



Because learning happens when you're having fun!

CAMP
Program Guide
2017

CAMP KANANNAQ
SOLARIS & POLARIS

Borealis Counselor-in-Training

Aurora Leadership

OUTDOOR EDUCATION

Winter camp



www.nbcy.org

Dear Valued Camp Families:

I would like to thank you for choosing the YMCA of Northern BC Camp Kanannaq Programs this year and trusting us with your most cherished treasures: your campers. Let me assure you that we do not take that responsibility lightly. For those who are new to Camp Kanannaq, we hope to become a fundamental piece in your family's life and your children's development. For those who return year, after year, we are so pleased to serve you again and we are eager to have your children reunited with their camp family. Guiding your children through each stage of our programs and watching as they expand their skills, find their voice and provide their leadership has become my favorite part of YMCA camping.

As an Award Winning Local Summer Camp, Camp Kanannaq is devoted to providing your family with an unforgettable camp experience. With years of experience, our sound reputation and expertise that only the YMCA can bring; we are excited to serve our community for our tenth camping season!

In a world where nature deficit disorder exists, we believe that camp is more important than ever. Camp Kanannaq's Solaris and Polaris programs expose your child to new activities and skills through our challenge by choice mantra, while allowing them the fun and freedom that they need to thrive. The Aurora Leadership Program provides youth with a balance of fun and responsibility through an unforgettable out trip experience. The Borealis Counselor-In-Training Program builds on the leadership skills acquired in Aurora, provides extensive training and self-reflection to foster leadership excellence in all its forms. Finally, our enthusiastic staff team is hand selected and extensively trained to assure that your children are in the best care possible.

On behalf of the entire camp team, we are honored that you have entrusted us with your most precious possessions. Despite years of camping experience, I am always astonished by the YMCA difference. Through dedication my team demonstrates and the genuine love they have for your children. Even months after the summer has passed, I hear our staff share their stories of how much they loved each specific child. I truly believe that the relationships children build with our positive role models in a fun, safe and active environment not only make their summer memorable, but help shape them into the amazing individuals that they will become.

It is our promise to you to support your child to reach their potential this summer and guide them to see themselves in a new light.

Yours in Camping,
Stephanie Mikalishen
Manager of Philanthropy, Marketing & Camps

Participation in summer camp programs builds significant positive outcomes!

1. Social integration and citizenship
2. Environmental awareness
3. Self-confidence and personal development
4. Emotional intelligence
5. Attitudes towards physical activity.

Welcome to Camp 2017



"The camp staff and leaders are some of Prince George's top role models. Their friendly professional guidance is supporting my children in developing great character and values."
- 2016 Camp Parent

OUR VALUES BASED PROGRAM

At Camp Kanannaq, we believe that our values help us distinguish right from wrong and provide a foundation for character. They are the basis of who we are, how we live and how we treat others; living with and acting on good values contribute to the development of a healthy self-esteem and overall personal happiness. The YMCA core values that we work to instill at camp are **caring, honesty, respect, responsibility and inclusion**. Our staff make a commitment to role model our values and encourage campers to demonstrate these values through simple actions such as putting away their own items after lunch, playing by the rules of Gaga Ball or asking someone to sit with them on the bus.

When campers arrive at camp they understand that it is their responsibility to live within the YMCA values. At Camp Kanannaq, we use value beads to promote positive behaviour, model character and personal achievement. Value beads are worn at camp as a constant reminder of what we value in our camp community. Throughout the week, beads are awarded to campers for exhibiting the YMCA core values, success in specific program areas, as well as demonstrating leadership skills and service to the camp environment. Campers are encouraged to bring their beads from previous summers and to wear their beads while at camp.

Adventure awaits!

SOLARIS PROGRAM • Ages 7 - 12

This day camp program incorporates traditional aspects of camp such as canoeing, arts and crafts, archery, swimming, games and wilderness activities for children of all skill levels. Individual and team games, songs, and the infamous Camp Kanannaq Funky Fridays will help your child spend a fun-filled week developing friendships and learning new skills.

