



# YMCA Calgary

## Camp Chief Hector YMCA Summer Camp

### MISTAYA 10-11Y – HECTOR LODGE

#### PROGRAM OPTIONS

10Y Hike & 11Y Hike

10-11Y Mountain Bike

10-11Y Trip to Gray Jay



Campers in the 13-day Mistaya programs experience a wide variety of camp activities. Through these experiences they learn new skills, make new friends and have fun as they experience outdoor adventures. Activities are located a short walk from the Mistaya tipis as well as from Hector Lodge.

All three options for Mistaya programs focus on developing their comfort levels, knowledge and skills while having fun. All three options share the same camp activities and will cross paths many times throughout the session, such as during evening programs like big group games and campfire.

#### WHAT TO EXPECT

- Mistaya campers will live in tipis near Hector Lodge. Most program areas are also close by.
- A wide variety of activities will be scheduled into their stay at camp. These in-camp activities include archery, waterfront canoeing, animal game, climbing, arts and crafts, campfire, games and high ropes.
- Experienced, qualified and friendly staff members
  - o Standard First Aid and CPR and/or basic Wilderness First Aid
  - o Comprehensive staff training that includes group leadership and risk management
- The Mistaya program options build on either Yamnuska or Chiniquay programs. All Mistaya programs run for 13 days.
  - o It is not necessary for campers to have participated in previous years' programs, however some skills, knowledge, and comfort level with outdoor living and learning is always welcome!
- Each year campers can expect to review/learn new skills and leadership strategies. Mistaya campers learn their role in risk management, safe cook site practices, communicating with tipi mates and develop their self-confidence. More specific skills, such as mountain biking or hiking skills, are developed in the specific programs and are transferable to both second year Mistaya and the Kananaskin programs once they turn 12!

Click for the [Mistaya packing list](#).

#### MISTAYA 10Y HIKE & MISTAYA 11Y HIKE

Campers in this program will develop their hiking and leadership skills during their time at camp. Campers will be separated into tipi groups based on friend requests and age. Campers are expected to share and develop goals as a group for their in-

*Building healthy communities*



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camp activities as well as their backpacking trip. Groups are encouraged to challenge themselves and learn more about each other and themselves.

### 3 Day Backpacking trip:

- Before leaving, groups discuss goals and risk management topics such as wildlife concerns and common camping practices, such as the Leave No Trace movement.
- Campers will leave directly from site and hike a few kilometers to their first campsite. They will continue to develop safe camping practices, such as kitchen management, managing exposure to weather and staying together over the course of the 3-day camping experience.
- At the end of their outtrip, campers are welcomed back to share their adventures with fellow Mistaya Campers

### Waterfront Experience:

- Campers will also have the chance to develop their canoeing skills at our waterfront during their stay at camp

MISTAYA HIKE 10Y FEMALE   \$1250 + GST			MISTAYA HIKE 10Y MALE   \$1250 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 2 - 14	120115	1	Jul 2 - 14	120119
2	Jul 16 - 28	120171	2	Jul 16 - 28	120175
3	Jul 30 - Aug 11	120229	3	Jul 30 - Aug 11	120233
4			4		

MISTAYA HIKE 11Y FEMALE   \$1250 + GST			MISTAYA HIKE 11Y MALE   \$1250 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 2 - 14	120116	1	Jul 2 - 14	120120
2	Jul 16 - 28	120172	2	Jul 16 - 28	120176
3	Jul 30 - Aug 11	120230	3	Jul 30 - Aug 11	120234
4			4		

### MISTAYA 10-11Y – MOUNTAIN BIKE

Campers in the mountain bike program will develop their knowledge and skills surrounding mountain bike culture and practice, as well as camping practice and skills. Campers are expected to share and develop goals with their group and will have many opportunities to practice their budding leadership skills. They will be able to do this by leading games or perhaps doing teach-backs for mountain biking or hiking skills. Depending on the skills developed and the interest level, campers may choose to bike to their backpacking locations.

### 3 Day Backpacking trip:

- Before leaving, groups discuss goals and risk management topics such as wildlife concerns and common camping practices, such as the Leave No Trace movement.
- Campers will leave directly from site and hike a few kilometers to their first campsite. They will continue to develop safe camping practices, such as kitchen management, managing exposure to weather, and staying together over the course of the 3-day camping experience.
- At the end of their outtrip, campers are welcomed back to share their adventures with fellow Mistaya Campers



**Mountain Bike Experience:**

- Campers will learn basics of mountain biking technique and some simple bike maintenance
- Staff members are trained by certified cycling coaches

MISTAYA MOUNTAIN BIKE 10-11Y FEMALE   \$1250 + GST			MISTAYA MOUNTAIN BIKE 10-11Y MALE   \$1250 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 2 - 14	120114	1	Jul 2 - 14	120118
2	Jul 16 - 28	120170	2	Jul 16 - 28	120174
3	Jul 30 - Aug 11	120228	3	Jul 30 - Aug 11	120232
4			4		

**MISTAYA 10-11Y – TRIP TO GRAY JAY**

Campers in this program will have the opportunity to visit our Gray Jay site, which is approximately a 3-hour drive North-West near Yaha Tinda Ranch. They will start and end their 13-day camp at Hector Lodge, and will take a bus to and from Gray Jay. Campers in this program will have many opportunities to experience new things and visit remote areas without having to carry all of their gear.

**4 Day Trip to Gray Jay:**

- After bussing to Gray Jay they will have many opportunities to explore the natural environment, develop a close bond with their group, and contribute to the community by sharing in chores (such as washing dishes or helping to feed the horses)
- Activities are group-initiated and include exploring the local area, arts and crafts, and both large and small group games.
- Campers will live in a tipi at the Gray Jay site during these four (4) days.

**Horse Experience:**

- Campers will also have the chance to develop their horsemanship skills at our corrals during their stay at camp – this includes 4 days of horsemanship while they are on main-site.

MISTAYA TRIP TO GRAY JAY 10-11Y FEMALE   \$1250 + GST			MISTAYA TRIP TO GRAY JAY 10-11Y MALE   \$1250 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 2 - 14	120117	1	Jul 2 - 14	120121
2	Jul 16 - 28	120173	2	Jul 16 - 28	120177
3	Jul 30 - Aug 11	120231	3	Jul 30 - Aug 11	120235
4			4		