

2019 UNIVERSITY OF CALGARY

# SUMMER CAMPS





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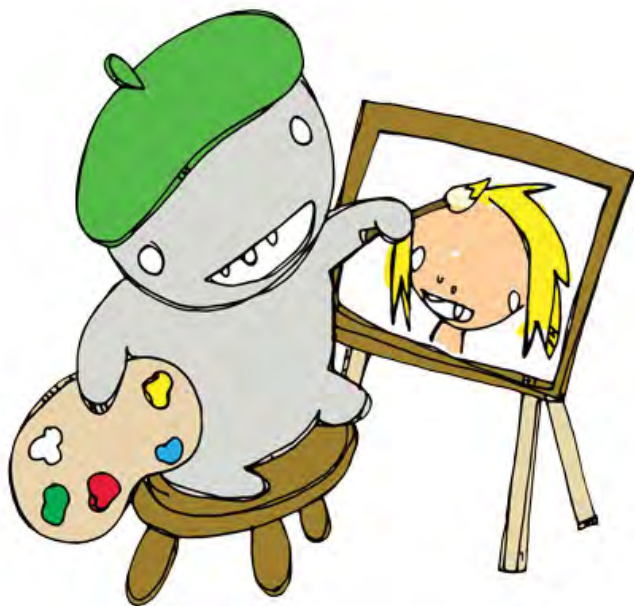
Summer camp is an exciting time for kids to discover, explore and play. The creativity at camp can expand their minds — from when they're little, reaching far into their teenage years. They can come enjoy their favourite activities, learn a few new ones and make memories to last a lifetime.

## Helpful tips

- ▶ Look through the guide with your child – there may be a new camp that is perfect for them!
- ▶ Choose a camp that your child is interested in – they will learn more and be more engaged.
- ▶ Try something new! We have so many unique camps with activities your kids might not have tried. They could find a new passion!

## The university experience

At the University of Calgary, we have 17 different camps that offer more than 70 diverse and unique programs designed with your kids in mind. From sports to science, the arts to the great outdoors, we have a summer camp for everyone. University of Calgary Summer Camps are the perfect way to introduce your child to the campus, our different program areas and the university experience. Our instructors are specialized in their fields and passionate about what they teach. From varsity coaches to student teachers, our staff love what they do!



Illustrations by Twyla Dawn Yacyshyn

## BY TYPE OF CAMP:

This guide is divided into the following sections:

### Minds in Motion .....4

These camps make science and engineering come alive! Girls-only science camps are also offered.

### Geography.....5

Get outside for a geocaching adventure, be wowed by drones, sample tree cores and get creative with our stream dynamics simulations.

### Figure Skating .....5

Spin, spiral and jump your way to success with on-ice sessions at the Olympic Oval.

### Mini University ..... 6

Whether your child enjoys sports, the performing arts, science, art or building with LEGO®, we offer camps for everyone in your family!

### Adapted Sport .....9

This camp is centred around giving campers with physical disabilities the opportunity to explore various adapted sport, recreation and leisure activities.

### Dinos Sports .....10

The best coaching available to your young athlete, with an emphasis on individual skill development.

### Outdoor Camps ..... 12

Go outside and play! Our skilled camp leaders from the Calgary Outdoor Centre introduce your kids to a variety of fun outdoor adventures.

### Youth Triathlon.....16

Trained coaches teach young athletes proper swimming, biking and running techniques.

### Design Camp .....17

Budding builders and young city planners can explore architecture in this design camp led by graduate students in the Faculty of Environmental Design.

### Vet Camp .....17

Get hands-on experience working with live animals, showcasing the variety in a veterinarian's day!

### Racquet Camps .....17

Swing, toss, serve, swerve, run and have fun on the court this summer! Learn proper technique and tricks of the trade.

### Cochrane Gymnastics Camps ... 18

Kids will flip for these exciting camps! Build strong basic skills in our gym at the Spray Lake Sawmills Recreation Centre in Cochrane.

### Aquatic Camps .....19

Dive into our Red Cross Summer Series and spend a week training to be a Lifeguard, Assistant Lifeguard, Babysitter or Swimming Instructor. And don't forget to get your fin on with Mermaid University.

### Computer Camps .....20

**LAST CHANCE!** Finish up Level 2 and 3 of Video Game Development camp in the final summer it's being offered.

### Physics Camps.....21

Learn about astronomy, mechanics, electricity and magnetism and discover the wonders of physics.

### Business Camp.....21

Budding entrepreneurs can learn how to handle money wisely and turn their interests into a business idea.

### Director's Cut .....22

Kids get the *real* experience of making their own movies and stop-motion films.

### TEEN CAMPS.....23

Check Page 23 for a full list of the teen camp selection charts divided by week, and youths camps divided by grade.

### YOUTH CAMPS.....24

Check Page 24 for a full list of youth camp selection charts divided by week.



UNIVERSITY OF CALGARY  
FACULTY OF KINESIOLOGY

# HOW TO REGISTER

## Online

Visit [ucalgary.ca/camps](http://ucalgary.ca/camps) and select the grade your child is entering. Try narrowing your results by selecting the camp type.

You will receive e-mail confirmation of the registration and a receipt.



Scan with your smartphone to go directly to our registration website.

## Telephone

Registration line (403) 220-7749.

## In Person

Visit Kinesiology Client Services located in the Kinesiology Complex – KNA104 – at the University of Calgary. Open 7 days a week.

Please check website for specific hours: [ucalgary.ca/activeliving](http://ucalgary.ca/activeliving).

## Instagram

Follow us: [@UCalgaryActive](https://www.instagram.com/UCalgaryActive)

## Special Needs

Please note that the University of Calgary will attempt to accommodate any campers with special needs; however, given our limited resources, the university is not in a position to absorb the additional costs, if any, associated with this accommodation. Any camper requiring accommodation should notify the camp coordinator well in advance with any special needs request.

All Prices exclude GST

## Thanks to our partner!



## Before and After Camp Care

Before Care and After Care programs are available to parents requiring supervised care for their child prior to sign in (8:30 am) or after sign out (4:30 pm). Campers will have the opportunity to participate in a variety of supervised activities including, soccer, floor hockey, basketball, scooters, free play, arts & crafts, reading, or watching a movie on the big screen! Before and After Care is available to campers registered in: Mini University, Outdoor Camp, Minds in Motion, Dinos Camp, Director's Cut, Design Camp, Physics Camps, Young Entrepreneurs Camp, Geoventure Camp and Racquet Camp.

To register, please call Client Services at (403) 220-7749 or register online at [ucalgary.ca/camps](http://ucalgary.ca/camps).

## Before Care - Red Gym

4 DAY	July 9-12, 16-19, 20-23 July 30 - Aug 2 Aug 13-16, 20-22, 27-30	Tuesday - Friday 7:30 am - 8:30 am	\$20
3 DAY	July 3-5 Aug 7-9	Wednesday - Friday 7:30 am - 8:30 am	\$15

## After Care - Red Gym

5 DAY	July 15-19, 22-26 July 29-Aug 2 Aug 12-16, 19-23, 26-30	Monday - Friday 4:30 pm - 5:30 pm	\$25
4 DAY	July 3-5 Aug 6-9	Tuesday - Friday 4:30 pm - 5:30 pm	\$20

\* 4 day is due to Canada Day on July 1 and Heritage Day on August 6

**Please note: There is no Before Care on the first day of camp as first day sign in is run during this time. Before Care is only available for two week camps on Monday July 8, 22, and August 6.**

# FAQ'S

## When is check-in on the first day of camp?

Check-in begins at 8:15 a.m. on the first day for most camps. Please check your camp registration confirmation to be certain. We will not be able to check-in your child before that time. For the rest of the week, please see your registration confirmation for pick-up and drop-off times/window, as this may vary between camps.

## What if I am late to drop off my child?

If you are late, please take your child to Kinesiology Client Services. Client Services will contact the coordinator of your camp and have a camp leader come pick up your child.

## What if I am late to pick up my child?

Any children not picked up by the end of their camp will be taken to After Care and can be picked up in the Red Gym.

## Do I need to sign my child in and out each day?

Yes. It is important for your child's safety that you make sure to sign them in and out every day. If another person is going to pick up your child, please inform the leader of this on the first day. They will take note of anyone else permitted to sign out your child.

## Do you provide Before and After Care?

Before and After Care is available for most of our camps. Check your camp registration confirmation to be certain. There is no Before Care available on the first (check-in) day of camp. Register online, by phone (403-220-7749) or in person at Kinesiology Client Services.

## Is lunch provided?

Please pack your child a nutritious lunch and snacks, as they will be active and need to keep fuelled! Please note that campers will not be permitted to use vending machines during camp. Boxed lunches are available for purchase for some camps; please check your registration confirmation to find out. Please do not order boxed lunches on field trip days, as they are not able to be delivered. To order a boxed lunch for your camper, please visit: [ucalgary.catertrax.com](http://ucalgary.catertrax.com)

## Is parking included?

A PDF parking pass will be emailed to you in your course confirmation after registering. The pass is valid in Lot 10 and 11 for 20 minutes when you drop off and pick up your child, for the duration of your camp. Simply print the pass and place it on your dash. A map of appropriate parking locations is attached to your parking pass.

## Are camps tax deductible?

Yes, the University of Calgary camps qualify as a deductible child-care expense. Keep your receipt/registration confirmation to claim on your income tax return.

## Is an informed consent & medical information form required?

All University of Calgary camps and programs require an informed consent and completed medical information form. These forms must be filled out for every camp – even if the child is registered in multiple programs over the summer. You may be asked to complete this form at the time of an online registration, or follow the detailed directions that are outlined on your registration confirmation. Completing the medical and informed consent forms online in advance of the program will speed up your first day check-in process.



# MINDS IN MOTION

No camps scheduled on July 1 (Canada Day) or Aug 5 (Heritage Day)

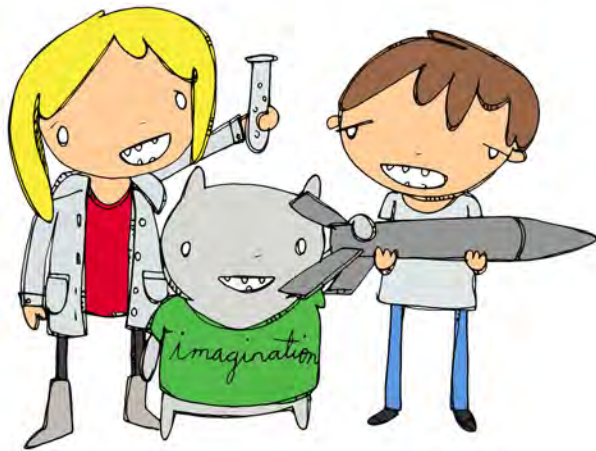
## BUILD INVENT EXPERIMENT

Come put your mind in motion! Have fun this summer in week-long camps that are designed to foster an excitement about the fascinating worlds of science, technology, engineering and mathematics (STEM). Small groups and life-changing experiences will thrill campers from Grades 1 to 9. Registration includes a stellar Minds in Motion t-shirt, access to amazing STEM tools and inspiring instructors!

Please note that activities are subject to change and are presented as examples only.

Grade refers to the grade your child is entering in the fall. All Minds in Motion camps will have a family and friends 'Psyched about Science' event on Friday afternoon to work on a project with their child.

Provided by Active Living and Schulich School of Engineering.



### Engineering 101 Camps

Come be an engineer! Spend a week learning about the design process, the exciting opportunities in engineering and experiencing what engineers do at the University of Calgary. From concept generation to prototype development, campers will learn to work in teams using creativity in exploring and solving problems that can make a difference in the world. Get your thinking cap out and become a scientific mind in engineering!

#### GRADES 3-4

5 DAY	July 29-Aug 2 Aug 12-16, Aug 26-30	Monday - Friday 8:30 am - 4:30 pm	\$310
4 DAY	July 2-5	Tuesday - Friday 8:30 am - 4:30 pm	\$275

#### GRADES 5-6

5 DAY	July 8-12, 22-26	Monday - Friday 8:30 am - 4:30 pm	\$310
4 DAY	Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$275

#### GRADES 7-9

5 DAY	July 15-19 Aug 19-23	Monday - Friday 8:30 am - 4:30 pm	\$310
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### Girls Applied Science and Engineering Camps

Calling all girls — Come put your scientific mind in motion! From the elements below us to the world above, get a chance to combine your creativity with technical skills in this jam-packed week of investigating scientific concepts and applying the engineering design process through exciting hands-on activities and challenges. From building a Lego Mindstorms robot to performing a dissection, this camp will take you on an exploration of the wonderful world of STEM.

#### GRADES 3-4

5 DAY	July 8-12, 22-26 Aug 12-16	Monday - Friday 8:30 am - 4:30 pm	\$300
4 DAY	July 2-5	Tuesday - Friday 8:30 am - 4:30 pm	\$265

#### GRADES 5-6

5 DAY	July 15-19 July 29 - Aug 2	Monday - Friday 8:30 am - 4:30 pm	\$300
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#### GRADES 7-9

4 DAY	Aug 6-9	Monday - Friday 8:30 am - 4:30 pm	\$265
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A network member of actua.ca



### Early Minds Camps

Start discovering science in everything around you! Dissect owl pellets, build simple machines, glimpse back in time as you uncover the mystery of the dinosaurs and have fun learning about chemical reactions and electrical circuits. Campers will explore and investigate the exciting world of STEM through games, stories and experiments.

#### GRADES 1-2

5 DAY	July 8-12, 15-19, 22-26 July 29-Aug 2 Aug 12-16, 19-23, 26-30	Monday - Friday 8:30 am - 4:30 pm	\$295
4 DAY	July 2-5 Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$265

### Energy Engineering Camps

How can you power a city's homes and vehicles using only clean energy? This fun-filled week will have you investigating how scientists and engineers are using technology to produce different forms of renewable energy, such as hydro, wind, thermal and solar power. Campers will use this knowledge to design and build their own energy-efficient city through hands-on activities and group challenges. Get those circuits firing as you build, design and power a metropolis!

