

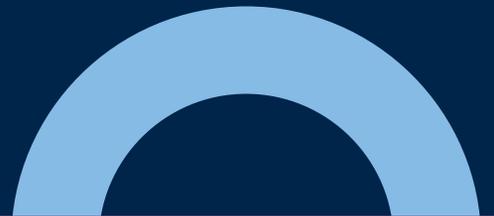


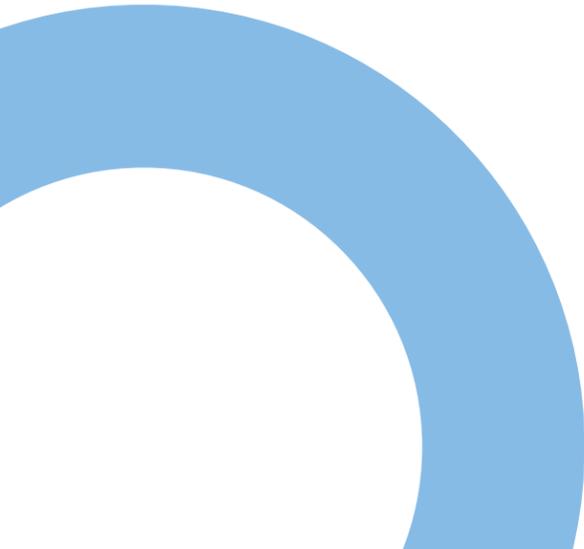
Summer Program Reference Guide

Welcome to summer with
Halifax Parks & Recreation



HALIFAX





The following provides details on our summer programs and will assist you in preparing your child to attend camp:

Signing in and out

- camp times vary, check start and end times
- there are no early drop-offs or late pick-ups permitted
- parents/guardians must sign their campers in and out on each day of camp

What to wear and bring

Pack all required items in a backpack that is comfortable and not too heavy to carry. Ensure all items are clearly labeled with your camper's first and last name. A recommended list is below:

- clothing that is comfortable and weather appropriate
- closed toed running shoes
- hat and sunscreen
- reusable water bottle
- lunch (nut free)
- minimum of two snacks (nut free)
- swimsuit and towel (if applicable)
- change of clothes

Please note: some camps may require additional items. These items will be listed in the online program descriptions and communicated to parents.

Campers should not bring personal or expensive toys or items to camp. The municipality is not responsible for lost, stolen or damaged items brought to camp. To avoid disappointment, campers are encouraged to leave these personal items at home. Check your camper's lost and found before the end of each day for misplaced items.

Sun safety

It is summertime, not simmer time. Skin cancer is the most common of all cancers and sun safety is very important. Below is a check list to keep in mind, before sending your campers to our programs.

SUN SAFETY CHECK LIST:

- provide a wide brimmed hat – **please note: sun visors are not sun safe**
- dress your camper in shirts that cover the shoulders – **please note: Tank tops are not sun safe**
- provide sunscreen (SPF 15+) labelled with your camper's name
- apply sunscreen before heading to camp
- practice applying sunscreen with your camper
- provide lip balm (SPF 15+) labelled with your child's name
- educate your child on the importance of sunscreen
- pack sunglasses – highly recommended but not mandatory

Participant Information Forms (PIF)

A *Participant Information Form (PIF)* must be completed before leaving your child at camp. Please ensure information is up to date and accurate. These forms provide staff with contact information as well as pick up arrangements. Unless permission is given on the form, no child will be permitted to walk to and from a program. Children will not be released into the care of any individual other than those adults indicated on the PIF form.



Photo release forms

Photos and videos are a great way to showcase recreation and all it has to offer. We ask that parents complete a photo release form for their camper on the first morning of camp.



Age requirements

To provide a safe and enjoyable program, age restrictions are applied to our camps. Campers must be the minimum age required on the start date of the program.

Medical information

It is the policy of Halifax Regional Municipality's Parks & Recreation Services, that employees and volunteers shall execute all knowledge and skills needed, to the best of their ability, to help a participant in an emergency.

TRANSPORTATION OF MEDICATION TO A PROGRAM

In the case of minors, medication (with the exception of EPIPENS®) must be brought daily to and from home by the parent/guardian and must be given to the staff person by the parent/guardian, not the participant.

