



## **KANANASKIN 12 AND 13Y – HECTOR LODGE**

### **PROGRAM OPTIONS**

**12Y Hike**

**12/13Y Horse**

**12/13Y Mountain Arts \*NEW\***

**13Y Hike**

**13Y Canoe**



Campers in the 12 and 13Y Programs experience a wide variety of camp activities. Through these activities they will learn new skills, make new friends, and have fun as they gain a new appreciation for the natural world through outdoor adventures.

### **WHAT TO EXPECT FOR ALL PROGRAM OPTIONS**

- Campers will live in tipis near Hector Lodge and most activities are nearby
- A wide variety of activities such as archery, waterfront canoeing, the animal game, climbing, arts and crafts, campfires, team building, and high ropes are scheduled throughout their 13 days
- Experienced, qualified, and friendly staff members
  - o Wilderness First Aid certification
  - o Comprehensive staff training that includes group leadership, wilderness trip experience, and risk management
  - o Prior experience in the region and/or tripping
  - o Canoe and/or hike experience and certifications
- The Kananaskin program builds on both our Mistaya and Yamnuska programs. All Kananaskin 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 and learn new skills while increasing their leadership abilities. Kananaskin campers learn safe cooking site practices, group meal planning, communication with tipi mates, and how to assess risk in an outdoor setting. They will have opportunities to practice their abilities to lead a group of peers, both directly and indirectly. More specific skills, such as hiking or canoeing, are developed in the tripping programs and are transferable to both second year Kananaskin or Pioneer when they turn 14! A basic level of fitness and a positive attitude are key to making this a fantastic experience.

Read the [Kananaskin packing list](#).



**KANANASKIN HIKE – 12Y**

Campers in this program will develop their hiking and camping skill set. They will have the chance to practice cooking meals over a stove, learn hiking strategies, as well as navigate and read a map. Campers share their personal goals and develop group goals for their backpacking trip. They will have the opportunity to be a leader within their tipi group as they help facilitate games and take turns leading the group during their backpacking trip.

**Day Hike:**

- Before leaving on their 3-day hike, the group will explore the local area on a day hike, during which campers will learn basic skills, increase their comfort level, and continue developing as leaders and teammates.

**3-Day Backpacking Trip:**

- Before departing, the group will review risk management practices for backpacking trips. Topics such as wildlife concerns, kitchen practices, identifying and avoiding/managing exposure to heights, rock fall, weather systems, and creek crossings will be discussed.
- These groups either depart directly from our site or take a short drive to Bow Valley Provincial Park, Kananaskis Country or adjacent lands.
- The hikes vary from 2 to 8 kilometers each day, on-trail and off-trail, through forests and along mountain creeks and lakes. Groups may gain between 200 and 600 meters of elevation during a day. Side trips may include a hike up to a local mountain look-out. The overnight sites are situated by mountain forests and creeks, along the shore of a lake, or in mountain meadows.

KANANASKIN HIKE 12Y FEMALE   \$1310 + GST			KANANASKIN HIKE 12Y MALE   \$1310 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 8 – 20	134074	1	Jul 8 – 20	134078
2	Jul 22 – Aug 3	134075	2	Jul 22 – Aug 3	134079
3	Aug 5 – 17	134076	3	Aug 5 – 17	134080
4	Aug 19 – 31	134077	4	Aug 19 – 31	134081

**KANANASKIN HORSE – 12-13Y**

Campers in this program will develop their hiking, horsemanship, and leadership skill sets. They will have the chance to practice cooking meals over a stove, learn hiking strategies, map reading and navigation, as well as how to saddle a horse and develop their riding skills. Campers are expected to share their personal goals and develop group goals for their horse experiences, overnight options and time at camp. They will have the opportunity to be a leader within their tipi group as they help facilitate games and take turns leading the group.