#### GRADES 3-4

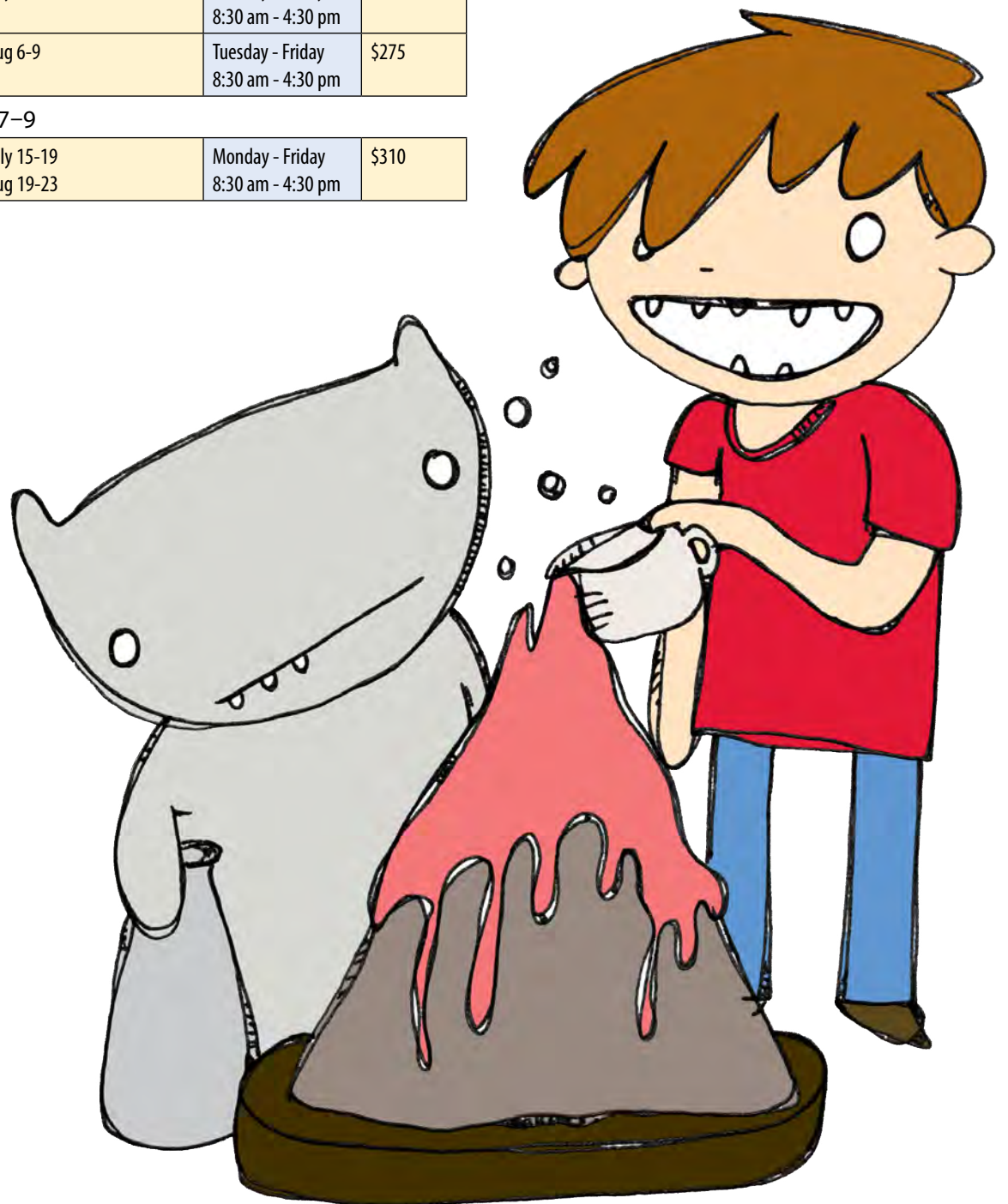
5 DAY	July 8-12, 22-26	Monday - Friday 8:30 am - 4:30 pm	\$300
4 DAY	Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$265

#### GRADES 5-6

5 DAY	July 15-19	Monday - Friday 8:30 am - 4:30 pm	\$300
4 DAY	July 2-5	Tuesday - Friday 8:30 am - 4:30 pm	\$265

#### GRADES 7-9

5 DAY	July 29-Aug 2	Monday - Friday 8:30 am - 4:30 pm	\$300
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# MINDS IN MOTION

No camps scheduled on July 1 (Canada Day) or Aug 5 (Heritage Day)

## Girls Technology Camps

Calling all girls who just can't get enough tech! Spend a week learning about computer engineering and electronics through inventive solutions and exploration of computer software programs, circuit designs, robotics and application to real-life scenarios. Improve your problem solving skills in this super fun environment full of hands-on activities and challenges! Bring your imagination and innovation for a quest into the world of tech and gadgets that will leave you charged-up for more!

### GRADES 3-4

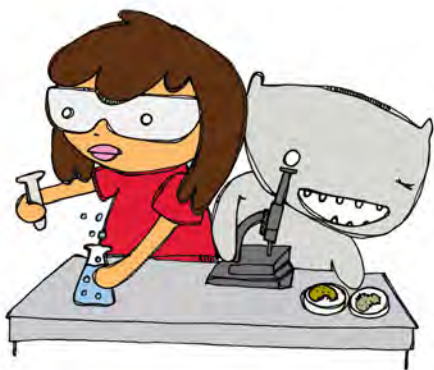
5 DAY	July 29-Aug 2 Aug 12-16	Monday - Friday 8:30 am - 4:30 pm	\$295
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### GRADES 5-6

4 DAY	Aug 6-9	Monday - Friday 8:30 am - 4:30 pm	\$265
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### GRADES 7-9

4 DAY	July 2-5	Monday - Friday 8:30 am - 4:30 pm	\$265
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## Natural Sciences Camps

Investigate the world around you through an exploration of the natural sciences. Learn about chemical reactions, do a dissection, extract DNA, and unravel the mystery beyond the lens of a microscope. Embark on a scientific adventure through hands-on activities and group challenges. Put on your lab coats and get ready for some fun!

### GRADES 3-4

5 DAY	July 15-19, 22-26 Aug 19-23	Monday - Friday 8:30 am - 4:30 pm	\$300
4 DAY	Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$265

### GRADES 5-6

5 DAY	July 22-26 July 29-Aug 2 Aug 12-16, 26-30	Monday - Friday 8:30 am - 4:30 pm	\$300
4 DAY	July 2-5	Tuesday - Friday 8:30 am - 4:30 pm	\$265

### GRADES 7-9

5 DAY	July 8-12	Monday - Friday 8:30 am - 4:30 pm	\$300
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## Technology Camps

Just can't get enough tech? Learn about computer engineering and electronics through robotics, programming, circuitry, game-making, and website design in this super-fun environment full of hands-on activities and challenges! Plug in for a quest into the world of tech and gadgets that will leave you charged-up for more.

### GRADES 3-4

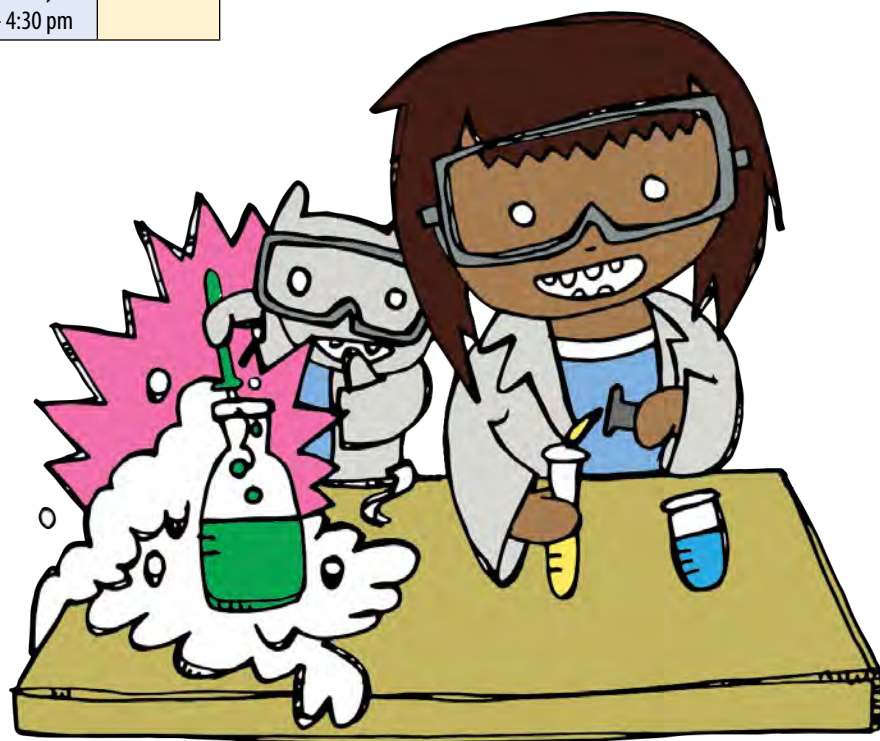
5 DAY	July 15-19 July 29-Aug 2 Aug 19-23	Monday - Friday 8:30 am - 4:30 pm	\$310
4 DAY	July 2-5 Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$275

### GRADES 5-6

5 DAY	July 8-12, 22-26 Aug 12-16, 19-23	Monday - Friday 8:30 am - 4:30 pm	\$310
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### GRADES 7-9

5 DAY	Aug 26-30	Monday - Friday 8:30 am - 4:30 pm	\$310
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# GEOGRAPHY CAMP

## GeoVenture

Are you interested in the environment and our place in it? Discover how geography is so much more than maps! Get outside for a geocaching adventure, be wowed by drones, sample tree cores and get creative with our stream dynamics simulations. Campers will get the opportunity to tackle real-world problems and learn about the forces that have shaped our planet. Discover the technology behind different mapping techniques such as Google Earth and Geographical Information Systems (GIS). Explore how cities are organized, why rivers flow, and how drones help map landscapes all in this interactive, hands-on atmosphere. Campers will invite their community of family and friends on Friday afternoon to experience a project with them. This is a Geo-adventure you won't want to miss!

Provided by Active Living and the Department of Geography

### GRADES 2 - 4

5 DAY	July 8-12, 22-26	Monday - Friday 8:30 am - 4:30 pm	\$295
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### GRADES 5 - 7

5 DAY	July 15-19 July 29-Aug 2	Monday - Friday 8:30 am - 4:30 pm	\$295
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Please note that activities are subject to change and are presented as examples only. Grade refers to the grade your child is entering in the fall.

# FIGURE SKATING

## Learn to Leap Skating Camp

Calling all ice stars! Join us this summer to fuel your passion for skating. For kids who've passed at least the fifth level in ANY skating program up to and including competitive figures skaters. Grouped according to ability, athletes will learn and build upon all fundamental figure skating skills. On ice sessions will focus on stroking, free skate, and ice dance in the Olympic Oval training centre, while off-ice sessions like yoga, dance, functional conditioning and sport psychology will enhance their on-ice experience. Spin, spiral and jump your way to success!

### AGES 6+

5 DAY	TBD	Monday - Friday 8:30 am - 4:15 pm	\$325
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# MINI UNIVERSITY

No camps scheduled on July 1 (Canada Day) or Aug 5 (Heritage Day)

DISCOVER  
EXPLORE  
CREATE  
PLAY

We are excited to offer your family more than a dozen fun and educational camps designed for kids from Kindergarten to Grade 8. Every camp is scheduled with a variety of activities and hands-on projects that are taught by our specialized instructors. Each day is balanced with a wide variety of indoor and outdoor physical activities that support a healthy, active lifestyle. Whether your child enjoys building with LEGO®, dance, music, art, medicine, fencing, golf, martial arts, science or sports and games or a bit of everything, we have a camp for everyone in your family!

Please note that activities are subject to change and are presented as examples only.

## Active Gamers

Get in the game and get moving this summer! At our cutting-edge active gaming camp, campers will play the hottest new motion control games for Xbox One Kinect® and Wii U® gaming systems. Gamers will also play new and classic strategy games with other campers in a non-competitive and encouraging environment. Campers will learn about classic video game elements and drag-and-drop programming using rapid game development apps. This camp features a field trip to play laser tag and a trip to the university's Virtual Reality Lab! Each day is balanced with a wide variety of physical activities such as swimming and games.

### ENTERING GRADES 2-3

5 DAY	July 15-19	Monday - Friday 8:30 am - 4:30 pm	\$315
4 DAY	Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$275

### ENTERING GRADES 4-5

5 DAY	July 22-26 Aug 12-16	Monday - Friday 8:30 am - 4:30 pm	\$315
4 DAY	July 2-5	Tuesday - Friday 8:30 am - 4:30 pm	\$275

### ENTERING GRADES 6-8

5 DAY	July 8-12 July 29-Aug 2	Monday - Friday 8:30 am - 4:30 pm	\$315
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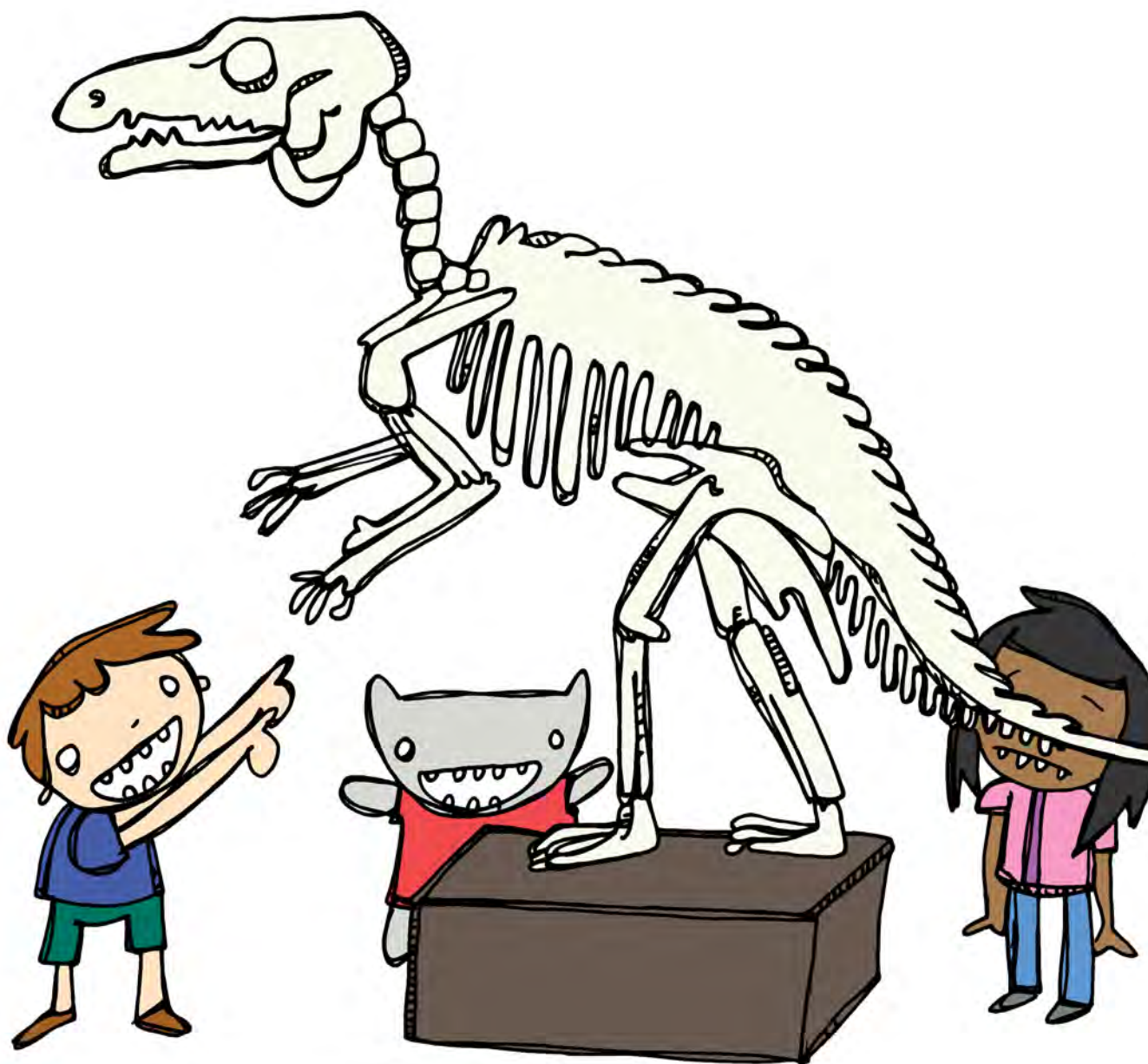
Xbox One Kinect® and Wii U® are registered trademarks, which do not sponsor, authorize or endorse this program.