Session	Time	Fee
Per Week (M-F)	8:30am-4:30pm	\$203.00

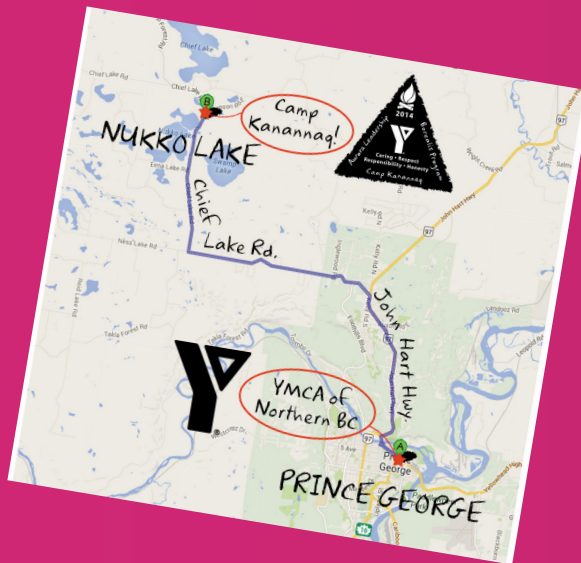
A TYPICAL DAY AT CAMP KANANNAQ

MORNING

- 8:30am Drop off and check in at YMCA Highland / Massey Drive Centre **SHARP!**
- 8:40am Bus leaves for Nukko Lake
- 9:15am Opening Campfire
- 9:25am Camp Wide Games
- 9:45am Snack
- 10:00am Team Activities
Round 1: archery/ crafts/ fire building/ orienteering/ bannock/ canoeing/ fort building
- 11:15am Team Activities
Round 2: archery/ crafts/ fire building/ orienteering/ bannock/ canoeing/ fort building

AFTERNOON

- 12:30pm Lunch
- 1:00pm Camp Wide Woodland Game
- 1:30pm Campers Choice: Swimming/ Gaga Ball/ Art/ Archery/ Canoeing
- 3:00pm Closing Campfire and Bead Ceremony
- 3:30pm Bus leaves camp
- 4:15pm Parent pick up at YMCA Highland & Massey Drive - 4:30pm



Camp Kanannaq: Solaris & Polaris

POLARIS PROGRAM • Special Needs Camp for ages 13-18

This inclusive program for teens with special needs will incorporate traditional camp activities while focusing on social skills. Daily emphasis is placed on fun activities, friendships, accomplishments and participating within our camping community.

Session	Time	Fee
Per Week (M-F)	8:30am-4:30pm	\$203.00



Canadian Camping Association
Association des camps du Canada

Aurora Leadership Program

Aurora Leadership offers teens between the ages of 13 - 15 a unique outdoor recreation experience built on the YMCA values of **caring, honesty, respect and responsibility**. This program emphasizes outdoor education, participation, fair play, team spirit and leadership skills that build an appreciation for our environment and more. Teens that are veteran campers or are new to the great outdoors will enjoy the skill building and camaraderie that only ten days of outdoor adventures can bring!

This advanced camp program allows youth who have participated in younger summer camp sessions, such as Camp Kanannaq, the opportunity to take their summer camp experience to the next level. They are led by carefully selected staff, that will help them gain confidence, make friends and learn the technical skills necessary to safely enjoy our great outdoors.

Over the course of the program, teen campers will unite to learn survival skills such as fire building, shelter construction, map reading and more in preparation for a three night camping excursion to Carp Lake, Bowron Lakes or Mount Robson. Overnight excursions will include camp set-up, meal preparation, hiking, campfires, and personal reflection before returning home.

Guided by positive role models and the best in outdoor recreation curriculum, teens will gain a foundation in leadership that will give them a love for our beautiful landscape and positively steer them into young adulthood.

Prince George 10-Day Sessions: **July 3 - 14 • July 17 - 28 • July 31 - August 11**

New! Vanderhoof and Fort St. James 5-Day Session to Mt. Robson: **August 20- 24**

Find a detailed kit list at www.nbcy.org/camps/auroraleadership.php

Aurora Leadership Program

Prince George 10-Day Session

Day 1

Introduction and welcome!
Set goals, create leadership journal, games, skits

Day 2

Outdoor technical skill sessions

Day 3

Day trip to Ancient Forest/Fort George Canyon/
Raven Lake

Day 4

Canoeing, archery lessons, leadership placement

Day 5

Day Trip to Teapot Mountain/Eskers

Day 6

Camping preparation and packing

Day 7 (overnights begin)

