooms with showers down the hall
 - o *Tipi:* located near wash-stands, washrooms and outhouses. Tipis have a central fire pit for light and warmth*
 - o *Yurt:* is similar to a tipi with a wood burning stove and a skylight*

*Families living in tipis/yurt will be assigned to specific indoor shower facilities

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ACTIVITIES

EARLY MORNING ACTIVITIES

Early morning run club (A) and wide games (B) (7:15am – 8:15am)

- A) A chance for joggers of all paces to head out before breakfast for some exercise and fresh air
- B) A chance for younger campers to wake up early and play some games with the counsellors (hockey at the games court, camouflage, ninja sticks, etc.)

MORNING AND AFTERNOON ACTIVITIES

Adventure Seekers (ages 5 and under)

- These campers participate in a variety of different activities suited to the ages in the group
- If your child is of adventure seeker age but you have decided to bring them with you to another activity area, you must respect the age restrictions in place for specific activities and must actively supervise your child
- This program is offered so that parents can enjoy a full range of activities and know that their younger campers are engaged in fun activities

Horseback Riding (Riders must be of reasonable fitness and ability to safely participate in this activity)

- Trail Ride (ages 10 and up; must be confident on a horse and be strong enough to steer a horse)
- Arena Ride (ages 6 - 11) (Children do not have to be accompanied by an adult, will be a great photo opportunity)

Higher Ground (Please refer to the specific element details for age restrictions)

- Climbing Tower (ages 5 and up)
 - o Four sided tower with multiple climbs of different skill level
- Flying Squirrel (5-12yrs old, does not have to be accompanied by an adult but a great photo opportunity)
 - o An individual element where participants start on the ground and are quickly hoisted up to 40 feet into the air
- High Ropes (ages 10 and up, under 12 must be accompanied by an adult)
 - o Consists of many different team elements such as the *team all aboard* and *team balance*
- Team Swing (ages 10 and up; must weigh less than 275 pounds)
 - o An element where participants are hooked onto a rope, pulled as high as 60 feet in the air and then release themselves into a giant swing

Arts and Crafts & Cookouts (under 12 must be accompanied by adult)

- Activities that are always available at Arts and Crafts:
 - o Hemp and friendship bracelets, hair wraps, drawing, tie dye and dream catchers
- Large Arts and Crafts activities offered during specific blocks may include:
 - o Pillow Pals, canvas paintings and soapstone carving
- Cookouts may include making bannock, s'mores or other goodies

Full-day Hike (ages 10 and up; must be able to hike for a full 6 hours)

- Hike to the far Western or Eastern end of camp to explore the drumlins, Sundance Circles, or up Lookout Mountain (destination will be determined upon sign up)
- Crate lunch contents will be shared amongst participants for snacks and lunch on trail
- Must have stable walking/hiking shoes, a full water bottle and rain gear



Half-day Hike (ages 6 and up, under 12 must be accompanied by adult)

- Explore areas like the Old Mill, the Tree Drumlin or the natural teeter totter
- Learn about the plants and animals that frequent the area, as well as some physical/human history

Challenge Course and Jungle Rock (ages 6 and up, under 12 must be accompanied by adult)

- Work as a team to accomplish group and personal goals
- Tarzan swing, spider web, whale watch, helium stick, boardwalk, tire crossing, swinging log, etc.

Canoeing (ages 6 and up | children younger than 12 must be accompanied by adult)

- Tandem and voyageur canoes are available on Chilver Lake
- PFD's or lifejackets must be worn at all times in boats and in water

Animal Game (ages 6 and up | children younger than 12 must be accompanied by adult)

- Large scale tag game in the forest that mimics the food chain
- Participants must have a full water bottle and running shoes

Adventure Playground (ages 6 and up | children younger than 12 must be accompanied by adult)

- The Adventure Playground is a place to build, create and explore in an unstructured setting

Archery, Atlatls and Fort Building Rotation (ages 6 and up | children younger than 12 must be accompanied by adult)

- Use bows and arrows to shoot at targets
- Atlatl throwing (giant spears used for accuracy and distance throwing)
- Use natural objects to build large or small forts around site

Lawn Games (children younger than 12 must be accompanied by adult)

- Have a great time in the backyard playing giant Yahtzee, bocce ball, Kube, or Ladder Ball)

Freetime (4:15pm – 5:15pm daily)

- Head to the pool to cool off and play in the water (parents must accompany children under 12 years)
- Meet up with your family to share stories about your day
- Enjoy some quiet time to read, write and relax
- Finish up a craft project that you have been working on
- Head to the Games Court to play basketball, hockey, or other active games
- Practice your accuracy at Archery and Atlatl throwing

EVENING ACTIVITIES

Appreciations (8:15pm – 8:30pm)

- Our time to reconnect at the end of the day and share a daily highlight, appreciation or thank you
- Evening snack is provided

Teen Time (14-17 year olds from 9 – 10:30pm); **Tween Time** (11-13 years old from 9 – 10pm)

- Teens meet in the Family Cabin and Tweens in Laughlin Lounge to hang out and spend time together



YMCA Calgary
Camp Chief Hector YMCA
Summer Camp

- Crafts (hemp bracelets and more) are available, as well as campfires, s'mores, guitar, etc.

Adult Social (9 – 10:30pm)

- Counsellors arrive at accommodations at 9pm to supervise children as adults head to the Old Lodge
- Evening snacks will be provided by the YMCA and will be available around 9:30pm (BYOB)
- Parents need to return to their accommodations by 10:30pm to relieve the staff

FAMILY CAMP - All Ages		
• Adult: \$505 + GST		
	• 10Y – 17Y: \$355 + GST	• 3Y – 9Y: \$305 + GST
		• 2Y & under: FREE
Session	Dates	Barcode
H	Sun Aug 20 – Fri Aug 25	120263