## Broadway Bound

Bravo! Encore! Our performing arts camp returns this summer for your rising star! At our exciting two-week camp, young performers will practise and expand on their dancing, singing and acting skills in a supportive and encouraging environment. Our backstage instructor will teach campers about makeup, set and prop design. On the last day of camp, our future stars will stage a final performance that family and friends are invited to attend. Campers will also attend two acting workshops and get to see a performance put on by Wagonstage, a local theatre group. Each day is balanced with a wide variety of physical activities such as swimming, gymnastics, and games.

### ENTERING GRADES 2-8

10 DAY	July 15-26	Monday - Friday 8:30 am - 4:30 pm	\$465
9 DAY	July 2-12 July 29-Aug 9	Tuesday - Friday 8:30 am - 4:30 pm	\$420



## Kinder Kamp A & B

Ready, Set, Play! This is a full-day camp designed for kids who are about to take the first big leap into Kindergarten. The little Kinders will enjoy art activities, storytelling, games and fun lessons inspired by our other Mini University camps. This year our Kampers will be venturing out on a field trip of their own to Hide 'n' Seek indoor playground. Each day is balanced with a wide variety of indoor and outdoor physical activities that support a healthy, active lifestyle, such as gymnastics, dance, sports and games.

**Please note:** Kinder Kamp A and B are taught by different instructors with different lesson plans, so campers can have a new experience if they register for multiple weeks. Kinder Kamp A is not a prerequisite for Kinder Kamp B so you can register in either one.

### ENTERING KINDERGARTEN

5 DAY	July 8-12, 15-19, 22-26 July 29 - Aug 2 Aug 12-16, 19-23, 26-30	Monday - Friday 8:30 am - 4:30 pm	\$265
4 DAY	July 2-5 Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$210

## Kreative Kids

Get ready for a brush stroke of genius! Our experienced art instructors will unleash your creative camper's inner artist through drawing, painting and sculpture. They will also learn how to make digital art on the computer and take some photographs outside. On the last day of camp, family and friends are invited to an Art Exhibition to see the art the campers have made! Plus, campers entering Grades 2 and 3 can find their muse at the Glenbow Museum and those entering Grades 4-8 can glaze a piece of pottery or a mug at Colour-Me-Mine. Each day is balanced with a wide variety of physical activities such as swimming and games.

### ENTERING GRADES 2-8

10 DAY	July 15-26	Monday - Friday 8:30 am - 4:30 pm	\$465
9 DAY	July 2-12 July 29-Aug 9	Tuesday - Friday 8:30 am - 4:30 pm	\$420



# MINI UNIVERSITY

No camps scheduled on July 1 (Canada Day) or Aug 5 (Heritage Day)

## MediCamp

Sign up for a dose of fun, STAT! Discover the fascinating field of medicine through hands-on activities. At this intensive one-week camp, campers will do experiments, learn about a variety of healthcare professions and how the human body functions. They will also learn about nutrition, exercise, stress, and basic First Aid from two different specialized instructors. Each day is balanced with a wide variety of physical activities that support a healthy, active lifestyle such as swimming, gymnastics and games.

### ENTERING GRADES 3-7

5 DAY	July 8-12, 15-19, 22-26 July 29 - Aug 2 Aug 12-16	Monday - Friday 8:30 am - 4:30 pm	\$305
4 DAY	July 2-5 Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$265

## Mini Black Belts

Hi-yah! Engage your child's mind and body this summer at our martial arts camp! This camp is designed to improve concentration, coordination and self-discipline in a safe and encouraging environment. Campers will learn how to safely execute moves and self-defence techniques inspired by a variety of martial arts that foster self-confidence, respect, and a healthy lifestyle. Each day is balanced with a wide variety of fun physical activities such as swimming, gymnastics, and games. Karate chop! Campers will also get to go to UNDRCARD Boxing Studio!

### ENTERING GRADES 2-3

5 DAY	July 22-26 Aug 12-16	Monday - Friday 8:30 am - 4:30 pm	\$315
4 DAY	July 2-5 Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$275

### ENTERING GRADES 4-5

5 DAY	July 29-Aug 2 Aug 19-23	Monday - Friday 8:30 am - 4:30 pm	\$315
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### ENTERING GRADES 6-8

5 DAY	July 22-26	Monday - Friday 8:30 am - 4:30 pm	\$315
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## Mini Brick Builders

Let your imagination run wild and get building! The campers will complete a variety of challenges and design their own buildings, bridges, vehicles, spaceships, planes and anything else they can create! Plus, campers entering Grades 5-8 will build and program their own robots using LEGO® MINDSTORMS®. Each day is balanced with a wide variety of physical activities such as swimming, gymnastics and games.

### ENTERING GRADES 2-3

5 DAY	July 8-12, 15-19, 22-26 July 29 - Aug 2 Aug 12-16, 19-23, 26-30	Monday - Friday 8:30 am - 4:30 pm	\$305
4 DAY	July 2-5 Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$265

### ENTERING GRADES 4-5

5 DAY	July 8-12, 15-19 July 29 - Aug 2 Aug 19-23, 26-30	Monday - Friday 8:30 am - 4:30 pm	\$305
4 DAY	Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$265

### ENTERING GRADES 6-8

5 DAY	July 22-26 Aug 12-16	Monday - Friday 8:30 am - 4:30 pm	\$305
4 DAY	July 2-5	Tuesday - Friday 8:30 am - 4:30 pm	\$265

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## Mini Camp Sampler

Does your child have a hard time picking which camps to do? No need to miss out on the fun! Our Mini Camp Sampler offers a chance to experience a wide variety of Mini University camps! Campers will get to participate in activities such as LEGO®, science, sports & games, art, music, martial arts, medicine, gymnastics, swimming and more! This is a great opportunity to discover new interests and broaden your child's horizons!

### ENTERING GRADES 2-3

5 DAY	July 22-26	Monday - Friday 8:30 am - 4:30 pm	\$305
4 DAY	July 2-5 Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$265

### ENTERING GRADES 4-5

5 DAY	July 8-12 July 29- Aug 2	Monday - Friday 8:30 am - 4:30 pm	\$305
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### ENTERING GRADES 6-8

5 DAY	July 15-19	Monday - Friday 8:30 am - 4:30 pm	\$305
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## Mini Musicians

Allegro! Forte! Well done, Maestro! Our up-and-coming musicians will put on a musical concert on the last Friday for their family and friends! Forget about just memorizing sheet music, this camp is centred around developing a love of music through unique, fun activities and improvisation. Campers will get to play a variety of instruments such as hand drums, xylophones, tone blocks, maracas, recorders and more! They will also get to collaborate with other campers to create their very own composition. Each day is balanced with a wide variety of physical activities such as swimming, gymnastics, and games. All musical instruments will be provided.

### ENTERING GRADES 3-4

9 DAY	July 2-12 July 29-Aug 9	Tuesday - Friday 8:30 am - 4:30 pm	\$420
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### ENTERING GRADES 5-8

10 DAY	July 15-26	Monday - Friday 8:30 am - 4:30 pm	\$465
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## Mini Musketeers

En Garde! Prets? Allez! Discover the art of fencing this summer with our professional fencing coaches! Campers will learn the fundamentals of fencing including how to lunge, parry, and score an attack in a safe match environment. Haven't tried fencing before? No worries, this camp is designed for beginners and we provide all of the safety equipment. It will be easy for your young fencer to sharpen their technique with one-on-one instruction in our smaller groups. On Friday, the fencers will show off their new skills to their family and friends in a showcase! Each day is balanced with a wide variety of physical activities such as swimming, gymnastics and games.

### ENTERING GRADES 3-5

5 DAY	July 8-12, 15-19, 22-26 July 29 - Aug 2	Monday - Friday 8:30 am - 4:30 pm	\$315
4 DAY	July 2-5 Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$275

### ENTERING GRADES 6-8

5 DAY	July 8-12, 15-19, 22-26 July 29 - Aug 2	Monday - Friday 8:30 am - 4:30 pm	\$315
4 DAY	July 2-5	Tuesday - Friday 8:30 am - 4:30 pm	\$275

### ENTERING GRADES 9-11

4 DAY	Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$275
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Instruction brought to you by





# MINI UNIVERSITY

No camps scheduled on July 1 (Canada Day) or Aug 5 (Heritage Day)

## Mini Pro Golfers

Fore! Tee up and and hit a hole-in-one this summer at our popular golf camp! Fun and skill development will be par for the course every day when campers visit golf courses around the city with our three, specialized instructors. Don't own a set of clubs? No worries Tiger! Mini University has a set of quality clubs you can rent for the week at an affordable price. Campers will learn the essentials of golf, such as driving, chipping and putting from a certified Canadian Professional Golfing Association instructor. It will be easy for your golfer to sharpen their skills with one-on-one instruction in our smaller groups. Near the end each day, campers will return to campus and participate in a wide variety of physical activities such as gymnastics and team games. All skill levels are welcome!

ENTERING GRADES 3-5

5 DAY	July 15-19 July 29-Aug 2 Aug 14-18	Monday - Friday 8:30 am - 4:30 pm	\$385
4 DAY	July 2-5	Tuesday - Friday 8:30 am - 4:30 pm	\$345

ENTERING GRADES 6-8

5 DAY	July 8-12, 22-26 Aug 19-23	Monday - Friday 8:30 am - 4:30 pm	\$385
4 DAY	Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$345

## Mini Sport

Go for gold this summer! Campers will get the chance to play a variety of indoor and outdoor sports and games such as swimming, basketball, handball, dodgeball, quidditch, soccer, flag football, kickball, ultimate frisbee and more (activities vary each week). Plus, they will get to play different racquet sports such as badminton, squash and racquetball. Campers will discover how to live a balanced lifestyle in our health and wellness activity class. Campers entering Grades 2 and 3 will get to try rollerblading with Alien In-Line, the Grade 4 and 5's will get to go to UNDRCARD Boxing Studio, and those entering Grades 6-8 will get to play laser tag at Laser City!

ENTERING GRADES 2-8

5 DAY	July 8-12, 15-19, 22-26 July 29-Aug 2 Aug 12-16, 19-23, 26-30	Monday - Friday 8:30 am - 4:30 pm	\$265
4 DAY	July 2-5 Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$205

## Mini U 101

Ready, Set, Play! Our fun-loving little Minis will explore and discover their creativity through a variety of art activities, storytelling, games and fun lessons inspired by our other Mini University camps. Each day is balanced with a wide variety of indoor and outdoor physical activities such as swimming, gymnastics, dance, sports and games. This year, the Minis will go on an adventure to Hide 'n' Seek indoor playground! **Please note that there is no swimming August 29-23 and 26-30 because the University pool is closed for cleaning.**

ENTERING GRADE 1

5 DAY	July 8-12, 15-19, 22-26 July 29-Aug 2 Aug 12-16, 19-23, 26-30	Monday - Friday 8:30 am - 4:30 pm	\$265
4 DAY	July 2-5 Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$210

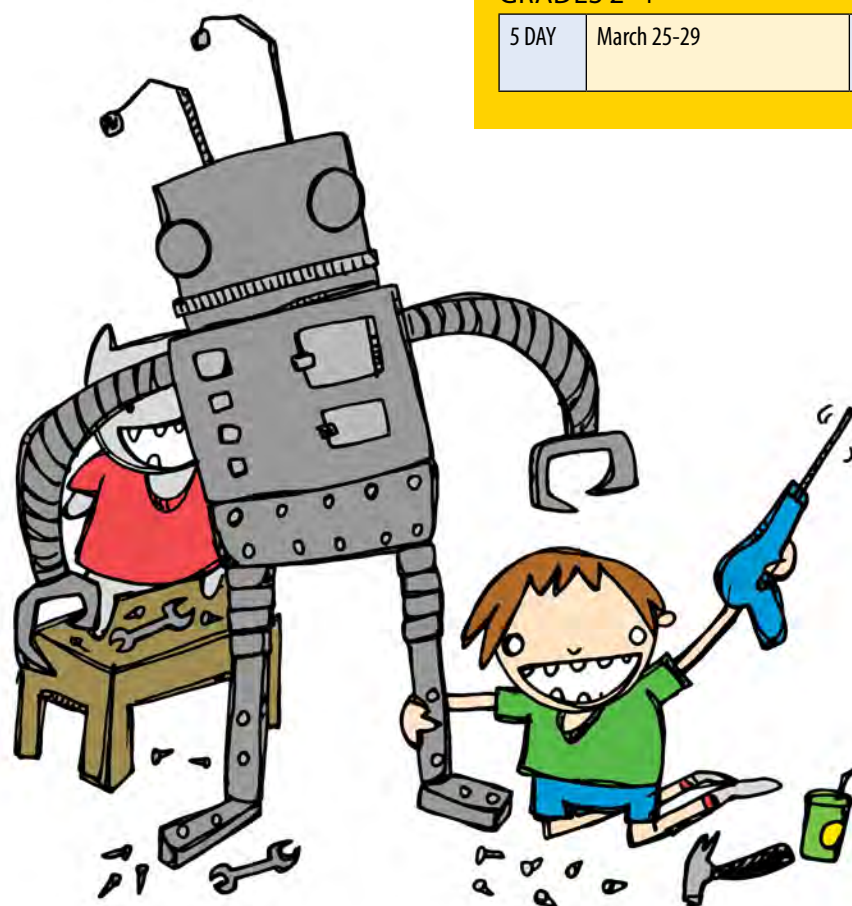


## Science Trek

Ready, Set, REACT! Launch into the scientific fields of Criminal Science, Chemistry, Biology and Physics at our science camp! At our intensive two-week camp, campers will engage in a variety of experiments and challenges in professional laboratories in the EEEL building. Each day is balanced with a wide variety of physical activities that support a healthy, active lifestyle such as swimming and games. Field trips to the Telus Spark Science Center for campers entering Grades 2-5 and Weaselhead Nature Walk for campers entering Grades 6-8 are sure to be a highlight again this summer.

ENTERING GRADES 2-8

10 DAY	July 15-26	Monday - Friday 8:30 am - 4:30 pm	\$465
9 DAY	July 2-12 July 29-Aug 9	Tuesday - Friday 8:30 am - 4:30 pm	\$420



## SPRING BREAK CAMPS

### Mini U Spring Break Camp

Summer has arrived this spring break! Mini University is excited to offer you the best of our summer programming over spring break. Engage your child's mind and body through a variety of fun activities offered by Mini University's most popular camps including LEGO® building, arts and crafts, active gaming, swimming, yoga, Zumba®, racquet sports and more. Campers will also participate in a wide range of indoor games and sports in Active Living's professional facilities every day. Your child won't want to miss out on this exciting new opportunity to get active this spring break!

GRADES 2-4

5 DAY	March 25-29	Monday - Thursday 8:30 am - 4:30 pm	\$295
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# MINI UNIVERSITY

No camps scheduled on July 1 (Canada Day) or Aug 5 (Heritage Day)

## Street Art

Go big or go home! This camp is for teens who want to learn how to take their drawing and painting skills to the next level! Our art instructors and guest street art instructors will share their creative process and help you develop your own to express yourself in a safe and supportive environment. They will walk you through the steps of creating a mural from conception to actualization and everything in between including: collaborating, brainstorming, sketching, drawing, designing and painting.