Depart for Carp Lake/Bowron Lakes/Mount Robson

Day 8 (overnight)

Carp Lake/Bowron Lakes/Mount Robson

Day 9 (overnight)

Carp Lake/Bowron Lakes/Mount Robson

Day 10

Strike camp, return home

Vanderhoof & Fort St. James 5-Day Session to Mt. Robson

Day 1

Welcome! Camping preparation and packing

Day 2

Overnight - Mount Robson

Day 3

Overnight - Mount Robson

Day 4

Overnight - Mount Robson

Day 5

Strike camp, return home



"I've never smiled so much
and I've never had so much
fun as I did on this trip."
- 2016 Camper

The YMCA of Northern BC would like to thank the Ryan Shiels Fund for their continuous support of the Aurora Leadership Program



"The staff team was so welcoming and wonderful to work with. Being a CIT gave me a unique experience that made my summer a special one that I will remember forever."
- Former CIT

BOREALIS COUNSELOR-IN-TRAINING (CIT) PROGRAM

Ages 15 - 17

Since 2008, over 100 teens have participated in this volunteer program, gaining valuable experience as a Counselor-In-Training and learning more about themselves. The program provides opportunities and enriching experiences that will challenge one's self while developing respect for the outdoors. Responsibilities include assisting counselors with: group games, archery, canoeing, program setup, campfire songs and many other fun activities. Leadership development will include: teamwork, goal setting, time management, communication, child protection, behaviour management, technical skill, problem solving, programming and self reflection.

What can you gain as a Counselor-In-Training?

- Volunteers will receive three days of intensive training on child care theory, safety policies and procedures, what it means to be a counselor and how to work as part of a team.
- This program is a great way to obtain volunteer hours, build a resume, and potentially be eligible for extra credits.
- Volunteers receive a three-month membership to the YMCA of Northern BC.
- Camp is fun! Volunteers will make lasting memories and build close bonds with each other.
- Job experience and mentoring.
- Preferred hiring for future positions.

A minimum commitment of two weeks is required. If you possess a positive attitude, have lots of energy, care and patience, you are ready to be a Counselor-In-Training at Camp Kanannaq!

Visit www.nbcy.org to download the application form.

***Deadline for applications is 4:00pm on Friday, June 9th, 2017.**

HOURS OF OPERATION

Solaris, Polaris and Borealis will not operate Monday July 3rd or Monday August 7th.

Each day, camp runs from 8:30am to 4:30pm. *Early drop-off between 7:00am – 8:30am is an option at Highland ONLY for an additional fee.*

Drop off by 8:30am sharp, the bus leaves at 8:40am.

Visit our website to download the full camp policy with important information as to what to pack, and behaviour guidelines. www.nbcy.org/camps/camp_kanannaq.php

COMMUNICATION

We want to ensure that you and your child feel comfortable with your camp experience. In order to ensure effective communication, please note that all phone calls and/or questions should be directed to our **Coordinator of Child Care Administration at 250-562-9341 ext. 109** (e.g. If your child will be absent, if you need to pick up your child during the day or if someone else is picking up your child).

HOT WEATHER POLICY

YMCA staff will modify camp activities to accommodate for hot weather in order to promote the health and safety of all campers. Please apply sunscreen to your camper each morning before camp and send additional sunscreen for re-application. Staff will take the following hot weather precautions: frequent water breaks, sunscreen reapplication reminders, more water activities, less vigorous activities and the use of cooler, shaded areas.

MEDICATIONS

If your child requires prescription medication at camp, please complete and submit the YMCA's Consent to Administer Medication form and/or the Request for Administration of Non-

Prescription Medication before you first day of camp.

All medications need to be in the original container with your child's name and the date of the prescription on the container. If the medication is for emergency use, (i.e. inhaler or EpiPen) the counselor will carry it in their emergency pack - or if your child self-administers their medication they can carry it in a fanny pack. Please fill out the form available from the Coordinator of Child Care Administration.