**Horse Experience:**

- Groups will spend approximately 4 days with their equine partners.
- Counsellors for this group are especially experienced with horsemanship and will help the group determine their levels of comfort and own experience with horses.
- Riders learn and review how to groom and saddle a horse.
- As the session progresses, the group will spend time in a riding arena where they learn the basics of horsemanship and get to know their horses. The campers play mounted games in the arenas, learning more about the various



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gaits of horses. They will go on a trail ride and explore the local forests. At the corrals, these campers help to care for their horses and learn about equine risk management, training, feeding, first aid, and horse behaviour.

### 3-day Backcountry Trip:

- This focus of this trip will be for the group to have a fun experience together. Groups will travel between 2 to 8 kilometers per day and spend usually 3 days at an established backcountry campsite. This is an opportunity for campers to explore and develop comfort and a sense of belonging in the natural world.
- Before departing, the group will review risk management practices for being in the backcountry. Topics such as wildlife concerns, kitchen practices, identifying and avoiding/managing exposure to heights, rock fall, weather systems, and creek crossings will be discussed.
- The backcountry trips depart Camp Chief Hector YMCA by bus, mini-van or truck and travel to hiking trails within Bow Valley Provincial Park, Kananaskis Country or adjacent lands. Daily, the hikes vary from 2 to 8 kilometers, on-trail and off-trail, through forests, and beside mountain creeks and lakes. The groups may gain anywhere from 200 to 600 meters of elevation along the way. Camping sites are situated by mountain forests, creeks or lakes. Side trips may include exploration of viewpoints, mountain passes, waterfalls or hike-approached summits.

KANANASKIN HORSE 12/13Y FEMALE   \$1310 + GST			KANANASKIN HORSE 12-13Y MALE   \$1310 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 8 – 20	134068	1		
2	Jul 22 – Aug 3	134069	2	Jul 22 – Aug 3	134072
3	Aug 5 – 17	134070	3		
4	Aug 19 – 31	134071	4	Aug 19 – 31	134073

### KANANASKIN MOUNTAIN ARTS – 12-13Y

The new Mountain Arts groups have a focus on visual arts, using the natural world and mountain culture as inspiration. Campers will also develop their comfort in the backcountry, combining hiking and leadership skills with time to create. During their time at camp, they will work on group and individual creative projects and share some of their work with the camp community. Campers will talk about their personal goals and develop group goals for both their backcountry trip and art experiences. They will have the opportunity to be a leader within their tipi group as they help facilitate games and take turns leading the group.



Camera - Campers will need to bring their own camera. Any type and brand will work provided it is not part of a mobile phone/tablet/ipod/etc. and please not a disposable camera. We will have a secure place for the group to store their cameras.

Participants in all Mountain Art groups will leave one piece of art at camp to be on display through the summer and as a contribution to the Camp Chief Hector art show in the fall. This piece is chosen by the camper and will become the property of Camp Chief Hector YMCA.

### Mountain Arts - areas of focus for artistic creation:

- Photography - basics of taking good photos, exploring themes, mountain photographers
- Drawing and Painting – groups will take supplies with them most days to incorporate drawing in their daily routine

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- Art with Nature – using the natural world as physical inspiration
- Group Project – each group will have a project they collaborate on during the session, for example creating an interpretive trail or adding art to their section building (projects are determined by group and leaders)
- Art encompasses so much! Throughout their time at camp, the groups will have potential opportunities to discover other forms of art, for example, music, literary, sculpting/carving, and performing

### 4-Day Backcountry Trip:

- This focus of this trip is to have the opportunity to create while immersed in the natural world. The group will travel to a backcountry base camp and have time each day devoted to art.
- Groups will travel between 2 to 8 kilometres per day and spend usually 4 days at an established backcountry campsite. This is also an opportunity for campers to explore and develop comfort and a sense of belonging in the natural world.
- Before departing, the group will review risk management practices for being in the backcountry. Topics such as wildlife concerns, kitchen practices, identifying and avoiding/managing exposure to heights, rock fall, weather systems, and creek crossings will be discussed.
- The backcountry trips depart Camp Chief Hector YMCA by bus, mini-van or truck and travel to hiking trails within Bow Valley Provincial Park, Kananaskis Country or adjacent lands. Daily, the hikes vary from 2 to 8 kilometers, on-trail and off-trail, through forests, and beside mountain creeks and lakes. The groups may gain anywhere from 200 to 600 meters of elevation along the way. Camping sites are situated by mountain forests, creeks or lakes. Side trips may include exploration of viewpoints, mountain passes, waterfalls or hike-approached summits.