ENTERING GRADES 9-11

3 DAY	Aug 21-23	Wednesday - Friday 8:30 am - 4:30 pm	\$325
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## Stage Combat

How do you throw a punch on stage without actually hurting someone? And once you know how to do it, how do you make it look believable? This camp is for teen actors looking to level up their staged combat skills! Our expert instructor will share the secrets of safe and repeatable stage combat techniques for both hand-to-hand and knife combat that will help you look like an action star! Once you've got a foundation built you will learn how to tell the story of a stage fight to really capture your audience's attention.

ENTERING GRADES 9-11

5 DAY	Aug 14-16	Monday - Friday 8:30 am - 4:30 pm	\$325
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# ADAPTED SPORT CAMP

## Adapted Sport and Recreation

Come discover your abilities! This camp is centred around giving campers with physical disabilities the opportunity to explore various adapted sport, recreation and leisure activities. Different programs from the Calgary area will provide the opportunity for each camper to experience a trial of the adapted physical activity programming they offer throughout the year. Campers will get to challenge themselves physically through activities such as sledge hockey, climbing, swimming, and a variety of wheelchair sports. Campers will also get to explore their creative side through dance, gymnastics and art. Our goal is to increase each camper's confidence in their ability to participate in school and community programs. This camp is offered in partnership with the Vi Riddell Pediatric Rehabilitation Research Program.

Please note that this camp is not for those with cognitive impairments. If you have questions about your child's eligibility or for more information, please contact: apacamp@ucalgary.ca or (403) 955-2790.

AGES 13-18 WITH PHYSICAL DISABILITIES  
ENTERING GRADES 7-12+

5 DAY	Aug 19-23	Monday - Friday 8:30 am - 4:30 pm	\$150
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AGES 8-12 WITH PHYSICAL DISABILITIES  
ENTERING GRADES 3-6

5 DAY	Aug 26-30	Monday - Friday 8:30 am - 4:30 pm	\$150
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# DINOS SPORTS CAMPS

No camps scheduled on July 1 (Canada Day) or Aug 5 (Heritage Day)

## SPRINT DIVE, SHOOT SCORE

Learn to play like the Dinos from real University of Calgary Dinos athletes! Our sports camps are designed to get young athletes in shape and tune their technique for the upcoming season. These kids will gain confidence knowing they're learning their sport from players who compete at a high-performance level.



### Basketball Camps

Improving your skills is a slam dunk with the Jr. Dinos Basketball Camps. It's the perfect place to get active and compete against other players from the Calgary area. Participants will benefit from technical training and will be instructed by current and former University of Calgary players and coaches. Get ready to learn basketball skills, fundamentals, conditioning methods and team-play tactics. This camp will satisfy the hard-core ballers as well as beginner level players! Jr. Dinos Basketball Camps: Learn the game. Play the game. Enjoy the game! All participants will receive a Dinos Seasons Pass, camp T-shirt and daily prizes.

**Watch for the Dinos Basketball High Performance Weekend Clinic coming in August 2018 - dates TBD**

**Location:** Jack Simpson Gym

**GIRLS - ELEMENTARY, JR. HIGH (GRADES 5-9)**

5 DAY	July 8-12, 15-19	Monday - Friday 9:00 am - 4:00 pm	\$325
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**GIRLS - SR. HIGH (GRADES 10-12)**

4 DAY	July 15-18	Monday - Thursday 6:00 pm - 9:00 pm	\$220 + GST
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**BOYS - JR. HIGH (GRADES 7-9)**

5 DAY	July 22-26 July 29-Aug 2	Monday - Friday 9:00 am - 4:00 pm	\$325
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**BOYS - SR. HIGH (GRADES 10-12)**

5 DAY	July 8-12	Monday - Friday 6:00 pm - 9:00 pm	\$220+GST
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### Basketball Shooting Clinic

This is a two-day clinic on proper shooting technique and mechanics. For experienced players ages 10+, this clinic will teach not only what each part of your body should be doing as you shoot the ball, but why you should be doing it. Players will improve as both shooters and shooting coaches, and gain a greater understanding of how their shot works.

Instruction is led by Dinos Men's basketball head coach Dan Vanhooren, and current University of Calgary players. Dan is a certified NCCP Level III coach and has worked for the NBA's Vancouver Grizzlies in their inaugural season.

**AGES 10-17**

2 DAY	July 20-21	Saturday - Sunday 9:00 am - 4:00 pm	\$125
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### Football Camps

If you dream of huddling with the pros, get a head start at the Jr. Dinos Football Camp designed for beginners in the sport! This camp teaches the fundamentals of football in a fun and challenging environment. Get ready to blitz the competition with instruction by current and former University of Calgary players, coaches and area high school coaches. You're sure to learn a ton and have a blast with other up-and-comers. All participants will receive a Dinos Seasons Pass, camp T-shirt and daily prizes.

**Location:** McMahon Stadium

Can't wait for football season? This camp is geared towards players of all levels and positions, encouraging each individual to develop new skills and achieve a new level of play and self-confidence. With outstanding coaching by current and former University of Calgary players, coaches and area high school coaches, participants have the opportunity to work hard, improve and have a blast with other players. Get ahead of the competition by tackling condition drills, fundamentals and technique at individual positions, plus offensive and defensive team play.

**ATOM - (AGES 7-9) NON-CONTACT**

**PEE WEE - (AGES 11-12) FULL CONTACT**

**BANTAM - (AGES 13-15) FULL CONTACT**

**SR. HIGH (GRADES 10-12)**

4 DAY	Please check website for camp offerings.	Tuesday-Friday 9:00 am - 4:00 pm	\$300
5 DAY	Please check website for camp offerings.	Monday-Friday 9:00 am - 4:00 pm	\$350

### Hockey Camps

Lace up for a world-class hockey experience at a Jr. Dinos Hockey Camp this summer! Participants will benefit from technical training and will be instructed by current and former University of Calgary players, coaches ensuring an outstanding learning atmosphere. Hit the ice to hone your individual skills and learn advanced team play and tactics. Step off the ice and put your training into overdrive with dry-land training, team building games and video sessions.

Goalies will get individual instruction, but will also be part of the players' camp, which allows them to incorporate what they have worked on with the instructors.

**Location:** Olympic Oval

**AGES (PLAYERS BORN IN)**

Novice 2011-2012

Bantam 2005-2006

Atom 2009-2010

Midget 2002-2004

Pee Wee 2007-2008

### Girls Camps

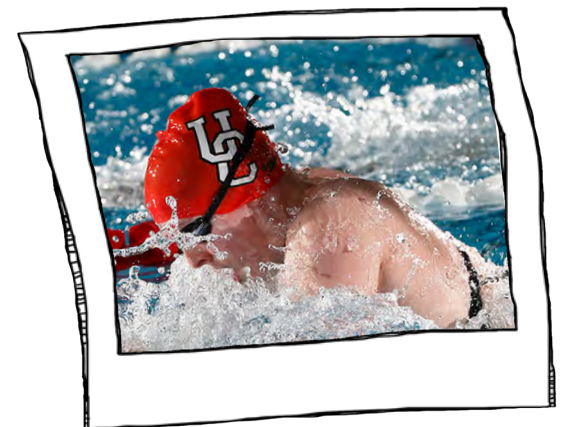
**(NOVICE-MIDGET)**

4 DAY	Aug 6-9	Tuesday - Friday 8:00 am - 4:00 pm	\$350
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### Boys Camps

**(NOVICE-BANTAM)**

5 DAY	Aug 19-23, 26-30	Monday - Friday 8:00 am - 5:00 pm	\$420
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# DINOS SPORTS CAMPS

No camps scheduled on July 1 (Canada Day) or Aug 5 (Heritage Day)

## Rugby Camps

Be part of one of the world's fastest growing sports! Both age groups will get to experience flag rugby and participate in an end of week tournament. Kids age 10-12 will have a detailed and safe introduction to contact as per Alberta Junior Rugby guidelines. Coaching staff includes former and current Dinos varsity rugby players who can't wait to share their love and knowledge of the game! All participants will receive a Dinos Seasons Pass and camp T-shirt.

**Location:** U of C Fields

AGES (PLAYERS BORN IN)

U8 2010-2011 U11-13 2005-2007

U10 2008-2009

U8-10 BOYS & GIRLS

5 DAY	Please check website for camp offerings.	Monday - Friday 9:00 am - 4:00 pm	\$250
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U11-13 BOYS & GIRLS

5 DAY	Please check website for camp offerings.	Monday - Friday 9:00 am - 4:00 pm	\$250
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## Soccer Camps

Kick it into high gear at a Jr. Dinos Soccer Camp! Tackle better ball mastery, offensive and defensive technique, and game-play strategy. With instruction by current and former University of Calgary players and coaches your technical skills are sure to show a roaring improvement on the pitch. All participants will receive a Dinos Seasons Pass, camp T-shirt and daily prizes.

**Location:** U of C Fields

AGES (PLAYERS BORN IN)

U8 2011-2012 U12 2007-2008

U10 2009-2010 U14 2005-2006

U12 BOYS & GIRLS

5 DAY	July 8-12, 22-26 July 29-Aug 2	Monday - Friday 9:00 am - 4:00 pm	\$275
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U14 BOYS & GIRLS

4 DAY	July 2-5	Tuesday - Friday 9:00 am - 4:00 pm	\$220
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U10 BOYS & GIRLS

5 DAY	July 15-19 July 29-Aug 2	Tuesday - Friday 9:00 am - 4:00 pm	\$275
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U8 BOYS & GIRLS

4 DAY	Aug 6-9	Tuesday - Friday 9:00 am - 4:00 pm	\$220
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## Swimming Camps

Dive into the season early with the Jr. Dinos Swim Camps! These competitive swim camps will give your athlete the edge they need to start the season a stroke ahead of the competition. Our CSCTA-certified University of Calgary Swim Club coaches provide a technique-based program with a focus on all four strokes, starts, and turns. A corresponding conditioning program matches the developmental level of the athletes and focuses on whole-body strength and cardiovascular fitness. With two in-water sessions daily, on-deck video feedback, classroom learning, outdoor dry-land training, and chances to earn daily prizes, the Jr. Dinos Swim Camps provide an exciting opportunity to learn, practise, and have fun. All participants will receive a Dinos Seasons Pass and camp T-shirt.

**Location:** Aquatic Centre

AGES 8-16

5 DAY	July 29-Aug 2	Monday - Friday 8:30 am - 4:00 pm	\$400
4 DAY	Aug 6-9	Tuesday - Friday 8:30 am - 4:00 pm	\$320

**Note:** This camp is for competitive swimmers and all participants must be a Swim Canada member and have a Swim Canada ID.

## Track & Field Camps

Do you want learn to RUN, JUMP, THROW, faster, higher and farther? Sprint on down to the Jr. Dinos Track & Field Camps! Participants will work to gain improved fitness, try event-specific training and enjoy an opportunity to test their abilities in a mock track meet. Our coaches are all current and former University of Calgary athletes. The Dinos Track & Field team is a powerhouse in the CIS circuit. This is the place to be if you want to pursue Track & Field at a higher level. All participants will receive a Dinos Seasons Pass, camp T-shirt and daily prizes.

**Location:** Foothills track

ELEMENTARY HALF DAY (GRADES 2-6)

5 DAY	July 8-12	Monday - Friday 9:00 am - 12:00 pm	\$245
4 DAY	July 2-5	Tuesday - Friday 9:00 am - 12:00 pm	\$225

JR. & SR. HIGH (GRADES 7-12)

5 DAY	July 8-12	Monday - Friday 9:00 am - 4:00 pm	\$315
4 DAY	July 2-5	Tuesday - Friday 9:00 am - 4:00 pm	\$295

## Volleyball Camps

Kill it with your team this fall by enrolling in a Jr. Dinos Volleyball Camp! Improved level of fitness, skill-specific drills, game play opportunities and the chance to meet other local players are just some benefits participants will gain from this exciting camp. Camps are instructed by current and former University of Calgary players and coaches. This is the place to be if you want to pursue volleyball at a higher level. All participants will receive a Dinos Seasons Pass and camp T-shirt and daily prizes.

**Location:** Jack Simpson Gym

JR. HIGH BOYS & GIRLS (GRADES 7-9)

4 DAY	Aug 6-9	Tuesday - Friday 9:00 am - 4:00 pm	\$300
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JR. & SR. HIGH GIRLS (GRADES 7-12)

5 DAY	Aug 12-16	Monday - Friday 9:00 am - 4:00 pm	\$325
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SR. HIGH BOYS & GIRLS (GRADES 9-12)

5 DAY	Aug 19-23, 26-30	Monday - Friday 9:00 am - 4:00 pm	\$325
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## Wrestling Camps

Get expert instruction in the fundamentals of Olympic Freestyle wrestling. Enjoy the thrill of learning one of the world's oldest and greatest sports in the training room where Olympic Gold Medallist Erica Wiebe trained for her Rio Olympic Games success. Campers will learn fundamental movement skills of wrestling through plenty of game play, combative games, and skill drills. Wrestling techniques will be age appropriate and ready to use in your next school wrestling season. Camp instructors include Dinos assistant coaches and Dinos athletes. Two full size Olympic mats with fully padded walls allow participants to practice tactical situations and full speed scrimmage safely. Lots of other activities are included for a fun off-mat experience as well.

**Location:** KNA 13 (The Wrestling Room)

BOYS AND GIRLS (AGES 13-15)

5 DAY	Please check website for camp offerings.	Monday - Friday 9:00 am - 4:00 pm	\$295
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# OUTDOOR CAMPS

No camps scheduled on July 1 (Canada Day) or Aug 5 (Heritage Day)

PADDLE  
PEDAL  
CLIMB  
HIKE

Calgary is surrounded with natural wonders to explore and enjoy all summer long. Dive into an adventure on our refreshing rivers or pedal the city's extensive pathways. Get into nature with our hiking and photography camps. Kick up the adrenaline with some mountain biking or longboarding or relax with a little fishing and other fun games. The outdoors is waiting to be discovered this summer!

## SUMMER CAMPS

### Outdoor Youth Programs

ENTERING GRADES 1-8

Let your kids be kids this summer! Our camps promote physical activity, exploration, adventure, skill building, and most importantly — fun!

We have two different types of Youth Camps

**1 Urban Outdoor Camps:** There's so much to do outside, right within the city limits! Because we'll be outside most of the time—rain or shine—participants are expected to bring a water bottle, lunch, and weather appropriate clothing including a rain jacket and rain pants every day. Additional camp-specific required items are in the details below. Transportation will depend on the camp but may include: cycling, Calgary Transit, walking, or chartered buses.

**2 Out-of-City Camps:** Spend almost every day outside of the city limits. This is your chance to explore new locations around Kananaskis, Canmore, Airdrie, Bragg Creek, and more with our experienced staff. Transportation is primarily provided by 15-passenger vans and qualified drivers, but occasionally camps take chartered buses and Calgary Transit. Because we'll be outside most of the time—rain or shine—participants are expected to bring a water bottle, lunch, and weather appropriate clothing including a rain jacket and rain pants every day. Additional camp-specific required items are in the details online.

### Urban Outdoor Camps

#### Climb On!

Defy gravity and reach new heights all week. You'll spend half the day wall climbing and bouldering indoors and the other half outside playing games, swimming, biking and visiting kid-friendly places in the city. You'll get to try wall climbing, bouldering and slacklining.