SNACKS & LUNCHES

Your child will be very active at camp and will need healthy lunches and snacks to fuel this high level of activity. When you plan your child's lunch please keep in mind that there are no microwave ovens at camp. YMCA Camp Kanannaq strives to encourage a healthy lifestyle and environmentally sensitive behaviour. Please try to minimize plastics and other litter from your camper lunches. Please note many campers have nut allergies - **we are a nut-free environment.**

Tips for litter-less, healthy snacks and lunches:

- Use an insulated lunch bag and use a reusable drink container and fill with 100% fruit juice or water. Freeze it overnight and it's a cold-pack!
- Bake nutritious muffins, cookies or breads and send in your camper's lunch.
- Avoid mayonnaise and other heat-sensitive food items.
- Avoid single-serve snack items in disposable packaging: lunchables, fruit cups, etc. These can be served in reusable containers.
- For additional tips visit: www.sustainabletable.org or www.alive.com

Important Info

"The YMCA camp is always well organized, all children are included and feel like they belong. The staff are so cheery and interactive with the children."

- 2016 Camp Parent



Winter Camp



If you think camp is the best place on earth in the summer, just wait until you try it under a blanket of snow!

Spend winter break with your favorite enthusiastic camp staff enjoying the best pieces of Camp Kanannaq with the added fun that only winter can bring!

Campers will spend time outdoors playing their favorite camp games in the snow, like Capture-The-Flag and Survivor, sledding, building ice quinzees and roasting s'mores on outdoor fires. Each session will include a snowshoe out-trip to Eskers Provincial Park.

Campers will warm up inside, cozy up to the fire with crafts, old fashion board games and even make some homemade maple sugar treats. Lastly, no week at camp is complete without the Camp Kanannaq Snow Olympics and Funky Friday!

There is no better way to spend your winter break than Camp Kanannaq!

Registration Information

Session 1 • December 18 - 22 • \$203

Session 2 • December 27 - 29 • \$122

Hours are 8:00am-4:30pm

Drop off / Pick up at
Highland Centre (155 Mcermid Drive) or
YMCA (2020 Massey Drive)
7:00am early drop off available at Highland only for
an additional fee.

**Each Camper will receive a special
Winter Camp t-shirt!**

LIMITED SPACES AVAILABLE



Outdoor Education

Book Now!

Register your class now for your spring session of outdoor education with our Camp Kanannaq experts. Our enthusiastic staff will ensure your students are engaged and have fun for this hands-on learning experience that only the outdoors can bring.

Guided tours are available Monday to Friday, May 15th - June 16th.

Tours include an interpretive hike, orienteering, a pond study, active games and an interactive camp fire. Tours operate in a ratio of one YMCA staff to fifteen students.

Schools are welcome to stay for a picnic lunch before or after their session.

Book your date early as it is first come, first served. Space is limited. Students \$5 each • Adults Free

You can download the booking form at www.nbcy.org/camps or call the camp office for questions 250-562-9309 x 209

FLEXIBLE HOURS

Your choice of a
2.5 hour time
slot between
9:00am - 2:30pm

AT FORESTS
FOR THE
WORLD

Outdoor Education

Because learning happens
when you're having fun!





Camp Kanannaq Program Registration Form

COMPLETE ALL REQUIRED INFORMATION.
INCOMPLETE REGISTRATION FORMS WILL NOT BE PROCESSED.

