



## FAMILY WEEKENDS 2017

**Spring:** May 12 – 14 | May 26 – 28 | Jun 2 – 4

**Fall:** Sep 22 – 24 | Sep 29 – Oct 1

Adults \$210 | 6-16Y \$140 | 3-5Y \$93 | 0-2Y free

Included in your Family Weekend registration:

Registered activities during three scheduled times (to ensure everyone gets a chance, participants may register for an activity once)

Drop-in activities

Meals – Friday snack, Saturday breakfast, lunch and dinner, Sunday breakfast and lunch

Accommodations in bunk beds

and fun times with your family and new friends!

### PRE-REGISTRATION IS REQUIRED FOR THE FOLLOWING ACTIVITIES

All activities are parent supervised. Camp facilitators will provide instructions.

	SATURDAY		SUNDAY
	9:45am – 12noon	1:45pm – 4pm	9:45am – 12noon
All ages	Guided Hike	Guided Hike	Guided Hike
All ages	Canoeing	Canoeing	Canoeing
5Y and up	Climbing Tower	Climbing Tower	Climbing Tower
6Y – 11Y	Horseback riding – arena ride	Horseback riding – arena ride	
10Y and up	Higher Ground	Higher Ground	Higher Ground
10Y and up	Horseback riding – trail ride	Horseback riding – trail ride	

Use our **Activity Planning Tool** to jot down activity preferences for each family member prior to registration.

#### Guided Hike – all ages

The whole family will enjoy this activity. There will be a choice of easy to moderate routes exploring our amazing site and adjacent provincial park land. Learn about our landscape, flora and fauna and maybe even play a game en-route.

NOTE: Parental supervision (registered participation) is required

#### Canoeing – all ages

Participants will enjoy paddling on Chilver Lake in tandem or voyageur canoes. All levels welcome.

NOTES: PFD's or life jackets are mandatory at the waterfront area and will be provided.

Shoes/sandals with a heel strap are recommended.

Parental supervision (registered participation) is required



**Climbing Tower – ages 5Y and up**

Camp Chief Hector YMCA boasts a 4-sided climbing wall on which participants of all levels can challenge themselves. Ages 5 and are welcome but participants must fit into a harness or body-harness. Participants will be able to use the traverse wall while waiting or when finished at the climbing tower.

NOTES: Climbing harnesses and helmets will be provided.  
Closed-toe shoes are mandatory for this activity.  
Parental supervision is required

**Higher Ground – ages 10Y and up**

Our High Ropes course is a series of poles and wires which form an aerial obstacle course providing a wide range of exhilarating challenges.

NOTES: Climbing harnesses and helmets will be provided.  
Closed-toe shoes are required at Higher Ground.  
There are weight restrictions at this activity.  
Parental supervision is required

**Horseback Riding – arena ride – ages 6 – 11Y**

During an arena ride, children 6-11 years old will be given the opportunity to ride in one of our arenas. Participants will learn about brushing and working safely around the horses. Children will learn some basic riding skills, with an emphasis placed on learning to ride through playing games.

NOTES: Boots with a 1" heel are required (rubber boots work well) and will be provided if needed.  
Riding helmets are mandatory and will be provided.  
Parental supervision (watching from outside the arena) is required.

**Horseback Riding – trail ride – ages 10Y and up**

Participants will learn some basic horsemanship skills; how to safely mount and dismount, riding skills – stop, start, turn, and once the group shows good control they will head out on a trail ride of approximately 45 minutes. Boots with a 1" heel are required (rubber boots work well) and will be provided if needed. Riding helmets are mandatory and will be provided.

NOTES: Participants must be able to mount their horse from the ground without assistance.  
All riders must demonstrate adequate balance on and control of their horse in the arena prior to the trail ride.  
Most Camp Chief Hector horses are suitable for child/youth sized riders. Larger-sized participants (taller than six feet or weighing more than 200 lbs.) must check in with the horse staff at the community welcome meeting to obtain permission to ride. Our horse staff are responsible for the safety and comfort of horses and riders.  
Parental supervision (registered participation) is required for participants under 15 years.