**Prerequisite:** you must be confident riding a 2-wheel bike regardless of grade level

**Required:** bike. Check equipment list and additional information in the online event details.

**Included:** instruction and wall climbing equipment

ENTERING GRADES 2-3

5 DAY	July 22-26, July 29-Aug 2 Aug 19-23	Monday - Friday 8:30 am - 4:30 pm	\$305
4 DAY	July 2-5	Tuesday - Friday 8:30 am - 4:30 pm	\$265

ENTERING GRADES 4-5

5 DAY	July 8-12, 15-19, 22-26 July 29-Aug 2 Aug 12-16, 19-23, 26-30	Monday - Friday 8:30 am - 4:30 pm	\$305
4 DAY	July 2-5 Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$265

ENTERING GRADES 6-8

5 DAY	July 8-12, 15-19 Aug 12-16	Monday - Friday 8:30 am - 4:30 pm	\$305
4 DAY	Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$265

### Keiki Longboarding

Spend a week riding the pathways to cool Calgary locations. We'll also participate in games and activities and even go swimming. Longboarding instructors will emphasize safety, etiquette, the rules of the pathway and equipment maintenance. Choose the program based on skill level. Two levels of this camp will run each week and will operate in part together. Groups will be divided based on ability.

**101** is for new riders (very limited to no riding time)

**201** is for riders (longboard/skateboard) who have taken 101 or can do the basics—pushing, balance, and minor turns.

**301** is for competent riders who have taken 201 or are comfortable with pushing, breaking, and turns and are eager to learn new skills.

**Please note:** longboards are available for purchase at the end of the week (based on availability)

**Required:** protective gloves and helmet. Check equipment list and additional information in the online event details.

**Included:** instruction and longboarding equipment except helmets (long board, knee and elbow pads).

101: BEGINNERS — ENTERING GRADES 6-9

5 DAY	July 8-12, 15-19	Monday - Friday 8:30 am - 4:30 pm	\$300
4 DAY	Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$265

201: LOW INTERMEDIATES — ENTERING GRADES 6-9

5 DAY	July 8-12, 15-19 Aug 12-16	Monday - Friday 8:30 am - 4:30 pm	\$300
4 DAY	Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$265

301: INTERMEDIATES — ENTERING GRADES 7-10

5 DAY	Aug 12-16	Monday - Friday 8:30 am - 4:30 pm	\$300
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## SPRING CAMPS

### Outdoor Spring Break Camp

Meet new friends and have loads of fun this school spring break. In this day camp, we'll snowshoe and cross-country ski in Kananaskis. We'll also visit cool Calgary locations, play tons of outdoor games, and go climbing, bouldering and swimming. If the weather is warm we'll hike and build shelters instead of being on snow. Every day is jam-packed with activities.

**Required:** weather-appropriate clothing and indoor footwear. Check equipment list and additional information in the online event details.

**Included:** instructor, equipment, passes, transportation.

GRADES 2-4 AND GRADES 5-8

5 DAY	March 25-29	Monday - Friday 8:30 am - 4:30 pm	\$325
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# OUTDOOR CAMPS

No camps scheduled on July 1 (Canada Day) or Aug 5 (Heritage Day)

## MegaVenture

Spend a week trying a variety of activities in this super-fun outdoor camp. Daily adventures may include hiking, biking, swimming, bouldering, wall climbing, playing games, canoeing at Bowness Park, visiting kid-friendly places and rafting down the Bow River—all within the city limits.

**Prerequisite:** you must be confident riding a two-wheel bike — regardless of grade level

**Required:** bike. Check equipment list and additional information in the online event details.

**Included:** instruction, canoeing equipment, rafting equipment, wall climbing equipment, and transportation. If a bike is needed for more than one day, overnight storage is available.

### ENTERING GRADES 2–3

5 DAY	July 8-12, 15-19, 22-26 July 29-Aug 2 Aug 12-16, 19-23, 26-30	Monday - Friday 8:30 am - 4:30 pm	\$305
4 DAY	July 2-5 Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$265

### ENTERING GRADES 4–5

5 DAY	July 8-12, 15-19, 22-26 July 29-Aug 2 Aug 12-16, 19-23, 26-30	Monday - Friday 8:30 am - 4:30 pm	\$305
4 DAY	July 2-5 Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$265

### ENTERING GRADES 6–8

5 DAY	July 8-12, 15-19, 22-26 July 29-Aug 2 Aug 12-16, 19-23, 26-30	Monday - Friday 8:30 am - 4:30 pm	\$305
4 DAY	July 2-5 Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$265

## Tots on Treks

### ENTERING GRADE 1

You're never too young to appreciate the outdoors! In this week-long camp, first-graders will be introduced to hiking, learn how to find critters and they'll discover some fun facts about nature. We'll do crafts, go swimming and visit fun Calgary locations—we're even going on a bus trip to Griffith Woods Park.

**Required:** check equipment list and additional information in the online event details

**Included:** instruction and transportation

5 DAY	July 8-12, 15-19, 22-26 July 29-Aug 2 Aug 12-16, 19-23	Monday - Friday 8:30 am - 4:30 pm	\$305
4 DAY	July 2-5 Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$265



## Tour de Calgary

It's like Tour de France for kids, but way more fun—and in Calgary. We'll also visit kid-friendly places, swim and play games.

**101** is a week-long camp where young cyclists will bike 3–10km a day on the city's extensive pathways

**201** is for competent cyclists who can ride 5–15km a day.

**301** for cyclists who love getting out for longer, often all-day rides that range from 5–20km a day.

**Prerequisite:** you must be confident riding a 2-wheel bike regardless of grade level

**Required:** bike. Check equipment list and additional information in the online event details

**Included:** instruction and overnight bike storage for the week

### 101: ENTERING GRADES 2–4

5 DAY	July 8-12, 22-26	Monday - Friday 8:30 am - 4:30 pm	\$270
4 DAY	July 2-5 Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$230

### 201: ENTERING GRADES 4–6

5 DAY	July 8-12, 15-19, 22-26 July 29-Aug 2 Aug 12-16	Monday - Friday 8:30 am - 4:30 pm	\$270
4 DAY	July 2-5 Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$230

### 301: ENTERING GRADES 5–8

5 DAY	July 15-19, July 29-Aug 2 Aug 12-16	Monday - Friday 8:30 am - 4:30 pm	\$270
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## Out-of-City Camps

### Kananaskis Explorers

Spend a week sampling some of the best outdoor mountain activities in Kananaskis. We'll go mountain biking, hiking, canoeing and even rafting down the Bow River in Calgary. You'll learn skills while touring magnificent locations.

**Prerequisite:** you must be confident riding a 2-wheel bike regardless of grade level

**Required:** bike. Check equipment list and additional information in the online event details.

**Included:** instruction, activity specific equipment, transportation

### ENTERING GRADES 4–5

5 DAY	July 15-19, 22-26 Aug 26-30	Monday - Friday 8:30 am - 4:30 pm	\$375
4 DAY	Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$315

### ENTERING GRADES 6–8

5 DAY	July 8-12 July 29-Aug 2 Aug 12-16, 19-23	Monday - Friday 8:30 am - 4:30 pm	\$375
4 DAY	July 2-5	Tuesday - Friday 8:30 am - 4:30 pm	\$315

## Krank Factory 101

Get stoked and kick up some dust on awesome trails this mountain bike season! Krank Factory 101 is a week-long camp that will introduce you to the fundamentals of mountain biking, braking, balance, gearing and basic obstacle riding. The first session will be at a local Calgary trail. The rest will be spent on a variety of scenic trails outside of the city.

**Prerequisites:** riders must be very comfortable riding a bike and eager for off-road surfaces

**Required:** mountain bike ready to ride, a helmet that fits, and a spare tube. Check equipment list and additional information in the online event details.

**Included:** instruction and transportation

### ENTERING GRADES 6–8

5 DAY	July 15-19	Monday - Friday 8:30 am - 4:30 pm	\$310
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# OUTDOOR CAMPS

No camps scheduled on July 1 (Canada Day) or Aug 5 (Heritage Day)

## Packs and Pixels

In a flash we'll have you thinking about how to capture amazing photographs. For the first few days we'll explore in and around Kananaskis Country and you'll learn the ins and outs of your point and shoot camera. You'll discover how to shoot a variety of different photo styles—action, macro, landscape and portraits. On the last day we spend the morning in the computer lab learning some basic editing tools and you'll share your photos with the group.

**Required:** basic digital camera, USB stick. Check equipment list and additional information in the online event details.

**Included:** instruction and transportation

### ENTERING GRADES 2–3

5 DAY	July 15-19 July 29-Aug 2 Aug 12-16	Monday - Friday 8:30 am - 4:30 pm	\$325
4 DAY	July 2-5	Tuesday - Friday 8:30 am - 4:30 pm	\$285

### ENTERING GRADES 4–5

5 DAY	July 22-26 Aug 19-23, 26-30	Monday - Friday 8:30 am - 4:30 pm	\$325
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### ENTERING GRADES 6–8

5 DAY	July 8-12	Monday - Friday 8:30 am - 4:30 pm	\$325
4 DAY	Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$285

## Thrill of the Catch

Go out on a reel adventure and discover the thrill of fishing in this introductory week-long camp. Each day we'll travel to a new lake or pond around the city or in Kananaskis Country to learn basic fishing techniques. Some fishing holes can only be found by hiking to them, so be ready for a fun fishing trek. We'll also play outdoor games and maybe swim in lakes when the group is not fishing. Our goal is to ensure that everyone is having fun, even if you don't catch a fish.

**Please note:** we cannot guarantee that we will catch fish

**Prerequisite:** no experience necessary

**Required:** personal fishing rod (spin cast reel), small tackle box. Check equipment list and additional information in the online event details.

**Included:** instruction and transportation

### ENTERING GRADES 2–3

5 DAY	July 22-26, July 29-Aug 2 Aug 26-30	Monday - Friday 8:30 am - 4:30 pm	\$325
4 DAY	July 2-5	Tuesday - Friday 8:30 am - 4:30 pm	\$285

### ENTERING GRADES 4–5

5 DAY	July 15-19, July 29-Aug 2, Aug 12-16	Monday - Friday 8:30 am - 4:30 pm	\$325
4 DAY	Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$285

### ENTERING GRADES 6–8

5 DAY	July 8-12, 22-26 Aug 19-23	Monday - Friday 8:30 am - 4:30 pm	\$325
4 DAY	July 2-5	Tuesday - Friday 8:30 am - 4:30 pm	\$285



## Wilderness Survivor

Do you think it would be fun to learn how to survive in the wild? For the first few days we'll explore the Kananaskis area with our experienced instructors and learn hands-on skills. We'll learn how to safely build fires and shelters, be bear aware and much more. The last 2 days are spent on a group overnight trip to try out your newly-acquired skills and sleep in a shelter that you built yourself.

**Required:** check equipment list and additional information in the online event details.

**Prerequisite:** attend pre-trip meeting with a parent to discuss required items and cover meal planning (food is not included). The pre-trip meeting will be held the Tuesday of your camp at 3:30 pm.

**Included:** instruction, all group gear, and transportation

### ENTERING GRADES 6–8

5 DAY	July 8-12, 15-19, 22-26 July 29-Aug 2 Aug 12-16, 19-23, 26-30	Monday - Friday 8:30 am - 4:30 pm	\$375
4 DAY	July 2-5 Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$315

## World of Watersports

Dive right into a variety of watersports in this week-long paddling camp. We'll go canoeing, rafting, recreational/river kayaking and stand-up paddle boarding. Every day is different with a new location to see, both in and outside of the city. There is no better way to spend summer days than having fun in the water, meeting new people and learning new skills.

**Prerequisite:** must be able to swim 50m while wearing a life jacket

**Required:** check equipment list and additional information in the online event details

**Included:** instruction, activity specific equipment, and transportation

### ENTERING GRADES 4–5

5 DAY	July 8-12, July 29-Aug 2 Aug 12-16, 19-23	Monday - Friday 8:30 am - 4:30 pm	\$375
4 DAY	July 2-5	Tuesday - Friday 8:30 am - 4:30 pm	\$315

### ENTERING GRADES 6–8

5 DAY	July 15-19, 22-26 Aug 26-30	Monday - Friday 8:30 am - 4:30 pm	\$375
4 DAY	Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$315



# OUTDOOR CAMPS

No camps scheduled on July 1 (Canada Day) or Aug 5 (Heritage Day)

## TEEN EXPEDITIONS

Expeditions are activity-based, multi-day overnight trips (3 or 5 days). Please review the list of required items in the details online that you will be expected to bring. Each expedition also has a pre-trip meeting that you must attend with a parent. In that meeting, guides will discuss the required items and cover meal planning (food is not included).

### Backpacking Expedition 101

Head out to the mountains of Kananaskis for 3 days of exploring and backcountry camping. Our backpacking guides will teach you all about route finding, backcountry cooking, campsite management and animal safety.

**Required:** parent and participant pre-trip meeting: July 15 at 6:30 pm for the July 17-19 trip. July 22 at 6:30 pm for the July 24-26 trip. See online checklist for equipment.

**Included:** instruction, all group gear, transportation (food is not included).

ENTERING GRADES 8-12

3 DAY	July 17-19, 24-26	Wednesday - Friday Overnight	\$340
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### Backpacking Expedition 201

Challenge yourself and spend 5 days backpacking in the wilderness of Kananaskis Country. Discover outdoor leadership, self-care, route finding, navigation, backcountry cooking, campsite management, animal safety, and much more.

**Prerequisite:** hiking or backpacking experience

**Required:** parent and participant pre-trip meeting: July 23 at 6:30 pm. See online checklist for equipment.

**Included:** instruction, all group gear, transportation (food is not included)

ENTERING GRADES 8-12

5 DAY	July 29-Aug 2	Monday - Friday Overnight	\$520
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### Canoeing Expedition 101

Spend 3 days and 2 nights on a canoe trip this summer! Learn about paddle strokes, water safety and how to pack for a multi-day trip from an experienced canoe guide. July 24-26: Lower Bow River, however depending on water levels, canoeists will paddle the Milk, Lower Bow, or Middle Red Deer rivers.

**Note:** camping is not at designated campsites and will not have toilet facilities.

**Prerequisite:** no experience necessary

**Required:** parent and participant pre-trip meeting: July 22 at 6:30 pm for the July 24-26 trip. July 29 at 6:30pm for the July 31-August 2 trip.

**Included:** instruction, paddling equipment, all group gear, transportation (food is not included)

ENTERING GRADES 8-12

3 DAY	July 24-26 July 31-Aug 2	Wednesday - Friday Overnight	\$355
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### Canoeing Expedition 201

End your summer with an amazing multi-day canoeing adventure! Spend 5 days on the North Saskatchewan River (near Rocky Mountain House, Alberta) and learn about canoe tripping, wilderness skills, backcountry cooking, self-care and more.

**Note:** river choice is subject to change based on water levels at the time and camping is not at designated campsites and will not have toilet facilities

**Prerequisite:** experience paddling, be familiar with basic strokes (pry and draw) and you must be able to swim 50m with a lifejacket.

**Required:** parent and participant pre-trip meeting: August 13 at 6:30 pm.

**Included:** instruction, paddling equipment, all group gear, transportation (food is not included)

ENTERING GRADES 8-12

5 DAY	Aug 19-23	Monday - Friday Overnight	\$545
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### Mountain Biking Expedition

Kananaskis has some of the best mountain bike terrain in the world! Whether you're new to the sport or keen to develop your skills, you'll have the time of your life. Through a combination of cross-country and freeride skill development, you'll learn about and practise body positioning, gearing, cornering and manoeuvring on trails. Trail selection, bike maintenance and outdoor skills are also introduced. This expedition is operated out of a base campsite which riders return to each night.

