



## FAMILY OUTDOOR SCHOOL



Family Outdoor School is an exciting opportunity for the whole family to experience Outdoor Education at Camp! This Outdoor School is offered from June 11-14, 2018. This program is a great way to get unplugged, reconnect with your family and get into the woods with your children.

### 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 as well as experience delivering education programming in the natural world.

It is important to us that all Outdoor School families are satisfied with their schedule. Upon arrival and check-in, each family will sign up for specific activities and make their personalized schedules.

Several activities have age restrictions in effect. Many of our programs are for kids age 5 and up. See activity descriptions below for more details

A variety of accommodation options are available. Indicate your preference upon registration.

- CLUSTERS: cozy indoor spaces with three large dorm rooms; washrooms with showers; a common area.
- LONGHOUSE: small, private, 4-person rooms; washrooms with showers down the hall.
- TIPIS\*: our iconic accommodations are a real addition to your experience, they are located near wash-stands, and outhouses. Tipis have a central fire pit for light, warmth, and atmosphere (we must observe all fire bans).
- YURT\*: similar to a tipi, with a wood burning stove and a skylight; located near wash -stands and outhouses.

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

### ACTIVITIES

#### MORNING ACTIVITIES - STUDENTS

Each morning, students will be placed into aged-based groups to explore and learn through a variety of activities. These activities are focused on creating a sense of belonging in the wilderness. We design our activities to immerse the learners into the natural world and create and explore through guided lesson structures that adapt to the weather and the child's engagement with the material. Our lessons include:

**Foothills and Mountain Geological Hike** -This is a short hike, on our site, that brings students to discover the forces that have shaped our local environment. We will hike up a Drumlin and explore large erratic's that were deposited on our site. Trail footwear is required and depending on the weather rubber boots may also be useful.



**Micro-Parks** – This is a play-based examination of a small ecosystem from which learners will discover the forest and create a narrative. Each student will be given tools to allow them to create a short presentation on a tiny natural space they have explored and found interesting.

**Mountain Arts** – Students will get an opportunity to dive into an artistic medium to investigate the forest or observe the wilderness. We employ artistic means that suit the outdoors and use activities to get learners to try out new and familiar mediums in interesting ways that suit the outdoors. Naturalist sketching, painting and photography will be explored.

**Wetlands Habitat Exploration** – Students will visit a wetland space on our site to discover the diversity of life and the habitats that enable the creation of the wetland community. Activities will be exploration-based and students will get a chance to search for the most comfortable habitat for themselves in such an eco-system.

#### MORNING ACTIVITIES - ADULTS

While adults are free each morning to explore and engage in whatever activity they choose we do provide programming for you to experience. You can take these learnings home with you for additional outdoor adventure planning with your family. Our adult sessions include;

**Back-country Skills and Tripping Preparations** – Beyond the front-country camp grounds, our mountain National Parks are a vast network of incredibly beautiful locations that your family will love. We will cover the typical equipment necessary to plan a trip for a family in the back-country. You will learn about maps and route planning as well as ways to keep young folks entertained, engaged, and learning while in the outdoors.

**Family Risk Taking in the Outdoors** – We will cover the techniques we use to get students, campers, and families comfortable with the natural world while showing you how we intentionally build risk into our activities. We will share our methods for designing opportunities for a young person to fall in love with the natural world and kick off a lifetime of healthy outdoor passions.

#### AFTERNOON ACTIVITIES – FAMILY-FOCUSED

Afternoons at Family Outdoor School are opportunities for your whole family to get together and do something you love. Our camp features the following activity areas for you to enjoy as a whole family or head off in your own directions with new friends. (There are age restrictions for some areas).

**Higher Ground** – Based on the numbers and ages of participants each afternoon you can tackle some of the most exciting challenges at camp. Test your boundaries and work together to achieve success. Our facilitators will instruct you in the safe use of our spaces and you will find support in your family's shared challenge. Participants under 10 must be accompanied by an adult.

- **CLIMBING TOWER:** Four-sided tower with multiple climbs of different skill level (ages 5 and up)
- **FLYING SQUIRREL:** An individual element where participants start on the ground and are quickly hoisted up to 40 feet in the air (ages 5-12, does not have to be accompanied by an adult but this a great photo opportunity)
- **HIGH ROPES:** Consists of many different team elements such as the *team all aboard* and *team balance* (ages 10 and up)
- **TEAM SWING:** 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 (ages 12 and up)



**Arts and Crafts & Cookouts** (under 10 must be accompanied by adult)

- Always available at Arts and Crafts: Hemp and friendship bracelets, hair wraps, drawing, tie dye and dream catchers
- Activities offered during specific time blocks may include: Pillow Pals, canvas paintings and soapstone carving
- Cookouts may include making bannock, S'mores or other goodies

**Challenge Course and Wilderness Playground** (ages 5 and up, under 10 must be accompanied by adult)

- Work as a team to accomplish group and personal goals
- Develop your communication, problem solving, and coordination skills
- Wilderness Playground is made up of logs and rocks intentionally designed to practice natural movements, and increase risk taking skills

**Canoeing** (all ages | children younger than 10 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 around the water (Camp has sizes for adults, youth, children, toddlers and infants)

**EVENING ACTIVITIES**

**Adventure Playground** (ages 5 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
- We provide tools, simple materials, and families are free to explore and create
- Fun times with a low zip line and structures to build up or modify as we play

**Archery** (ages 5 and up | children younger than 12 must be accompanied by adult)

- Use bows and arrows to shoot at targets, it's the iconic camp activity

**Lawn Games** (all ages)

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

**Free time**

- 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

**ALL CAMP ACTIVITY**

**Predator & Prey Game** (ages 5 and up | families with toddlers and infants are welcome to join and observe)

- Large scale tag game in the forest that provides lessons on the food chain and the interaction of humans with the ecosystem

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**TO REGISTER:** 403-269-6156 | 1-866-430-9622 | [cchy@ymcacalgary.org](mailto:cchy@ymcacalgary.org)

CAMP CHIEF HECTOR YMCA

Family Outdoor School

June 11-14, 2018 | 1<sup>st</sup> Adult \$285 | 2<sup>nd</sup> Adult \$100 | 5Y – 17Y \$260 | 0-4Y FREE