Participants are not permitted to carry the medication and when the participant is leaving, the parent/guardian will pick up the medication from the staff. **EPIPENS® are to remain with the participant.**

If your child requires medication during program time, parents must complete an *Administration of Medication and Health Care Provision Form*.



LIFE THREATENING ALLERGIES

It is the policy of the Halifax Regional Municipality's Parks & Recreation Services that, to maximize the safety of participants who may be the subject of a life-threatening allergic reaction, a detailed plan of emergency action shall be put in place including information, awareness, avoidance and emergency response procedures.

If your child has a life-threatening allergy, parents must complete an *Anaphylaxis Action Plan form*. →



EMERGENCY AND ILLNESS

Should it be necessary for you to contact your camper due to an emergency, please call the Recreation Centre and our staff will assist you in making whatever arrangements are necessary.

Should a camper become ill at the program, their parent/guardian will be notified immediately. If the parent/guardian is not available, the emergency contact will be contacted. Arrangements must be made for the camper to be picked up if required.

Leader to camper program ratios

PROGRAMS OVER TWO HOURS IN LENGTH PER DAY

18 months to 2.5 years	1:5 ratio
2.5 to 5 years	1:8 ratio
5 to 8 years	1:10 ratio
9 to 12 years	1:12 ratio
13 to 17 years	1:15 ratio

TRIP RATIOS

3 to 5 years	1:4
5 to 8 years	1:6
9 to 12 years	1:8
13 to 15 years	1:10



Guiding behaviours in programs

LETTER TO ALL PARENTS/GUARDIANS

Children, parents/guardians and recreation staff share the responsibility of creating and maintaining a positive and inclusive environment. Together, we can support the development of healthy relationships, help facilitate good decision making and achieve positive experiences in a recreational setting for all.

Halifax Parks & Recreation provides age-appropriate activities and equipment in our programs. Our staff are trained in High Five's *Principles of Healthy Child Development*, a quality standard for children's sport and recreation. In addition, we provide training on behaviour management and deescalation. We post behaviour guidelines and activity schedules to outline expectations and to keep patrons and/or guardians informed about daily activities. Our facilities provide a safe and organized place for play and exploration.

Program participants are to respect the safety, rights and property of themselves and others. This includes accepting personal responsibility for their behaviour, respecting the diversity of all participants and respecting the roles and responsibilities of staff.

Parents/guardians who feel their child may have difficulty meeting these expectations or that their child may need additional supports to participate in programs, should contact their preferred Community Recreation Centre in advance of a program's start date to explore options for additional supports to ensure a positive recreation experience.

UNACCEPTABLE BEHAVIOURS

- bullying – e.g., teasing or being aggressive towards another
- significant and frequent disruption to activities and operations
- vandalism – e.g., purposely damaging equipment, supplies or property
- verbal abuse – e.g., name calling, criticism, accusations, demeaning comments or threats
- physical violence or aggressive behaviour that endangers the safety of themselves or others
- flight risk – e.g., running away from camp activity and/or from the supervision of leaders
- behaviour that discriminates based on any of the following: age, race, gender identity, gender expression, sex, sexual orientation, religion, physical and cognitive abilities and socio-economic status.

OUR APPROACH TO BEHAVIOUR MANAGEMENT

Staff will communicate with participants to ensure they understand which behaviours are acceptable. Staff strive to maintain clear behavioural expectations and provide a culture of respect throughout our programs. Staff use their best judgement and work with their supervisors to ensure that all participants are having a positive experience.

Staff are expected to approach each instance of unacceptable behaviour in a fair, equitable and respectful manner, considering the dignity of all individuals involved, the appropriateness for a participant's age and stage of development and a participant's unique needs or circumstances where the behaviour is determined to be unintentional.

When handling unacceptable behaviour, staff will reflect on the severity of the behaviour, consider the frequency and duration of the behaviour and implement an individualized approach to consequences. Occurrences will be documented as needed and parents/guardians will be informed in a timely manner to support a positive and collaborative approach to resolving the behaviour concerns.