**Prerequisite:** you must be very comfortable riding a bike and eager for off-road surfaces

**Required:** mountain bike in good condition (with gears and suspension), helmet that fits properly, spare tube. Parent and participant pre-trip meeting: August 12 at 6:30 pm.

**Included:** instruction, all group gear, and transportation (food is not included)

ENTERING GRADES 8-12

3 DAY	Aug 14-16	Wednesday - Friday Overnight	\$355
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### Rafting Expedition

Go whitewater rafting and spend three days on one of the most popular whitewater rivers close to Calgary—the Red Deer River. Learn about paddle strokes, water safety, and navigating rapids from a raft guide. Note: river choice is subject to change based on water levels at the time and camping is not at designated campsites and will not have toilet facilities.

**Prerequisite:** ability to swim 50m with a lifejacket

**Required:** parent and participant pre-trip meeting: July 8 at 6:30 pm.

**Included:** instruction, paddling guides and equipment, all group gear, transportation (food is not included).

ENTERING GRADES 8-12

3 DAY	July 10-12	Wednesday - Friday Overnight	\$355
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# OUTDOOR CAMPS

No camps scheduled on July 1 (Canada Day) or Aug 5 (Heritage Day)

## TEEN DAY CAMPS

ENTERING GRADES 8-12

You can have fun all day and sleep in your own bed at night. Be sure to bring a water bottle, lunch and weather appropriate clothing—we'll be outside all day and go rain or shine.

### Climb On Outdoors 101 Day Camp

In this day camp climb popular beginner routes in and around Kananaskis Country. Have fun as you learn basic climbing skills including how to belay, climbing calls, and climbing movement. Instructed by ACMG guides.

**Prerequisite:** no experience necessary

**Included:** instruction, all climbing gear, permit, transportation

ENTERING GRADES 8-12

3 DAY	July 3-5 Aug 7-9	Wednesday - Friday 8:30 am - 4:30 pm	\$355
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### Climb On Outdoors 201 Day Camp

Progress your climbing skills this summer! In this day camp, you'll develop fundamental skills such as foot placement, hand positions, and route reading. Every day, the group will head out to the mountains with ACMG guides for a full day of rock climbing.

**Prerequisite:** Climb On Outdoors 101, an equivalent climbing course, or experience climbing and belaying

**Included:** instruction, all climbing gear, permit, transportation

ENTERING GRADES 8-12

3 DAY	July 17-19 Aug 28- Aug 30	Wednesday - Friday 8:30 am - 4:30 pm	\$355
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### Get into Fly Fishing Day Camp

Southern Alberta is world-renowned for great fly fishing. This 3-day instructional camp will introduce you to casting techniques, proper fly selection, knot tying, how to read the water and all about fish habitat. Each day we'll head out to different locations in and out of the city limits.

**Prerequisite:** none

**Included:** instruction, waders, PFDs, transportation, rods (only if requested prior to August 1).

ENTERING GRADES 8-12

3 DAY	Aug 14-16	Wednesday - Friday 8:30 am - 4:30 pm	\$345
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### Get into Kayaking Day Camp

Learn all about river kayaking in this 3-day beginner camp for teens. An introductory pool class gets you warmed up for an afternoon of skill development on the river. Then we're off to the Bow River for a day of moving-water skills. Finish off with a taste of whitewater on a full-day run from Ghost Dam to Cochrane (west of Calgary).

**Prerequisite:** the ability to swim 50 m with a lifejacket

**Required:** check equipment list and additional information in the online event details.

**Included:** river kayaking instructor, all kayak gear, wetsuit, transportation.

ENTERING GRADES 8-12

3 DAY	Aug 7-9	Wednesday - Friday 8:30 am - 4:30 pm	\$355
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### Soar and More Day Camp

Interested in flying? Learn about the exciting world of windsports including hang gliding, paragliding and traction kiting. Through classroom and practical instruction, participants learn the basics of how to fly each of these crafts. The amount of time spent on each activity is wind-dependent. Program offered in conjunction with Muller Windsports.

**Prerequisite:** no experience necessary

**Required:** participants must be at least 5-feet tall and weigh 90 pounds

**Included:** instruction, all gear, and transportation

ENTERING GRADES 8-12

3 DAY	Aug 21-23	Wednesday - Friday 8:30 am - 4:30 pm	\$345
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# TRIATHLON CAMP

## Youth Triathlon Summer Camp

Welcome to the Swim-Bike-Run Youth Triathlon Summer Camp at the University of Calgary. This program belongs to the longest serving Triathlon Club in Canada, University of Calgary Triathlon Club. Learn proper swimming, biking and running technique from highly trained coaches.

Training develops your aerobic and anaerobic systems to give you a good base for all sports. The focus of this camp is to have fun and strive to be active for life. It is the goal of the camp to give all participants a sense of belonging to a team, the encouragement to live a healthy lifestyle, and the confidence to pursue their goals. In addition, we offer a regular all year youth training program.

Through expert instruction and structured training, each triathlete is able to improve both physical and mental conditioning in their effort to excel on the course. The goal will be to have your ready to compete in a Kids of Steel triathlon series if you wish.

For more information, please visit our website at:

<https://www.ucalgary.ca/ActiveLiving/registration/Program/youth-triathlon>

GRADES 5-12

5 DAY	July 29-Aug 2	Monday - Friday 8:30 am - 4:30 pm	\$400
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# DESIGN CAMP

No camps scheduled on July 1 (Canada Day) or Aug 5 (Heritage Day)

## makeCalgary Design Camp

Is your child's architectural vision surpassing this year's Lego kits? Budding builders and young city planners can unleash their creativity in this design camp developed and led by our innovative students in the Faculty of Environmental Design. Working together, campers will uncover new design skills to help bring their ideas to life. They'll work with a variety of materials to create architectural and urban designs while crafting scale models and collaborating with friends. We'll seek inspiration right here in Calgary using our developing campus as a full-scale laboratory to explore and observe beautiful buildings. The young designers will present their designs to their community of family and friends on Friday afternoon. Get out your creativity caps and join us for a week of fun!

Provided by Active Living and the Department of Environmental Design.

### GRADES 2-4

5 DAY	July 8-12, 15-19, 22-26 July 29-Aug 2 Aug 12-16	Monday - Friday 8:30 am - 4:30 pm	\$300
4 DAY	Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$265

### GRADES 5-7

5 DAY	July 8-12, 15-19, 22-26 July 29-Aug 2 Aug 12-16	Monday - Friday 8:30 am - 4:30 pm	\$300
4 DAY	Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$265

Please note that activities are subject to change and are presented as examples only. Grade refers to the grade your child is entering in the fall.

# VET CAMP

## Vet Camp

You can bet the farm this camp will be an 'udder' delight for aspiring veterinarians! The week-long experience will introduce kids to the many things vets do, including hands-on work with dogs and horses. Campers will learn straight from the horse's mouth about taking a heart rate; explore how a cow's stomach works; scrub, gown and glove for a mock surgery; work through a case to find a diagnosis; practise with surgery simulators and much more. They'll look the part too, with a scrub top to wear and take home. These camps are offered at the Faculty of Veterinary Medicine's Spyhill Campus on 85th St. NW.

**Note:** Before and After Care are not available for Vet Camp.

Driving instructions will be provided upon registration.

Find out more about the faculty at <http://vet.ucalgary.ca>

This camp is offered by the Faculty of Veterinary Medicine's Spyhill Campus at 11877 85 St. NW

### ENTERING GRADES 7-9

5 DAY	July 22-26, July 29 - Aug 2 Aug 12-16	Monday - Friday 8:30 am - 4:30 pm	\$360
4 DAY	Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$275

# RACQUET CAMPS

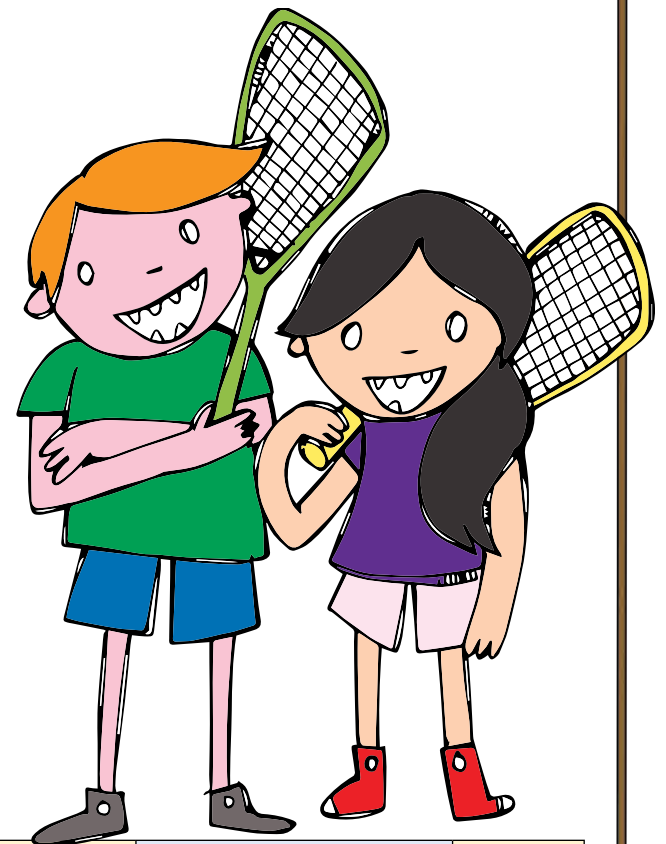
## SERVE SWING SMASH

Learn for the first time or hone your skills in the biggest public racquet sport facility in Canada! Jump on the court this summer for a great physical workout and a whole lot of fun.

If you can't choose just one sport, our Multi-Racquet camp can give you a taste of everything you could ask for.

## Multi-Racquet Camps: Tennis, Badminton, Squash, Racquetball, & Pickleball

Why have your kids at home making a racket when they could be putting that energy into a whole variety of racquet sports! They will have the opportunity to learn the rules of each sport, while giving them lots of time to play and practice. Not only will your child get to play a new racquet sport each day, they will get to enjoy fun, outdoor activities that promote social interaction and team building. After learning to slice on the court, kids will enjoy a tastier kind of slice with a pizza party on the last day of class.



### ENTERING GRADES 1-2

5 DAY	July 15-19 July 29 - Aug 2 Aug 12-16, 26-30	Monday - Friday 8:30 am - 4:30 pm	\$300
4 DAY	July 2-5	Tuesday - Friday 8:30 am - 4:30 pm	\$240

### ENTERING GRADES 3-4

5 DAY	July 15-19 July 29 - Aug 2 Aug 12-16, 26-30	Monday - Friday 8:30 am - 4:30 pm	\$300
4 DAY	July 2-5 Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$240

### ENTERING GRADES 5-6

5 DAY	July 8-12, July 22-26 Aug 19-23	Monday - Friday 8:30 am - 4:30 pm	\$300
4 DAY	Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$240

### ENTERING GRADES 7-9

5 DAY	July 8-12, 22-26 Aug 19-23	Monday - Friday 8:30 am - 4:30 pm	\$300
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# COCHRANE GYMNASTICS CAMPS

No camps scheduled on Aug 6 (Heritage Day)

SPRING  
SWING  
ROTATE  
ROLL

Gymnastics is a fantastic introduction into the fundamental movements found in any sport or physical activity. We teach kids to master the motions of their bodies in a fun and energetic way.

Fun and games are in store every day at gymnastics camp, with lots of time to make new friends this summer!



## Summer Camps

Build strong basic gymnastics skills in a safe environment, using all the apparatus in the Gymnastics Centre. We have gymnastics skills, games, fun and fitness in store for all our campers. Half-day and full-day campers will also enjoy our craft corner, nature walk including a scavenger hunt, and some outdoor fun as weather permits. Preschoolers are welcome to register in either a morning or in an afternoon camp any or each week, but are not permitted to register in morning and afternoon during the same week. Detailed, continuous programming begins at 9:00 am and concludes at 4:00 pm. Outside of those times, programming will be a mixture of games, free time and exploratory fun.

**Required:** Extra clothes, water bottle, bring two nutritional snacks (one for the morning and one for the afternoon campers as applicable), lunch for full-day campers.

\*We are a peanut conscious club and ask that products containing peanuts are not brought to the gym.

**Note:** There is a 6:1 kid to coach ratio for ages 4 - 5 years, and 8:1 kid to coach ratio for ages 6 years and up

## Theme weeks

Theme weeks will be lightly incorporated into our camps. Detailed, continuous programming begins at 9 am and concludes at 4 pm. Our camps will be fun, skills based programming to challenge all ages and levels offered. Outside of those times, programming will be a mixture of games, free-time, and exploratory fun.

### WEEK 1: Stampede Week

July 8-12

### WEEK 2: Parkour Camp

July 15-19

### WEEK 3: Super Hero Week

July 22-26

### WEEK 4: Amazing Race

July 29-Aug 2

### WEEK 5: Circus Week

Aug 6-9

### WEEK 6: Olympic Week

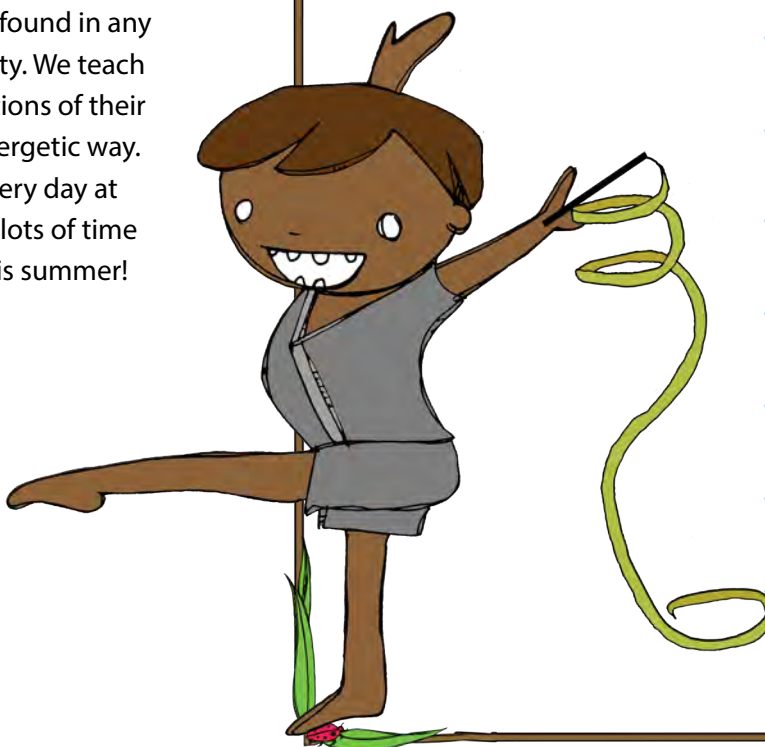
Aug 12-16

### WEEK 7: Acro Camp

Aug 19-23

### WEEK 8: Super Star Week

Aug 26-30



## Pre-school Camps

COED (AGES 4-5)

5 DAY HALF-DAY CAMPS	July 8-12, 15-19, 22-26, July 29-Aug 2 Aug 12-16, 19-23, 26-30	Monday - Friday 8:30 am - 12:00 pm 1:00 pm - 4:30 pm	\$150
4 DAY HALF-DAY CAMPS	Aug 6-9	Tuesday - Friday 8:30 am - 12:00 pm 1:00 pm - 4:30 pm	\$120

## Recreation Camps

COED (AGES 6-12)

5 DAY HALF-DAY	July 8-12, 15-19, 22-26, July 29-Aug 2 Aug 12-16, 19-23, 26-30	Monday - Friday 8:30 am - 12:00 pm 1:00 pm - 4:30 pm	\$150
4 DAY HALF-DAY	Aug 6-9	Tuesday - Friday 8:30 am - 12:00 pm 1:00 pm - 4:30 pm	\$120
5 DAY FULL-DAY	July 8-12, 15-19, 22-26, July 29-Aug 2 Aug 12-16, 19-23, 26-30	Monday - Friday 8:30 am - 4:30 pm	\$220
4 DAY FULL-DAY	Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$175

## Trampoline and Tumbling Camps

COED (AGES 7-12)

5 DAY HALF-DAY CAMPS	July 22-26 Aug 12-16	Monday - Friday 8:30 am - 12:00 pm 1:00 pm - 4:30 pm	\$150
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# AQUATICS

No camps scheduled on July 1 (Canada Day) or Aug 5 (Heritage Day)

## TEAMWORK RESCUE LEADERSHIP

Dive into the best student job around! If the sound of flipping burgers doesn't sizzle for you, then get ahead of the pack with our Red Cross Summer Series. We can get students as young as 12 years old on the path to lifeguarding. Working as a lifeguard builds important teamwork and leadership skills, and looks great on a resume. Just ask our U of C lifeguarding staff to tell you their favourite student job!