KANANASKIN MOUNTAIN ARTS 12/13Y FEMALE   \$1310 + GST			KANANASKIN MOUNTAIN ARTS 12-13Y MALE   \$1310 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 8 – 20	134241	1	Jul 8 – 20	134249
2	Jul 22 – Aug 3	134242	2	Jul 22 – Aug 3	134250
3	Aug 5 – 17	134243	3	Aug 5 – 17	134251
4	Aug 19 – 31	134244	4	Aug 19 – 31	134252

### KANANASKIN HIKE – 13Y

Campers will explore the backcountry and have opportunities to experience belonging in the natural world. This program focuses on campers developing their abilities to live outdoors, travel in the backcountry and work as a team.

### 4 or 5-Day Backpacking Trip:

- The group will review hiking/camping risk management and share comfortable hiking tips. Some topics of risk management the group will discuss include wildlife concerns, kitchen practices, identifying and avoiding exposure to heights, rock fall, snowfields, weather systems and creek crossings.
- The mountain trips depart Camp Chief Hector YMCA by bus, mini-van or truck and travel to hiking trails within Banff National Park, Kananaskis Country or adjacent lands. Daily, the hikes vary from 2 to 12 kilometers, on-trail and off-trail, through forests, and beside mountain creeks and lakes. The groups may gain anywhere from 200 to 600 meters of elevation along the way. Camping sites are situated by mountain forests, creeks or lakes. Side trips may include exploration of viewpoints, mountain passes, waterfalls or hike-approached summits.



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**Summer Camp**

KANANASKIN HIKE 13Y FEMALE   \$1310 + GST			KANANASKIN HIKE 13Y MALE   \$1310 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 8 – 20	134086	1	Jul 8 – 20	134098
2	Jul 22 – Aug 3	134087	2	Jul 22 – Aug 3	134099
3	Aug 5 – 17	134088	3	Aug 5 – 17	134100
4	Aug 19 – 31	134089	4	Aug 19 – 31	134101

**KANANASKIN CANOE - 13Y**

This program will have campers developing their canoeing and camping skills as they learn paddle strokes, canoe-rescue skills, as well as setting up camp and cooking meals over a stove or small fire. Campers will share their personal goals and develop group goals for both their canoeing trip and other camp experiences. They will have the opportunity to be a leader within their tipi group as they help facilitate games and take turns leading their peers. Campers are expected to feel comfortable in and around water. They will also spend some time in our pool so their counselling staff can assess their comfort level in a controlled, low stress aquatic environment.

**Day Trip:**

- Groups start by heading down to our waterfront to have fun in canoes while they will review/learn paddling and canoe-rescue skills.
- Before leaving on their 4-day canoe trip, the group will explore a local lake or river in canoes, during which campers will learn basic skills, increase their comfort level, and continue developing as leaders and teammates.

**4-Day Canoe Trip:**

- Groups discuss river hazards such as changes in weather, entrapment in shoreline vegetation or equipment, foot entrapment and ways to reduce these hazards.
- Tipi groups travel by minivan, truck or bus to and from the Columbia River or Lower Red Deer River or another age and skill appropriate river.
- The canoe trip explores between 10 and 30 kilometers of the river each day. The river typically flows at a grade 1 or 1+ rate. At their shoreline campsites, groups may explore the forest and landmarks surrounding their campsite.

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Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 8 – 20	134082	1	Jul 8 – 20	134094
2	Jul 22 – Aug 3	134083	2	Jul 22 – Aug 3	134095
3	Aug 5 – 17	134084	3	Aug 5 – 17	134096
4	Aug 19 – 31	134085	4	Aug 19 – 31	134097

**Looking for Kananaskin at Camp Gray Jay?**  
**Click [here](#) for our Gray Jay Camps, including Kananaskin Horse!**