In instances where unacceptable behaviours cannot be safely mitigated, Halifax Parks & Recreation reserves the right to remove the child/participant from the program or facility at any time.

Please review these behaviour guidelines with child/participant prior to attending our programs. If you have any questions, contact the Community Recreation Coordinator at your preferred community recreation centre.



Camp attendance

If you are not able to attend camp, please contact the centre offering the program, so that another child can have the opportunity to participate.

Refund policy

You may withdraw from a program or class by calling our municipal recreation line at **902.490.6666** or in person up to five business days prior to the program start date for a full refund.

PAYMENT PLANS

Available for summer camps with a 25 per cent deposit due at time of registration. Payments come out on the first of the month with full payment made before the start of camp.

If you withdraw from a camp and are eligible for a refund, the 25 per cent down payment will be refunded to your payment card and the monthly payments will be refunded by cheque.

Youth leadership

WHAT IS IT?

The Youth Leadership program is for youth aged 13 years and older who want to develop leadership skills through:

- fun and challenging learning experiences
- spending time with peers organizing and hosting special events
- job experience assisting staff in leading childrens' programs

This program gives youth the leadership skills needed to make a real difference in their community.

Youth Leadership Information Sessions will be available at your local recreation centre, where you can learn more about the program and pick up application forms.



Swimming and water activities

Many of our camps include recreational swimming or water activities as part of the programming.

On water activity days, please send your camper with a bathing suit and towel. **Please label all items with your camper's name.**

SUMMER SWIMMING – WHAT YOU NEED TO KNOW

Please note: there will be a ratio of one leader for every six children under the age of eight.

Camper's are permitted to bring:

- Personal Flotation Device (PFD) – e.g., water wings, bubbles or puddle jumpers
- goggles

Camper's should NOT bring:

- inflatables or toys
- mermaid tails
- glass facemasks

We encourage parents to educate their campers about safe swimming practices:

- when in doubt, have your camper wear a PFD
- campers should always stay close to an adult or program leader
- campers may need to do a swim test to demonstrate that they can swim safely without a PFD
- campers should always listen to the lifeguards

JUNIOR LIFEGUARD PROGRAM

The junior lifeguard program provides candidates with lifeguarding skills and experience. Water safety, public education, fitness and rescue skills will be covered. Students will have the opportunity to train with the lifeguards, act as victims in lifeguard training. This is a registered program that runs rain or shine. This program runs at various beach locations.

PRESCHOOL BEACH SWIMMING LESSONS

Preschool swimming lessons at the beach are designed for participants aged three to five years of age, with a focus on:

- gliding with kicking on front and back
- front and back floats
- chest deep/deep water activities while wearing a life jacket
- front and back glides

BEACH SWIM LESSONS

Beach swimming lessons are combined class levels. Participants will work on the skills pertaining to the swim level in which they are registered. All beach swimming lessons are 30 minutes in length and proceed rain or shine.

Please note: detailed aquatic program descriptions can be found in the Program Description Reference Guide. 



Camp descriptions

Camps focus on fun, with each day consisting of a balanced mix of activities that stimulate the mind, get the creative juices flowing and allow the campers to be active in a safe, supervised environment. Many camps are based on weekly themes, which allows our staff to plan a variety of activities, games, crafts, sports and outings. Parents/guardians will be required to sign permission slips for off-site activities when applicable.

Please remember to bring:

- Food (nut free snacks and/or lunch)
- Water
- Sunscreen
- Hat
- Appropriate clothing and footwear

PRESCHOOL CAMP (AGES 3-5)

Campers will participate in a variety of age-appropriate and theme related activities including active games, sports, cooperative games and crafts. **Please Note:** Children must be toilet trained. (Ages may vary at HRM facilities)

DAY CAMP (AGES 4 ½ TO 5)

Campers will participate in age-appropriate and theme related activities including active games, sports, cooperative games, crafts, outdoor play and special events.

CHILDREN'S DAY CAMP

Campers will participate in a variety of age-appropriate and theme related activities including active games, sports, cooperative games, crafts, outdoor play and special events. Children must have completed primary. **Please note:** age ranges may vary at municipal facilities.