## RED CROSS SUMMER SERIES

### Assistant Lifeguard Certification

This fun and challenging course is your first-step to lifeguarding with the Canadian Red Cross. Participants will learn injury prevention, teamwork, basic rescues, and lifeguarding skills.

**Prerequisites:** Swim Kids level 10 or equivalent swimming ability

AGES 12+

5 DAY	July 15-19	8:30 am - 4:30 pm	\$300
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### Lifeguard Certification

This six-day course will certify lifeguards with the Red Cross Lifeguard program. This camp emphasizes hands-on practice with scenarios, and creates deck ready Lifeguards who can prevent and respond to emergencies, work as a team, and handle public relations.

**Prerequisites:** Red Cross Assistant Lifeguard (can be expired) and Standard First Aid with CPR-C/AED (current)

AGES 15+

6 DAY	Aug 7-9 & 12-14	8:30 am - 5:00 pm	\$350
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### Lifeguard and Swim Instructor Prep Camp

If you're thinking of becoming a lifeguard or swim instructor, this camp is for you! Swimmers will be introduced to lifeguard tools, and rescue and first aid skills. This camp will also provide the opportunity to review your swimming skills and gain added insight on your strokes. Instructors will give an orientation to the lifeguard and water safety instructor programs. This camp does not lead to a certification, however those eligible can try Step 1 of the WSI certification process can be attempted.

AGES 10+

4 DAY	July 2-5	8:30 am - 4:30 pm	\$250
5 DAY	July 22-26	8:30 am - 4:30 pm	\$300

### Stay Safe and Babysitters Camp

This camp offers basic first aid, safety and caregiving skills for youth 11-16 years old. Participants learn how to provide care to children in a variety of age groups, and how to prevent and respond to emergencies. The course also offers youth the skills to promote themselves as babysitters to prospective families.

AGES 11+

4 DAY	July 29-Aug 1	8:30 am - 4:30 pm	\$250
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### Water Safety Instructor — Step 4: Classroom/Pool

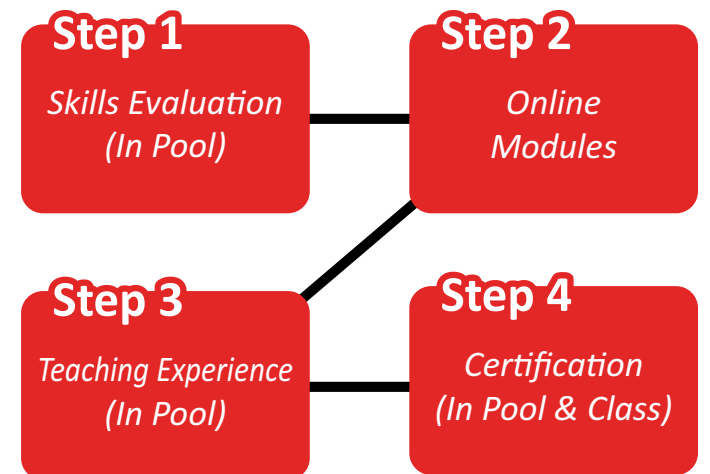
In this final step of the certification, you will demonstrate and receive feedback on your instructional skills to ensure you can effectively plan, teach, and evaluate the Red Cross Swim program.

**Prerequisites:** Have completed step 1-3

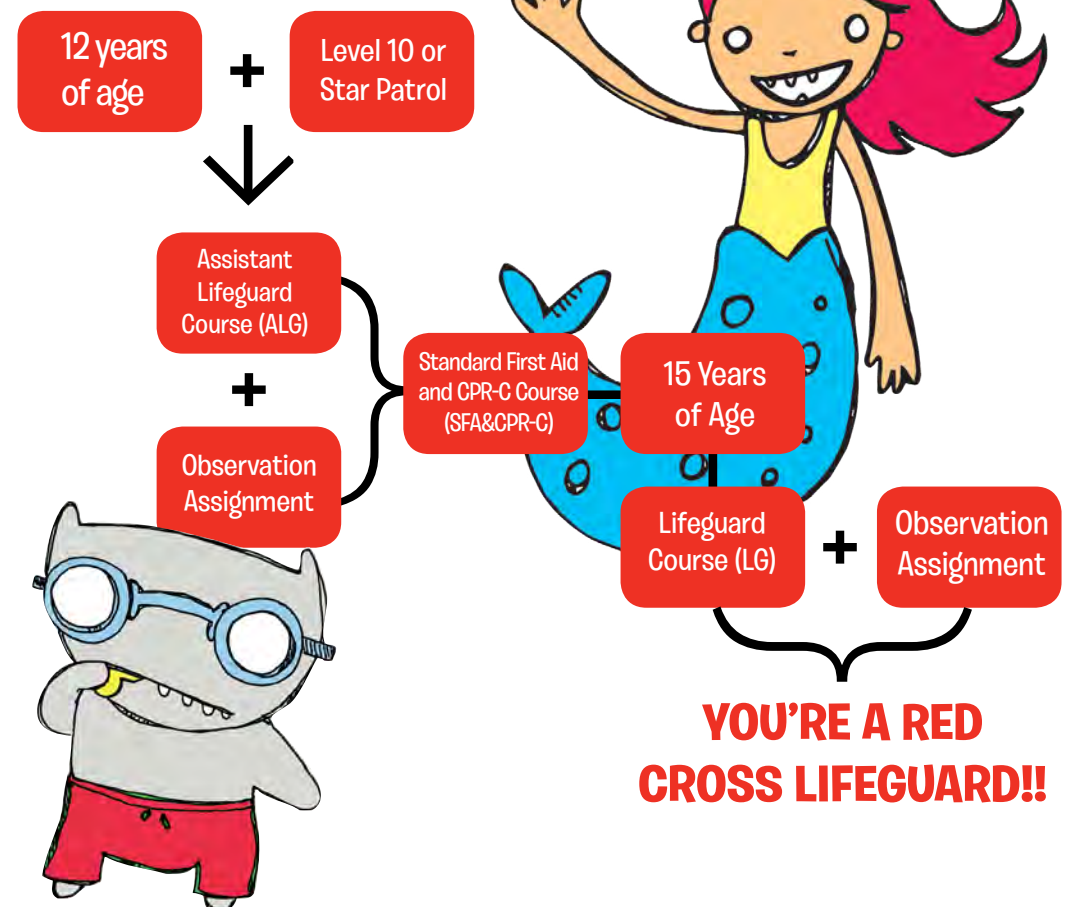
AGES 15+

4 DAY	July 8-11	8:30 am - 4:30 pm	\$200
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## HOW TO BECOME A RED CROSS SWIM INSTRUCTOR



## HOW TO BECOME A RED CROSS LIFEGUARD



### Mermaid University

This is your chance to experience what it's like to swim like a mermaid — no need for any deals with sea witches! Mermaid University puts safety first, starting our mermaids-in-training with basic swimming skills before transitioning into the monofin. Instructors will teach safe fin use and proper breathing while swimming. Swim sessions incorporate movement skills, fitness, pool entries and exits, dolphin dives, spins, turns, and of course mermaid games. All this excitement builds up to learning choreography, and a final day with costumes, mermaid makeup and a photo shoot. Best of all, the fin is yours to keep! Mermen are welcome to sign-up too.

**Prerequisites:** Swim Kids Level 5 or equivalent

Price includes tail

AGES 8+

4 DAY	July 2-5 Aug 6-9	8:30 am - 4:30 pm	\$350
5 DAY	July 8-12, 15-19, 22-26	8:30 am - 4:30 pm	\$385



# COMPUTER CAMPS

No camps scheduled on July 1 (Canada Day) or Aug 5 (Heritage Day)

**PROGRAM** Take your love of computers and technology beyond the ordinary with these tech-savvy camps. Learn the science  
**COMPUTE** behind electronics and invention with other  
**DESIGN** curious kids, or go behind the scenes to learn how video games are built. All camps run over two weeks to dig deep into the intriguing world of computing.

## Video Game Development (Final Summer)

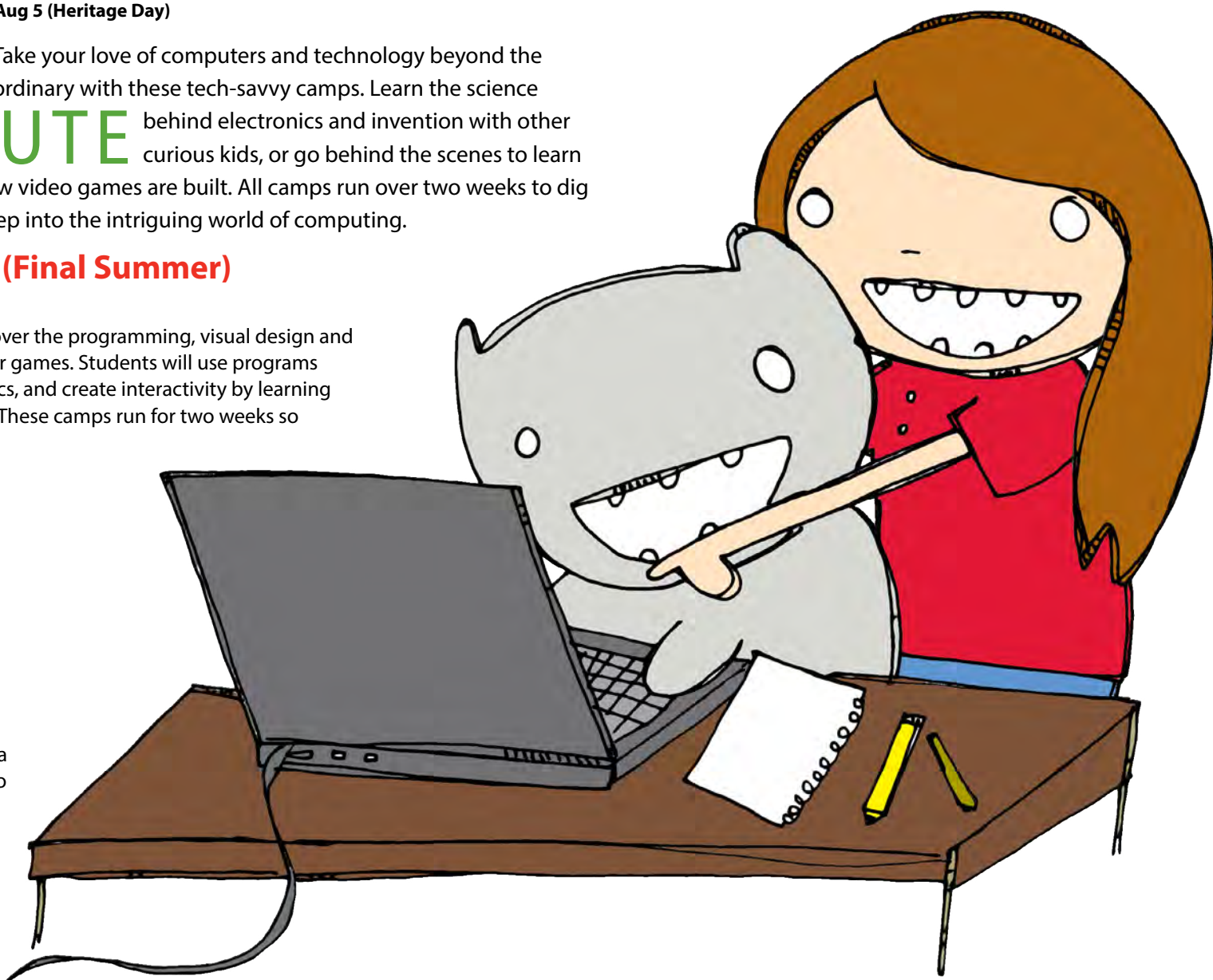
ENTERING GRADES 7-10

Delve into the video game universe and discover the programming, visual design and game design fundamentals to build computer games. Students will use programs such as Adobe Flash to produce visual graphics, and create interactivity by learning the ActionScript 3.0 programming language. These camps run for two weeks so the students can get a more complete understanding of programming.

This course is part of the Certificate in Video Game Development for Secondary Students offered by UCalgary Continuing Education.

**NOTE:** This Certificate Program will be discontinued effective August 16, 2019. However, in order to allow students who have previously completed Video Game Development Level 1 and/or Video Game Development Level 2 an opportunity to complete the program and qualify to receive a Certificate, there will be two offerings of Video Game Development Level 2 and one offering of Video Game Development Level 3 through July and August 2019. There will be no offering of Video Game Development Level 1.

If your child would like to register for the Certificate Program based on successful completion with a passing grade of all three levels of the Video Game Development courses by August 16, 2019, but hasn't already done so, please contact Continuing Education at (403) 220-2866.



### LEVEL 2

This intermediate course builds on the fundamentals from Level 1, introducing students to planning games and adapting programming concepts with increased independence. They will integrate the use of Adobe Photoshop to produce visual graphics, while gaining more in-depth understanding of previously learned tools.

**Prerequisite:** Level 1

10 DAY	July 22-Aug 2	Monday - Friday 9:00 am - 4:00 pm	\$575
9 DAY	Aug 6-16	Monday - Friday 9:00 am - 4:00 pm	\$575

### LEVEL 3

The final course brings together everything the young programmers have learned, as instructors support students in planning and developing their independent game projects. They will gain the organizational and programming skills to share their games on the web and mobile devices using local servers.