<p>CAMP KANANNAQ</p> <p><input type="checkbox"/> Solaris (Ages 7 – 12) <input type="checkbox"/> Polaris (Special Needs ages 13-18)</p> <p>T-shirt Size <input type="checkbox"/> Small <input type="checkbox"/> Med <input type="checkbox"/> Large <input type="checkbox"/> XL <i>*Size not guaranteed</i></p> <p>Drop off & pick up location <input type="checkbox"/> Massey Drive <input type="checkbox"/> Highland <input type="checkbox"/> Highland Early Drop-off (7am onwards) \$20 per week</p>	<p>SELECT WEEK(S) 8:30am – 4:30pm</p> <p><input type="checkbox"/> Week 1: July 4-7 (closed July 3)\$163 <input type="checkbox"/> Week 2: July 10 - 14\$203 <input type="checkbox"/> Week 3: July 17 - 21.....\$203 <input type="checkbox"/> Week 4: July 24 - 28.....\$203</p>	<p><input type="checkbox"/> Week 5: July 31 – August 4.....\$203 <input type="checkbox"/> Week 6: August 8 - 11 (closed August 7)\$163 <input type="checkbox"/> Week 7: August 14 - 18.....\$203 <input type="checkbox"/> Week 8: August 21 - 25.....\$203</p>
<p>AURORA LEADERSHIP</p> <p>Includes t-shirt and three night out trip</p> <p>T-shirt Size <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> XL <i>*Size not guaranteed</i></p>	<p>SELECT SESSION(S) 8:30am – 4:30pm</p> <p><input type="checkbox"/> Session 1: July 3 - 14\$475 Carp Lake <input type="checkbox"/> Session 2: July 17 – 28.....\$475 Mt. Robson <input type="checkbox"/> Session 3: July 31– August 11.....\$475 Bowron Lakes</p> <p>Drop off location (<i>Prince George only</i>) <input type="checkbox"/> Massey Drive <input type="checkbox"/> Highland</p>	<p><input type="checkbox"/> Vanderhoof/ Fort St. James: Mt. Robson August 20- 24.....\$295</p>
<p>WINTER CAMP</p> <p>T-shirt Size <input type="checkbox"/> Small <input type="checkbox"/> Med <input type="checkbox"/> Large <input type="checkbox"/> XL</p>	<p>SELECT SESSION(S) 8:00am- 4:30pm</p> <p><input type="checkbox"/> Session 1: December 18- 22.....\$203 <input type="checkbox"/> Session 2: December 27- 29.....\$122</p>	<p>Drop off & pick up location <input type="checkbox"/> Massey Drive <input type="checkbox"/> Highland <input type="checkbox"/> Highland Early Drop-off</p>

CAMPER INFORMATION (REQUIRED FOR ALL PROGRAMS – PRINT LEGIBLY)

First Name: _____ Last Name: _____

Birthdate (yy/mm/dd): _____ / _____ / _____ Male Female Age (as of camp start): _____

Street Address: _____ City/Prov _____

Postal Code: _____ Email: _____ Emergency Phone: _____

Parent (A)/Guardian (A): _____ Res Phone: _____

Cell: _____ Work Phone: _____

Parent (B)/Guardian (B): _____ Res Phone: _____

Cell: _____ Work Phone: _____

Alternative Emergency Contact: _____ Phone: _____

Custody (Parent A/Parent B/Both/Other): _____

Who can pick up your child? _____

Who **should not** be contacting/visiting/picking up your child? _____

Photo ID is required for pick up



BRITISH COLUMBIA CHILD CARE LICENSING REQUIRES THE YMCA TO HAVE A CURRENT, GOOD QUALITY PHOTOGRAPH OR DIGITAL IMAGE OF EACH CHILD. Please attach with this form or email to corrine.hemeryck@nbcy.org.

Did you register with a friend (s)? Yes No If YES, name (s): _____

Is this your first time at: Camp Kanannaq Yes No Aurora Leadership Program Yes No

MEDICAL INFORMATION (REQUIRED) *Health Care Coverage Required*

Care Card #: _____ Child covered by BC Medical

Alternative Healthcare If yes to Alternative Healthcare, attached details on separate sheet.

Child doctor's name: _____ Phone #: _____

Child dentist's name: _____ Phone #: _____

Is your child's immunization current? Yes

Does your child require special medical attention or take daily medications? Yes No

Is your child currently on a medication vacation? Yes No

If yes, provide details:

Does your child have difficulties, which may require some program adaptations including extra behavioural guidance? Yes No If yes, provide details:

ALLERGIES OR DIET RESTRICTIONS (REQUIRED)

Does your child have any allergies, diet restrictions? Yes No

If yes, please provide details of allergy and/or dietary restrictions:

Mild Moderate Severe Anaphylactic

Treatment & comments:

CONSULTATION REQUEST

I require a consultation with the Camp/Child Care Coordinator regarding elements of my child's participation:

Yes No

ADDITIONAL INFORMATION

Is there anything we need to know to ensure a positive care experience for your child? (Separation anxiety, Behavioural, etc...)



Complete all required information - Incomplete registrations will not be processed

Child's Commitment: I want to participate in YMCA of Northern BC Camp programs. I agree to abide by the YMCA Child Care Rules. I will do my best to make this a good experience for myself and fellow children. I understand that failure to live up to this promise might result in my dismissal from the camp program.