Inclusion day camps



READY FOR REC

The Ready for Rec Summer Camp is designed for children and youth who have diverse needs and require additional supports to be successful in a recreation environment. The focus is on accommodations, adaptations and small participant to instructor ratios to support individual skills and learning styles.

Please note: Inclusion support is also available in general camp settings. For more information contact inclusion@halifax.ca.

Halifax Parks and Recreation is committed to providing safe and accessible services and activities for all persons. Persons with special needs are welcome to attend any recreation activity compatible with their interests, abilities and needs. We view inclusion as a partnership between municipal staff and families.

Our website also features a 'how to video' for registration using our Inclusion barcode.



Specialty camps

ART CAMP

Campers will participate in a variety of age-appropriate art activities such as drawing, painting and crafting as well as cooperative games and play. **Please note:** age ranges may vary at municipal facilities.

GIRLS JUST WANNA HAVE FUN CAMP

Girls will come together to try new things such as sports, wellness classes, yoga, fitness, life skills, arts & crafts and more. The objective of this camp is to build self-confidence, have fun and meet new friends.



JUNIOR SCIENCE

This camp will focus on exploring and discovering various aspects of science, through hands on learning and experiments. Other camp activities such as outdoor play and low organized games may be included. Emphasis is on fun and participation.

POTTERY CAMP

Join us for an introduction to pottery for children focusing on hand-building. All clay and glazes are included in the listed price.

SCOOTER SKATEBOARD CAMP

This camp focuses on teaching participants how to balance, push and stop on their scooter in a recreational environment. Emphasis of this program is on fun and participation. Participants should bring a CSA approved helmet, elbow pads, knee pads and their own scooter or skateboard (if possible).

SKATEBOARDING RAMPS & RAILS

This camp focuses on teaching participants how to balance, push and stop using skateboarding ramps and rails in a recreational environment. Emphasis of this program is on fun and participation. Participants must wear CSA approved helmet and protective gear during program. **Please note:** participants must have skateboarding experience.

LEARN TO ROLLER SKATE CAMP

This camp focuses on teaching the fundamentals of roller skating. Emphasis of this program is on safety, fun and participation. Participants must wear CSA approved helmet and protective gear during program. Roller skates, helmets and protective gear available.



MUSICAL THEATRE CAMP

In a fun and supportive environment, these camps combine dancing, singing and acting. Students build confidence as performers and show their skills as they progress towards a shared goal. Performers will have the opportunity on the last day of camp to perform on stage with lights and in costume for a live audience.

DANCE CAMP

This camp introduces various dance styles, focusing on sequences, steps and exercises of dance taught in a fun environment. Cooperative games and activities will also be part of the fun.

PHOTOGRAPHY CAMP

Come learn the basics of picture taking. Explore the outdoors, learn what makes a great back drop, take pictures of friends or even some selfies. **Please note:** participants must bring their own camera.

FUN WITH BAKING

Join us for some baking fun as participants learn to create a new recipe each day!

FRENCH CAMPS

Immerse your child in a French speaking environment where every activity is an opportunity to enhance their language skills. With a focus on maintaining an entirely French conversational atmosphere, this camp ensures a deep and meaningful language experience. Campers will engage in a variety of French-led activities, fostering a natural and enjoyable learning process.



Sport camps



SOCCER

This camp will focus on learning the basics of soccer such as drills, ball handling, passing and fun scrimmages. Other camp activities such as outdoor play and low organized games may be included. Emphasis is on fun and participation.

BASKETBALL

This camp will focus on learning the basics of basketball such as drills, ball handling, passing and fun scrimmages. Other camp activities such as outdoor play and low organized games may be included. Emphasis is on fun and participation.

VOLLEYBALL

This camp will focus on learning the basics of volleyball such as passing, bumping, setting, serving and fun scrimmages. Other camp activities such as outdoor play and low organized games may be included. Emphasis is on fun and participation.

BADMINTON

This camp will focus on learning the basics of badminton and will include singles and doubles play. Other camp activities such as outdoor play and low organized games may be included. Emphasis is on fun and participation.

ALL SORTS OF SPORTS

This camp will focus on a variety of sports and games. Camp will include structured skills and drills, a chance to learn new sports and enjoy old ones. Activities will be adjusted according to age and skill level.