**Prerequisite:** Level 2

9 DAY	Aug 6-16	Monday - Friday 9:00 am - 4:00 pm	\$575
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## NEED TO KNOW

- ▶ Students must demonstrate a desire to learn how to develop computer games
- ▶ Students are required to bring a USB Flash drive to class; all other materials are included in the course fees
- ▶ Registrations for summer camps is through Active Living
- ▶ Medical and consent forms are to be completed online as part of the registration process
- ▶ This camp does not participate in the Active Living before/after care programs, or the lunch program
- ▶ This camp will have supervised noon-hour physical activities that are held outdoors (weather permitting)
- ▶ Many students bring lunch and students will be accompanied to the MacEwan Hall food court
- ▶ The lobby area in the Education Block is available for students waiting for a ride home after class

In addition to the course prerequisites that exist, students must demonstrate:

- ▶ strong math skills
- ▶ strong typing skills (they must be able to spell)
- ▶ a strong desire to learn a programming language
- ▶ Students must know how to use a computer, keyboard and mouse

Students must have Microsoft Windows skills and knowledge, and must be able to perform the following tasks:

- ▶ start and run Windows
- ▶ use the taskbar, Start button and Help feature
- ▶ use Minimize, Maximize, Restore Down/Up and Close
- ▶ use the left and right mouse buttons appropriately
- ▶ understand basic file management techniques and methods
- ▶ comfortably navigate between files, folders and drives.

\* Restricted to students entering grades 7-10



# PHYSICS CAMPS

No camps scheduled on July 1 (Canada Day) or Aug 5 (Heritage Day)

## Physics 101

From investigating atoms to exploring galaxies, this camp will have you discovering the wonders of Physics. This action-packed week will delve into astronomy, mechanics, electricity and magnetism with exciting hands-on experiments and group challenges. Campers will get the chance to observe live demonstrations in the University of Calgary Physics Demo Lab by professionals in the field, and go on a field trip to the Rothney Astrophysical Observatory. The young physicists will invite their community of family and friends on Friday afternoon to experience a project with them. Put on your best Tesla or Curie costume and come join us this summer!

Provided by Active Living and the Department of Physics and Astronomy

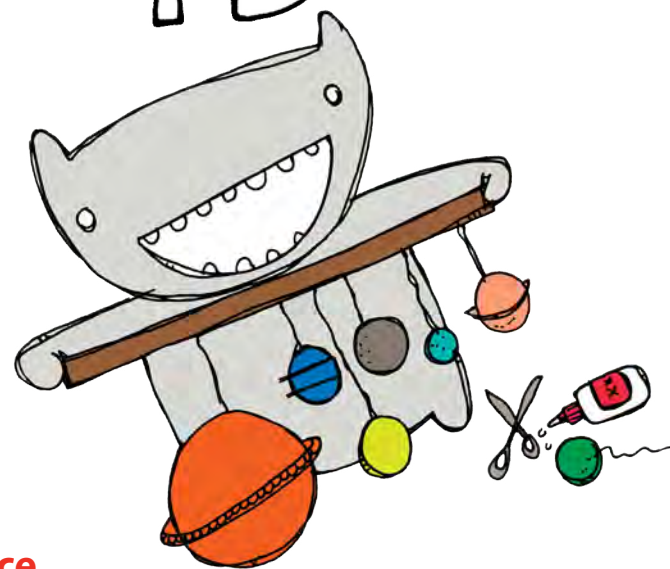
### GRADES 4-6

5 DAY	July 8-12, 22-26 July 29-Aug 2 Aug 12-16	Monday - Friday 8:30 am - 4:30 pm	\$300
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### GRADES 7-9

5 DAY	July 15-19 Aug 19-23	Monday - Friday 8:30 am - 4:30 pm	\$300
4 DAY	July 2-5	Tuesday - Friday 8:30 am - 4:30 pm	\$265

Please note that activities are subject to change and are presented as examples only.  
Grade refers to the grade your child is entering in the fall.



## Sky Science

Come explore the world above! Fire off rockets, design flying machines, explore gravitational forces, observe live demonstrations and travel to the University of Calgary's very own Rothney Astrophysical Observatory. From aviation to outer space, Sky Science will take you on an expedition from the ground up through hands-on, interactive experiments and challenges. The young physicists will invite their community of family and friends on Friday afternoon to experience a project with them. 3, 2, 1, blast off!

Provided by Active Living and the Department of Physics and Astronomy

### GRADES 4-6

5 DAY	July 15-19 July 29-Aug 2 Aug 19-23	Monday - Friday 8:30 am - 4:30 pm	\$300
4 DAY	July 2-5	Tuesday - Friday 8:30 am - 4:30 pm	\$265

### GRADES 7-9

5 DAY	July 8-12, 22-26 Aug 12-16	Monday - Friday 8:30 am - 4:30 pm	\$300
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Please note that activities are subject to change and are presented as examples only.  
Grade refers to the grade your child is entering in the fall.

# BUSINESS CAMP

## Young Entrepreneurs

Are you an aspiring entrepreneur? Come explore strategies for earning, saving, spending and investing wisely. In this interactive skill-building and hands-on environment, campers will nurture their independence and develop life skills in leadership, team play and responsibility. Have you ever wanted to turn your interests into a business idea? Learn how to craft a product and business plan that will allow you to think like an entrepreneur. On our field trip to a business in Calgary, you will have the opportunity to gather innovative ideas from local professionals in a behind-the-scenes atmosphere. The young entrepreneurs will pitch their products and business plans to their community of family and friends on Friday afternoon. Join us and come catch the spirit of entrepreneurship!

Provided by Active Living and Haskayne School of Business

### GRADES 4 - 6

5 DAY	July 29-Aug 2 Aug 12-16	Monday - Friday 8:30 am - 4:30 pm	\$295
4 DAY	July 2-5	Tuesday - Friday 8:30 am - 4:30 pm	\$265

### GRADES 7 - 9

5 DAY	July 8-12, 22-26	Monday - Friday 8:30 am - 4:30 pm	\$295
4 DAY	Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$265

Please note that activities are subject to change and are presented as examples only.  
Grade refers to the grade your child is entering in the fall.

## Entrepreneurial Thinking in Action

This isn't your average summer camp! The Entrepreneurial Thinking in Action Camp is a unique hands-on learning experience for students entering grades nine through twelve. We help participants develop their entrepreneurial leadership by delivering unique experiences that will activate their creativity, build their confidence, advance their teamwork, and grow personal resilience.

Over the course of the four days, participants will put their entrepreneurial thinking caps on and work in teams to develop a new business venture that aligns with their personal interests. They'll get a chance to immerse themselves in innovative environments across the University of Calgary, and will work with experienced mentors, entrepreneurial students and world-leading instructors from the Haskayne School of Business that will guide them through the process. We'll balance challenges with fun activities to ensure students are learning and playing. On the final day, we flip the script by working with an innovative Calgary business to deliver an active business challenge off campus that will challenge students to apply their newly developed entrepreneurial skills in a different context.

Provided by Active Living and Haskayne School of Business

### GRADES 9 - 12

4 DAY	July 2-5, 9-12	Tuesday - Friday 8:30 am - 4:30 pm	\$300
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Please note that activities are subject to change and are presented as examples only.  
Grade refers to the grade your child is entering in the fall.



# DIRECTOR'S CUT

No camps scheduled on July 1 (Canada Day) or Aug 5 (Heritage Day)

## LIGHTS, CAMERA, ACTION!

The Director's Cut promotes collaboration and experiential learning through hands-on digital media opportunities. Young people engage in storytelling through the lens of a camera.

These camps are being offered at the University of Calgary by the Director's Cut. To find out more about this organization, head to [www.thedirectorscut.ca](http://www.thedirectorscut.ca)

### BLOCKBUSTER Filmmaking

It's going to be a blockbuster summer at the Director's Cut with our NEWLY designed film workshop. Use GoPro Action cameras, 1080 HD digital cameras and the latest digital 360 VR equipment and hardware to film and edit your next big blockbuster. Under the guidance of professional filmmakers, participants will storyboard, write a script, and learn all about camera angles and cinematography before filming and editing their own action packed blockbuster. Participants will have access to green screens and have the opportunity to use 360 VR equipment as part of their cinematic experience. Participants will also create a commercial and movie trailer.

Swimming and Hollywood A-List activities will be included as part of our week. A red carpet, popcorn film festival will be hosted on Friday afternoon. Participants will be able to view their films in our private theatre.

GRADES 5-8

5 DAY	July 22-26 Aug 12-16, 19-23, 26-30	Monday - Friday 8:30 am - 4:30 pm	\$295
4 DAY	July 2-5	Tuesday - Friday 8:30 am - 4:30 pm	\$250

### Claymation @24 FPS

Unleash your inner Spielberg this summer at the Director's Cut Claymation workshop. Filmmaking crews will work together with a professional filmmaker to create a stop-motion animation film that is sure to rival the works of Hollywood's most talented ("Paranorman," "Wallace and Grommit"). Filmmakers will develop stories, build mini sets and create clay characters. In production, they will use stop-motion technology to capture their movie, and then add sound effects, titles, voices and music. Participants will also learn how to market their films.

Swimming and Hollywood A-List activities will be included as part of our week. A red carpet, popcorn film festival will be hosted on Friday afternoon. Participants will be able to view their films in our private theatre.

GRADES 5-8

5 DAY	July 8-12 July 29-Aug 2	Monday - Friday 8:30 am - 4:30 pm	\$295
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### I Wanna Rock

Rock on with the Director's Cut this summer! (Or with rap, pop, country! Make your own music video, styled after your favourite artist. Our professional filmmakers will be here to mentor you and show you the how to's to make your very own music video, including cinematography, editing, camera angles and shooting techniques. This year, participants will have the opportunity to work with GoPros as part of their film shoot.

Swimming and Hollywood A-List activities will be included as part of our week. A red carpet, popcorn film festival will be hosted on Friday afternoon. Participants will be able to view their films in our private theatre.

GRADES 5-8

5 DAY	July 15-19	Monday - Friday 8:30 am - 4:30 pm	\$295
4 DAY	Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$250



### LEGO™ Animation

Get your LEGO on at the Director's Cut LEGO Stop Motion Animation workshop. Filmmaking crews will work together with a professional filmmaker to create a stop-motion animation film that is sure to rival the works of Hollywood's most talented ("Paranorman" and "Kubo and the 2 Strings"). Small crews will storyboard, write a script, design mini sets and then capture their film through the art of stop-motion animation. In post-production sound effects, music, voice-overs and titles will be added.

Swimming and Hollywood A-List activities will be included as part of our week. A red carpet, popcorn film festival will be hosted on Friday afternoon. Participants will be able to view their films in our private theatre.

GRADES 1-5

5 DAY	July 8-12, 15-19, 22-26 July 29-Aug 2 Aug 12-16, 19-23, 26-30	Monday - Friday 8:30 am - 4:30 pm	\$295
4 DAY	July 2-5 Aug 6-9	Tuesday - Friday 8:30 am - 4:30 pm	\$250

### DC Pro Advanced Filmmaking Workshop

Young filmmakers will collaboratively with a seasoned, local filmmaker to create a 15-20 minute short film in this Director's Cut camp. They will create a concept, storyboard, and script using advanced digital screenwriting tools, lighting kits, advanced camera techniques, boom microphones and 1080 HD cameras. They will use Final Cut X and engage with 360 VR equipment to create an immersive film experience.

The workshop will also provide learning opportunities for film marketing, including webpage design, social media engagement and movie poster graphic design. Completed films will be entered in various youth film festivals.

**Prerequisite:** Participants must have at least one-year experience with film, or a Director's Cut program.

GRADES 7-8

10 DAY	July 8-19 Aug 19-30	Monday - Friday 8:30 am - 4:30 pm	\$710
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# TEEN CAMPS

*\*green or grey-coloured cell = scheduled camp*

Camp	Page	Grade	July	July	July	July	July/Aug	Aug	Aug	Aug	Aug
			2-5	8-12	15-19	22-26	29-2	6-9	12-16	19-23	26-30
Adapted Sport and Recreation	9	Ages 13-17									
Assistant Lifeguard	19	See page									
Backpacking Expedition 101	15	8-12			July 17-19	July 24-26					
Backpacking Expedition 201	15	8-12									
Canoeing Expedition 101	15	8-12				July 24-26	July 31-Aug 2				
Canoeing Expedition 201	15	8-12									
Climb On Outdoors 101	16	8-12	July 3-5					Aug 7-9			
Climb On Outdoors 201	16	8-12			July 17-19						Aug 28-30
Dinos - Basketball Shooting Clinic	10	See page				July 20-21					
Dinos - Boys/Girls Basketball	10	5-12									
Dinos - Boys/Girls Hockey Camps	10	See page									
Dinos - Football Camps	10	See page	Check website								
Dinos - Rugby Camps	10	See page	Check website								
Dinos - Soccer Camps	11	See page									
Dinos - Swimming Camps	11	See page									
Dinos - Track & Field	11	See page									
Dinos - Volleyball Camps	11	7-12									
Dinos - Wrestling Camps	11	See page	Check website								
Entrepreneurial Thinking in Action	21	9-12		July 9-12							
Get into Fly Fishing Day Camp	16	8-12							Aug 14-16		
Get into Kayaking Day Camp	16	8-12						Aug 7-9			
Learn to Leap Skating Camp	5	Ages 6+	Check website								
Lifeguard Certification	19	See page						Aug 7-9, 12-14			
Lifeguard and Swim Instructor Prep Camp	19	See page									
Mountain Biking Expedition	15	8-12							Aug 14-16		
Multi-Racquet Camp	17	7-9									
Rafting Expedition	15	8-12		July 10-12							
Soar and More Day Camp	16	8-12								Aug 21-23	
Stage Combat	9	9-11							Aug 12-14		
Stay Safe Babysitters Camp	19	See page					July 29-Aug 1				
Street Art Camp	9	9-11								Aug 21-23	
Water Safety Instructor	19	See page		July 8-11							
Video Game Development Level 2-3	20	7-10									
Youth Triathlon Camp	16	5-12									

## YOUTH CAMPS BY GRADE AND AGE

Camp	Grade								
	1	2	3	4	5	6	7	8	9
Active Gamers									
Blockbuster Filmmaking									
Broadway Bound									
Claymation @24 FPS									
Climb On!									
DC Pro Advanced Filmmaking									
Early Minds									
Energy Engineering									
Engineering 101									
GeoVenture									
Girls Applied Science									
Girls Technology									
Gymnastics	Ages 4-15								
I Wanna Rock									
Kananaskis Explorers									
Keiki Longboarding									
Kinder Kamp A&B	Entering Kindergarten								
Krank Factory 101									
Kreative Kids									
Learn to Leap Skating Camp	Ages 6+								

Camp	Grade								
	1	2	3	4	5	6	7	8	9
LEGO Animation Camp									
MakeCalgary Design Camp									
MediCamp									
MegaVenture									
Mermaid University	Ages 8+								
Mini Black Belts									
Mini Brick Builders									
Mini Camp Sampler									
Mini Musicians									
Mini Musketeers (Grades 3-11)									
Mini Pro Golfers									
Mini Sport									
Mini U 101									
Mini U Spring Break Camp									
Multi-Racquet Camps									
Natural Sciences									
Outdoor Spring Break Camp									
Packs and Pixels									
Physics 101									
Science Trek									

Camp	Grade								
	1	2	3	4	5	6	7	8	9
Sky Science									
Technology									
Thrill of the Catch									
Tots on Treks									
Tour de Calgary									
Trampoline and Tumbling	Ages 7-15								
Wilderness Survivor									
World of Watersports									
Vet Camp									
Young Entrepreneurs									
Youth Triathlon									Ages 5-12

\* Grade refers to the Grade campers are entering in the fall.

