

## **Activities:**

All activities are supervised by trained staff including certified lifeguards and instructors. Please note that these are our main activity areas – and we offer a variety of activities and challenges within these areas. We have several large group activities and opportunities for campers to choose activities to do on their own based on interests.

Some of these activities are age restricted (adventure course and high ropes). We reserve the right to restrict your camper's participation in camp activities. If a youth camper should not participate due to physical limitation in any of these activities, you will be asked to fill out an activity restriction form at registration. Campers may wish to not participate, and our staff will work to find an alternative activity or option for them when appropriate.

- Adventure Course our new self-belay high ropes course. Challenge yourself to navigate one or two levels of challenges.
- Archery learn proper use of equipment and go for a shot at the bull's-eye.
- Arts projects and lessons in arts including crafts, musical instruments, singing and dancing
- Boating canoes, paddleboats, rowboats, corcls, kayaks, pontoon boat and stand up paddleboards for lessons and leisure.
- Campfire skits and songs to delight campers of all ages.
- Climbing tower Check out our new 40 foot, four sided climing tower this year! You will climb with safety harnesses, 1:1 belayers and a safety helmet.
- Field Sports learning and playing field games such as disc golf and field hockey.
- Innertubing enjoy Lions Lake floating on an innertube.
- Mud Pit come and get muddy in our large mud pit.
- Environmental Education learning about the natural environment and outdoor skills using our beautiful facility.
- Rope Swing popular to clean off mud from the mud pit, you swing out on a rope and land in the water below.
- Swimming leisure in Lions Lake.
- Water Sports water basketball, water volleyball or water polo.
- Low Ropes Course this is a course which elements are 2-5 feet off the ground and they are navigated while wearing a safety helmet.

 High Ropes Course - This is a course which elements are 20 – 40 feet off the ground and they are navigated with safety harnesses, 1:1 belayers and a safety helmet.

## Theme of the Week: Expedition

Welcome to our Camp Expedition! Get ready for a thrilling week of exploration and discovery, where you'll dive into archaeology-themed challenges, uncover ancient mysteries and learn about fascinating cultures.

For our theme of the week, camp staff work hard to create activities, events and moments relating to the theme throughout the week. Some examples would be camp wide competitions, trivia, dance costumes, cabin cheers and so on. Feel free to bring clothing that matches the theme for all camp activities!