PICKLEBALL

Pickleball incorporates elements of tennis, badminton and table tennis and is played by youth of all skill levels! Emphasis is on fun and participation. **Please note:** equipment will be provided.

TENNIS (RED/ORANGE/GREEN/ADULT)

Tennis camps focus on teaching the basic skills of tennis such as footwork, serving, forehand and back hand strokes, returning and proper holds in a recreational environment. Emphasis is on fun and participation. **Please note:** participants must bring their own racquet.

STAND-UP PADDLEBOARD

The program will visit various lakes on the western side of the municipality, while teaching the basics for using a stand-up paddleboard. **Please note:** participants must bring their own paddle board and life jacket.



Adventure Earth Centre

OVERNIGHT CAMPS

Sunship Earth Overnight Camp

Sunship Earth is an experiential week-long overnight camp based on the concept that we are all travelling at an incredible speed around the sun on a ship, powered by the sun, that we call Earth. Our mission is to gain the appreciation, understanding and care for our planet to become engaged and responsible passengers. Welcome aboard! Participants develop an appreciation for nature and learn important ecological concepts, as well as ways of lessening our impact on the earth, through a captivating storyline, characters and hands-on teaching activities. Sleeping in cabins and enjoying daily swimming, canoeing and campfires with friends old and new are also important elements of this camp experience. Cabins and crews are led by staff and youth leaders.

Explorers Overnight Camp

An action-packed overnight camp filled with exploration, magic, fun and hands-on learning with wilderness camping. Wisdom and lessons from nature's wild creatures are taught through epic tales across the week, guiding the young explorers as they canoe, camp out and enjoy the company of new friends.

L.E.A.D. Overnight Camp

This program is one of the most exciting, engaging and adventurous experiences that a camper can undergo in one week. Let us assure you, that this week is packed! We incorporate the four elements of LEAD (leadership, environment, adventure and discovery) into the camp through creativity, exploration and hands-on activities. We also spend almost our whole day outside in nature at the beautiful Camp Mockingee.

LEAD gives leaders a glimpse into the lives of change-makers and community builders working to create a more sustainable future. The program empowers you to define your own vision for the future and helps you develop the skills necessary to turn this vision into reality. Supported by experienced staff the camp emphasizes leadership, environmental learning, adventure and discovery.

Through team building, community service and reflection, participants have the opportunity to develop leadership skills and it wouldn't be an AEC camp without eating good food and creating magical summer memories of stargazing, campfires, canoeing and swimming.



DAY CAMPS (AGES 6 TO 9)

Way of The Woods

Interested in learning how to spend time in the woods in a more adventurous way? Join us at the Way of The Woods camp for an engaging introduction to outdoors skills. Campers will learn how to set up a tent, build forts and fires, learn what to do if they ever get lost in the woods and receive the Hug-A-Tree certificate! They will then get to put all their learning into practice with a full-day adventure into the woods.

Pirates For The Planet

With the help of our modern pirate captain, campers will explore the beach and the forest looking for the treasures that can only be found in nature. The camp is themed around the four R's (or Arrr's in pirate): Reduce, Reuse, Recycle and Rethink. All of the fun crafts, activities and games will be pirate-themed and will teach the campers the importance of the R's in our everyday lives!

Forest Friends

Campers will learn about Nova Scotia's plants and animals by being immersed in the park making connections with nature, through the observation of local flora and fauna. Through fun, engaging activities they will learn about forest, pond and ocean ecosystems and how our creature friends are being impacted by humans.

Eco-Champions

Are you someone who cares about creatures in nature? Want to learn more about what they need to survive in their habitats? Explore the woodlands and the water areas, learn the importance of trees and help solve the age-old challenge of *Epash and Deen* – the Shapeshifters who live in the forest! Campers will also learn how humans are affecting some creatures' homes and become champions who will advocate for the needs of all of Nova Scotia's creatures.



Cool Creatures

Campers will learn about Nova Scotia's plants and animals by being immersed in the park, making connections with nature. Through fun, engaging activities they will learn about forest, pond and ocean ecosystems and how our creature friends are being impacted by humans.