**PRE-REGISTRATION IS NOT REQUIRED FOR THE FOLLOWING ACTIVITIES**

Camp Chief Hector staff will facilitate Archery and Arts & Crafts during the pre-registered activity time blocks. Feel free to drop in until the next meal time.

**Evening Drop-in Activities**

Family activities will be offered on Saturday from 6:30pm – 7:45pm before campfire.

**Night Patrol**

On Saturday night, our staff will be running night patrol. This means parents can put their kids to bed, and then leave them in the care of our staff. The staff will be in each building and cycling through the tipis to ensure kids are safe and sleeping well. Night patrol will begin at 9:00 pm, however, it would be appreciated if the kids were settled and in bed before parents leave. Night patrol will end at 11:00 pm so parents should make sure they return to the sleeping areas by that time.



### Adult Time

On Saturday evening, adults will have the opportunity to mingle and relax with all the other adults attending the weekend. This relaxing time will take place in The Old Lodge.

## ACCOMMODATIONS

### Clusters | Longhouse | Tipis or the Yurt

The CLUSTERS are cozy indoor spaces with three dorm rooms, washrooms with showers, and a central common room. Each cluster room sleeps 14 people in seven bunk beds. Great for 2 or 3 families who want to share.

The LONGHOUSE has small, private, 4-person rooms and washrooms with showers down the hall.

TIPIS are located near wash-stands, washrooms and outhouses. Tipis have a central fire pit for light and warmth.

The YURT is similar to a tipi with a wood burning stove and a skylight. Camp Chief Hector YMCA staff members are available to help with tipi living. Tipis and the Yurt sleep 10 people in five bunk beds, again – great for sharing.

## WHAT TO BRING

- Sleeping Bag or bedding (single bed)
- Pillow
- Pajamas
- Towel
- Soap, Shampoo, Toothbrush, etc.
- Warm Sweater
- T-shirts
- Long pants
- Long-sleeved shirt
- Socks
- Underwear
- Hat and Toque
- Gloves
- Rubber boots
- Rain gear (waterproof) - Jacket and Pants
- Wind breaker
- Day Pack
- Water bottle
- Headlamp or Flashlight
- Slippers or indoor shoes
- Insect repellent
- Sunscreen and sunglasses
- Musical Instruments (to share at group camp fire)

## OTHER INFORMATION

**Weather** – The weather at the Camp Chief Hector YMCA can change dramatically, with short notice. Please be prepared for everything from chilly weather, snow/rain to hot sunny weather.

**Shoes** – activities require closed toed shoes such as runners or hiking boots. Please make sure all members of you family have these types of shoes so they are able to participate in all activities.



**Water Bottles** – While at camp you will be very active and outside most of the day, so it's very important to drink a great deal of water. You will also most likely want something to drink while at activities so...water bottles for all members of your family are a must!

## **FAMILY WEEKEND - SCHEDULE**

### **FRIDAY**

- 7:00pm Arrival/Moving in  
8:00pm Welcome meeting in Bowfort Lodge – Parents  
Outside games – Children and Youth  
Obtain activity schedule for your family – Bowfort Lodge - Parents  
**8:30 – 9:00pm** **Snack** and family camp fire - Board Games will be available in Bowfort Lodge

### **SATURDAY**

- 8:15am Flag raising  
**8:30am** **Breakfast**  
  
**9:45 – 12noon** **Activities – registered**  
  
**12:30pm** **Lunch**  
  
**1:45 – 4:15pm** **Activities – registered**  
**4:30 – 5:15pm** Tea time in Bowfort Lodge / Backyard games  
  
**5:30pm** **Dinner**  
  
**6:30 – 7:45pm** **Family drop-in activities**  
  
8:00pm Campfire and Snack – Outdoor Campfire Pit (behind Bowfort lodge)  
9:00pm Bedtime for 10 Years of age and younger/Night Patrol begins  
Adult Time – Old Lodge  
Youth Time – Bowfort Lodge – supervised crafts and games. YMCA staff will walk these participants to their accommodations for bedtime at 10:30pm  
11:00pm Night Patrol ends

### **SUNDAY**

- 8:15am Flag raising  
**8:30am** **Breakfast**  
  
**9:45 – 12noon** **Activities – registered**  
  
**12:30pm** **Lunch**  
1:30 – 2:00pm Departure

See you next time!