



PICK UP A REGISTRATION FORM AT THE RECREATION CENTRE OR ONLINE AT  
[WWW.SIOUXLOOKOUT.CA/DAYCAMP](http://WWW.SIOUXLOOKOUT.CA/DAYCAMP) or [WWW.NEUVISIONUNLIMITED.ORG](http://WWW.NEUVISIONUNLIMITED.ORG)



## CEDAR BAY DAY CAMP

### ELECTIVES

**Kayaking:** Paddle Canada Introduction to Sea Kayak Skills: This 10 hour course introduces the novice to paddling a kayak in calm sheltered water. Includes opportunity to try for certification.

Ages 9-14 yrs

Instructors: Goldwater Expeditions

Require: 6 Participants/week

**Canoeing:** These 10 hour courses will introduce participants to the skills needed to complete ORCKA levels A & B. Includes opportunity to try for certification.

Ages 9-14 yrs

Instructors: Paddlebender

Max: 10 Participants/week

**Karate:** Offered by one of our skilled and trained staff, youth will be introduced to the art of Karate in a way that promotes self-confidence and self-discipline. Instruction will be suited to ability level.

Ages 7-14 yrs

Instructor: Davin Salo – 2<sup>nd</sup> Degree Black Belt

Max: 20 participants/week

**Equestrian Programming:** Campers will learn the basics skills of how to ride a horse, parts of the horse and tack. This will prepare beginners with the skills needed to start riding in the future. Campers with previous experience with horses, or campers who have completed the beginner program will receive more advanced lessons catering to their level of training. Participants will receive 5 hours training per week.

Ages 7-14 yrs

Instructor: Friends of Cedar Bay Stables

Max: 20 participants/week

**Swimming Lessons:** Offered by our certified staff, campers will have the opportunity to learn skills needed to complete the various Red Cross swim levels. Includes opportunity to earn badges.

**(NOTE: 2 weeks is required to complete a swimming level).**

Ages 4-14 yrs

Max: 20 participants/week

**Theatre Arts Program (location TBA):** In this exciting morning long elective participants will work together to learn and perform a piece that combines acting and creative movement. The focus of this workshop will be on promoting self-esteem, confidence and love of the arts and will be appropriate for participants with varying levels of experience. Registration fees are subsidized through a grant received from the Ontario Arts Council.

Ages 7-12 yrs

Max: 15 participants/week

**Dance/Creative Movement:** In this elective participants will be introduced to a variety of different types of dance including modern, jazz, creative movement, hip-hop and others. The level will be geared towards participants and will include opportunities for work collaboratively to learn and perform pieces for the rest of the camp.

Ages 7-12 yrs and 4-6yrs

Instructor: Caidence Paleske

Max: 20 participants/week

**Sailing:** Offered by Sail Manitoba campers will have the opportunity to sail at Cedar Bay. Sail Manitoba operates under the Gybe Program. Kids will receive two levels per week of signing up as long as weather is good.

Levels go as following; Green Level, Yellow Level, Blue Level, Emerald Level

Ages 7-12 yrs

Instructor: Sail Manitoba

Max: 20 participants/week

## WEEKLY THEME DESCRIPTIONS – Cedar Bay Day Camp

### **It's All Greek To Me**

**June 28<sup>th</sup> - July 2<sup>nd</sup> (Holiday July 1)**

We go back to the days of Ancient Greece where the Parthenon stood tall, the Olympics were begun, and where theatre and philosophy were a way of life. Kids will participate in creating obstacle courses, play Greek games, make crafts, and participate in improv theatre, all building up to the end of the week Olympic Games.

**This week's special electives include:** Karate, Equestrian Programming, Swimming Lessons,

### **Great Explorers**

**July 5<sup>th</sup> – 9<sup>th</sup>**

We'll take a sneak peak at the world's great explorers and take a look at the many ways that people travelled the earth from the past to the present. We'll 'Get Lost!' in a couple games, crafts and activities and finish off the week with an Expedition Game.

**This week's special electives include:** Karate, Equestrian Programming, and Swimming Lessons

### **Medieval Madness**

**July 12<sup>th</sup> – 16<sup>th</sup>**

We jump through time and into everyday life in a Castle setting. Kids will be building a catapult, learning about the culture of the Middle Ages, themed games, crafts and more. Culminating in the end of week Knights Competition!

**This week's special electives include:** Karate, Equestrian Programming, and Swimming Lessons

### **On The High Seas**

**July 19<sup>th</sup> – 23<sup>rd</sup>**

We sail off as Pirates and Vikings, rulers of the seas and searchers of wealth. We break forth on our search for treasure, collecting maps, pieces of puzzles, and discover who the greatest treasure hunters are when we 'Search For The Jewel'.

**This week's special electives include:** Karate, Equestrian Programming, and Swimming Lessons

### **I Want My Mummy!**

**July 26<sup>th</sup> – 30<sup>th</sup>**

We wander our way back to the pyramids and through the deserts of Egypt. We'll explore the Egyptian culture, build a pyramid, learn some hieroglyphics and to wrap it all up we'll run for our lives in our 'Escape From The Pyramid'!

**This week's special electives include:** Karate, Equestrian Programming, Swimming Lessons, Canoeing and Kayaking

### **To Infinity and Beyond!**

**August 3<sup>rd</sup> – 6<sup>th</sup> (Holiday August 2)**

We rocket off to the future, where space is commonplace. We'll be exploring space games, futuristic crafts, and ending the week in a big 'Blast Off'.

Also it's the Blueberry Festival so we'll not only be exploring the future, but getting out into the community to take part in activities going on around town!

**This week's special electives include:** Karate, Equestrian Programming, and Swimming Lessons

### **Ancient China**

**August 9<sup>th</sup> - 13<sup>th</sup>**

Together we'll travel back through time to the days of ancient China. Kids will participate in origami and other crafts, ninja styled stealth games, and an end week Dragon Celebration.

**This week's special electives include:** Karate, Equestrian Programming, Swimming Lessons, Canoeing, Sailing, and Theatre Arts

### **It's A Wild Life**

**August 16<sup>th</sup> – 20<sup>th</sup>**

Deep into the jungle we go as we explore the Mayan, Aztec and Inca cultures. We'll live life on the wild side and end it all off with a big 'Jungle Bash'.

**This week's special electives include:** Karate, Equestrian Programming, Swimming Lessons, Sailing, and Theatre Arts