Forest Foundations

Learn the foundations of living in the forest. Learn how to build a fire and shelter and find your way in the forest. Learn what to do if you ever get lost in the forest and receive the Hug-A-Tree certificate!

Heart of The Park

Grow some love for one of our beautiful local parks by joining our character Heartland, who can't wait to share all the highlights of the park with you! Hearts will be the theme of the week with finding favourite features using a heart marked map, as well as enjoying songs, games and outdoor activities. Engage in some art in the park, learn basic hiking skills and safety and then explore the park using the trail map. Try a fun compass challenge, learn to make fires and enjoy roasting treats and participate in the good ol' camp favourites of canoeing and swimming!

Woodland Enchantment

A mystical day camp where campers will explore magical creatures that may live in our forests! The Wizard will challenge campers to build gnome homes, search for fairies and all things tiny. Campers will learn why unicorns are so passionate about colours, explore dragon dens, find things that glow and wrap up the week with an Enchanted Picnic! There will be no lack of magic and adventure in this camp!

Wild Things / Wonders of Wildlife

Campers get to explore nature in all its messy and slimy glory. This camp is about exploring nature through the senses - touch, smell, sound, sight and taste. Learn about wild creature's vs. domestic ones and how to appreciate and support wildlife. Fun activities include practicing what it is like to be an ant, exploring fun facts about worms, doing a little fishing and critter dipping in the pond. A chance to experience nature in a truly hands-on way!

Shubie Adventures

Grow some love for Shubie Park by joining our character Heartland, who can't wait to share all the highlights of the park with you! Engage in some art in the park, learn basic hiking skills and safety and then explore the park using the trail map, try a fun compass challenge and participate in the good ol' camp favourites of canoeing and swimming!

Fleming Adventures

Grow some love for Fleming Park by joining our character Heartland, who can't wait to share all the highlights of the park with you! Engage in some art in the park, learn basic hiking skills and safety and then explore the park using the trail map. Try a fun compass challenge and participate in the good ol' camp favourites of canoeing and swimming!

Nature's Treasures

Learn more about what creatures need to survive in their habitats. Explore the woodlands and the water areas, learn the importance of trees and help solve the age-old challenge of Epash and Deen, the Shapeshifters who live in the forest! Campers will also learn how humans are affecting some creatures' homes and become champions who will advocate for the needs of all of Nova Scotia's creatures.



DAY CAMPS (AGES 10 TO 12)

Earth Savers

An exciting camp where participants will work towards joining an ancient club by taking on the challenges of learning the lost arts of the Elders and deciphering secret codes, with a mission to save the air, water and soil cycles. Through fun and experiential activities, they will learn about these cycles, their importance to us, how they are impacted and actions that we can take to lessen our impact on these cycles.

Wonder World

The natural world is full of wonder! Experience the magic that nature has to offer and learn some weird and wonderful facts like the colours of light, the incredibly long migration of the Monarch Butterfly, the fascination of camouflage, what goes on during hibernation or the amazing survival adaptations of all creatures! Find out about the importance of pollinators, taste some honey and meet a local beekeeper! Join our renowned and zany Professor Know-It-All, who will engage us in nature's wonders in a super fun way!

Realm of The Underground

What are all the wondrous things that happen below what we see and where we walk? So much more than we think! From roots to waterways to underground habitats, it is busy. How does a volcano work? How is coal made? What is it like to be a geologist? Come meet one and find out! Come join us for a camp of exploring and learning the wonders of the underground.

Outdoors Life

A fun, hands-on camp that allows participants to learn outdoor skills and engage in team building. Participants will build their knowledge with sessions on fires and outdoor cooking, knots and shelters and basic compass skills. They will also learn the leave no trace and hug a tree and survival principles.

Discoveries in The Dirt

Come find out what wonders lie in and underneath the dirt. From rocks to roots there is so much in the ground to discover. Learn about minerals, crystals and rocks. Get in the dirt with your friends and find out what there is to see.

Sustainable You

Have you ever felt that living sustainably was incredibly difficult? Through this camp, campers will find that sustainable living can be achieved by anyone through simple daily choices. Whether it's food, energy, transportation or getting closer to nature, this camp will help campers feel empowered to make sustainable decisions in their lives!