Child's Signature: _____

Parent's Commitment: I have discussed the Child's and Parent's Commitment with my child and confirm that this child agrees to participate in the full program including field trips and lake visits by bus, to follow safety instructions and/or refrain from behaviour that is harmful to oneself and others. I understand and support the Child Care policy that prohibits the possession or use of tobacco, alcohol or non-prescription drugs and understand their use as well as abusive behaviour is cause for dismissal without refund of Child Care fees. *I have read and understand the above. Please initial here:* _____

Field Trips: In permitting my child to attend YMCA Camp Programs, I the undersigned permit my child to participate on various field trips. These may include unscheduled, spontaneous local trips walking or on public transportation or on planned outings using YMCA transportation.

Name of Parent/Guardian (please print): _____ Date: _____

Parent/Guardian's signature: _____

I authorize the YMCA to use any photos and/or videos of my child obtained while engaged in YMCA programs for promotional purposes. *I have read and understand the above. Please initial here:* _____

In permitting my child to attend YMCA Camp Programs, I the undersigned permit my child to participate in the full range of activities and authorize the Camp Coordinator or his/her appointee, in the event of accident or illness affecting this above named child to authorize on my behalf all procedures, including transportation by ambulance, admission to hospital and necessary treatment there in, as he/she may deem essential for the care and well-being of the child. Such action is only to be taken when immediate contact with the undersigned cannot be made. It is understood the YMCA is not responsible for medical care or ambulance costs. *I have read and understand the above. Please initial here:* _____

Aurora Campers ONLY

I authorize the YMCA Aurora Staff to administer any necessary medication to my child while on the Aurora Leadership out-trip. *Parent/Guardian initial here* _____

I allow my child to depart the Aurora Leadership program at the end of the day without parent/guardian sign out. *Parent/Guardian initial here* _____

I, the undersigned, release and discharge any and all rights and claims for damages and causes of suit or action that I or my child have at any time against the YMCA of Northern BC, Diversified Ltd., School District 57, the City of Prince George and Girl Guides of Canada; along with their employees and agents; for any and all injuries or losses suffered by my child as a result of participating in YMCA Camp Programs. The YMCA is not responsible for any lost or damaged personal items such as clothing, electronic devices.

I have read and understand the above. Please initial here: _____

Print Name: _____ Signature of Parent /Guardian: _____

Date: _____

Please note: For a full list of our policies please visit www.nbcy.org.



Registrations without payment will not be processed. Full payment or a non-refundable \$75.00 per child is required.

Refund Policy: Cancellations SEVEN DAYS prior to the session start date will receive a full refund less the deposit of \$75. Parents are responsible for the full fee.

PRE-AUTHORIZED PAYMENT CONTRACT

Date:	Parent Surname:	Parent First Name:
Program: Camp Kanannaq	Child's Last Name:	Child's First Name:

Form of pre-authorized payment:

- Void Cheque
 VISA
 Mastercard
 Amex
 Interac/ Cash (at YMCA)

Name: _____ Exp. ____/____

Credit Card Number: _____

I hereby authorize the YMCA of Northern BC to deduct child care fees from my financial institution or credit card on the 1st/15th or 20th of each month and a non refundable \$75.00 non-refundable deposit at time of registration.

I understand that a service charge of \$20.00 will be charged to my child care and camp account for any returned payments.

My child care and camp services will be cancelled if payment plan is not received within five (5) days of dated letter.

Cancellations seven days prior to the session start date will receive a full refund less the deposit.

I have read and understand the refund will not be given if a child is sent home for misconduct.

Authorization: I authorize the YMCA of Northern BC to process the above payment to be applied to YMCA Camp program. I have read the refund policy.

Signature: _____

Date: _____

The YMCA of Northern BC is committed to protecting personal information by following responsible information handling practices in keeping with Canada's privacy laws. We collect and use personal data in order to better meet service needs, to ensure the safety of our participants, to properly care for children, for statistical purposes, to assist with administration of all financial transactions, to inform participant/members about YMCA programs and to satisfy government and regulatory obligations. Program participants, registrants and member may also hear from us periodically about YMCA programs, services and opportunities that may be of interest to you. This may include philanthropic activities. We collect information that you provided to us voluntarily. We do not sell, trade or rent any of this personal information.

PLEASE COMPLETE ONE FORM FOR EACH CHILD.

Send completed registration forms, with signatures and payment to:

YMCA of Northern BC
 Attn: Child Care Administration
 P.O. Box 1808 – 2020 Massey Drive
 Prince George, BC V2L 4V7
 Fax 250 596 0480