Wilderness Basics

A fun, hands-on camp that allows participants to learn outdoor skills and engage in team building. Participants will build their knowledge with sessions on fires and outdoor cooking, knots, shelters and basic compass skills. They will also learn the leave no trace and hug a tree and survival principles.

Nature Friends

Campers will learn about Nova Scotia's plants and animals by being immersed in the park while making connections with nature. Through fun, engaging activities they will learn about forest, pond and ocean ecosystems and how our creature friends are being impacted by humans.

Nature's Magic

Join us for a magical adventure to learn about the cool things in nature through exploration. Find out how so many things are connected and how we as humans can appreciate the magic of these creatures and plants.

Guardians of The Planet

What does it mean to be a Guardian of the Planet? Campers will find that sustainable living can be achieved by anyone through simple daily choices. Whether it's food, energy, transportation or getting closer to nature, this camp will help campers feel empowered to make sustainable decisions in their lives!

Outdoor Odyssey

Participants will learn outdoor skills and engage in team building. They will build their knowledge with sessions on fires and outdoor cooking, knots, shelters and basic compass skills.

Power House Youth Centre (ages 13 to 24)



Board Game Design Camp

Like board games? Want to try making one of your own? Join us for this crafting, game design and 3D printing camp! We'll learn about sculpting and producing our own game pieces using both craft materials and 3D printing technology, prototype and build custom board games together.

Chill Arts & Crafts Camp

Welcome to Chill Arts & Crafts, where creativity and camaraderie come together in a relaxed environment suitable for all levels – no experience needed! Immerse yourself in a program filled with hands-on artistic exploration, allowing you to progress at your own pace. From illustration and printmaking to felting, clay and jewelry making – each day offers a diverse array of creative adventures. Unleash your artistic flair, make friends and enjoy the laid-back atmosphere this program offers. All materials are provided and youth are welcome to bring their own sketchbooks or projects along. Join us for an inclusive and welcoming arts and crafts experience.

Creative Media Camp

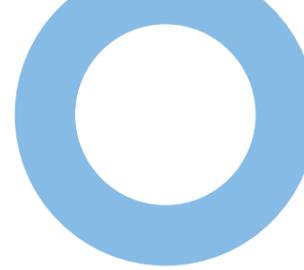
In this experimental program, we'll introduce participants to a variety of digital and analog creative media including 3D printing, animation, alternate reality games, stamp and zine making. Join us on a fun-filled multimedia journey to make cool stuff!

Word Wizards Camp

Welcome to Word Wizards, where the joy of writing, reading and making friends converge! Join our dynamic literary adventure, delving into creative writing and poetry through engaging prompts and exercises. Enjoy dedicated reading time in a shared space where book lovers gather and participate in a mini art-making session. Explore the Power House's Little Book Library and engage in entertaining reading-related activities. Ignite your passion for literature in this vibrant summer camp setting!

Cooking: Intro to The Kitchen Camp

In this intro to the kitchen program, youth will learn how to make affordable, delicious meals! Level up your cooking or get introduced to the ins and outs of cooking! This class will focus on developing culinary skills while creating a meal by the end of each session. **Please note:** there will always be vegan and gluten free options available but any dietary restrictions should be reported to staff at the beginning of the camp.



Drama: Act! Write! Drama! Camp

Interested in learning all about script writing, stage acting and improv theatre? Join us for theatrical exploration where we learn how to write and format scripts, perform scripted skits and practice improvisational theatre through a series of games and exercises.

Games: Dungeons & Dragons Camp

This program is about all things tabletop roll-playing games (RPGs)! We'll learn about world-building and preparing to run games as we build our own fantasy setting together, make some maps and other visual aids for it. We'll paint miniature figurines, build characters and play a one-shot adventure* set in the world we've built together! We'll end the week with a fantasy-themed trivia event.

*The one-shot adventure will be played using a separate set of rules from Pathfinder and Dungeons & Dragons – chosen based on the game setting made by participants and their prior RPG experience (if any).

Music: Beginner Guitar Lessons

This is an introductory course that will meet participants at their current skill level with an emphasis on fun and participation. No prior experience or gear required – just bring yourself and your creative curiosity! Students are welcome to use their own guitar or one of the guitars available on site.

Music: Intermediate Guitar Lessons

Join us for a weekly workshop where a skilled instructor will dive into intermediate guitar techniques like learning to write and play full songs! This class is appropriate for those who have previously taken beginner or returning guitar lessons. Students may choose to take this course multiple times as the instructor will tailor lessons to participants previous experience. Students are welcome to use their own guitar or one of the guitars available on site.



Outdoor Rec: Gardening Club

Get ready to sow the seeds of knowledge and cultivate a passion for gardening! Join us for a hands-on summer adventure where you will learn how to grow and care for a garden and dive into food literacy education through fun art-making and practical skill-building activities! Learn basic food preparation and cooking methods, discover affordable and easy recipes and explore local food resources that can continue to be accessed after the program ends. All materials are provided.

Babysitter's Training (Ages 13 to 18)

This course was created by the Canada Safety Council and teaches youth the fundamental skills necessary to care for younger children. This includes basic first aid skills, managing challenging behaviours and encourages confidence and responsibility in the youth. Please note: This course does not include CPR instruction. To be awarded a training certificate, participants must attend all three sessions and pass the exam during the final class.



St. Mary's Boat Club

CHILD/YOUTH

Half Day Sup Kayak and Canoe Camp

This week-long half day program will give participants the chance to learn the basics of stand-up paddle boards, canoes and kayaks. Sessions will begin with learning basic strokes and safety to build confidence on the water. Throughout the week the group will explore the Northwest Arm.

Canoe and Kayak Day Camp

This camp is designed to introduce children to canoeing and kayaking. Our fun-filled camps will include a variety of both land and water activities. Youth will learn boat safety, paddling fundamentals and skills. This program is intended for beginners and participants should be confident in and on the water.

Canoe Adventures Day Camp

This camp gives children an introduction to canoeing. Our fun-filled camps will include a variety of both land and water activities. Youth will learn boat safety, paddling fundamentals and skills. This program is intended for beginners and participants should be comfortable around and in the water.

Youth Kayaking

Join our trained kayak staff for an evening of paddling along the Northwest Arm in Halifax. The group will be taught basic safety and paddle strokes before exploring the coastline. This session is recommended for any youth that is interested in kayaking. **Please note:** the course may be cancelled for safety reasons during strong wind conditions.

Family Learn to Canoe

Learn how to be safe on the water in a canoe as a family. Each canoe can hold two adults and two children or three adults. Join us for a fun introduction to canoeing. Learn basic canoe safety and paddling techniques. Emphasis will be on fun and participation. All equipment will be provided. We recommend bringing your own PFD. **Please note:** Only one person from each family needs to register for this class. Also, the course may be cancelled for safety reasons during strong wind conditions.

ADULT

Kayaking - Beginner

Join our trained kayak staff for an evening of paddling along the Northwest Arm in Halifax. The group will be taught basic safety and paddle strokes before exploring the coastline. This session is recommended for anyone who is new to kayaking or likes to paddle at an easy pace. **Please note:** the course may be cancelled for safety reasons during strong wind conditions.

Kayaking - Intermediate

Join our trained kayak staff for an evening paddling along the Northwest Arm in Halifax. The group will run through some safety requirements before exploring the coastline. This session is an opportunity to explore a larger area and is recommended for those already comfortable in a kayak. **Please note:** the course may be cancelled for safety reasons during strong wind conditions.

Adult Learn to Canoe

The session provides a safety overview of canoeing and the opportunity to practice paddle strokes on land. The group will then explore the Northwest Arm giving participants the chance to practice and grow their skills with certified staff. **Please note:** Each participant should sign-up individually. Also, the course may be cancelled for safety reasons during strong wind conditions.

Adult Learn to Stand Up Paddleboard

Join our trained staff for an evening of paddling along the Northwest Arm in Halifax. The group will be taught basic safety and paddle strokes before exploring the coastline. This session is recommended for anyone that is new to stand up paddleboarding. **Please note:** the course may be cancelled for safety reasons during strong wind conditions.

Sportball

Please refer to the fall / winter / spring program description reference guide for Sportball program descriptions. →



