

HEARTS IN



ACTION

SUMMER CAMP



GOT HEART?



ADAPTABILITIES
CREATING SUCCESS FOR LIFE

JULY 2-AUGUST 30

2019

Hearts in Action Summer Pledge



We believe in movement: All activities are hands on, this is not school! HIA is a place to go outside, get messy, work in a group, ask questions, be safe, and have fun!



We believe in exploration: We support campers in their curiosity to learn through new experiences in the community.



We believe in purposeful activities: Whether we are using games, videos, slideshows, field trips, all of our activities have a purpose.



Nine Weeks of Summer Fun!

Hearts In Action isn't your average summer camp. Each day, a structured routine offers participants recreation and motor development, essential life skills, and expressive arts activities as part of the AdaptAbilities promise.

Each week follows a unique theme, filled with adventures and field trips! All are facilitated by highly qualified Relief Care Specialists.

We engrain educational components and learning moments which can be incorporated into life experiences year-round.

Knowledgeable staff and smaller group sizes means our Hearts In Action Summer Camp empowers campers to grow, succeed, and belong, one action packed week at a time!

NO WORK
ALL
PLAY



Specialty Camps



INCLUSION CAMPS

Does your camper want to experience a community camp? Unsure of how to make that dream a reality? AdaptAbilities supports participants in a community camp of their choosing.

TO GET STARTED:

1. Choose a community camp.
2. Contact AdaptAbilities to register and request a support staff member.
3. Once a staff member is confirmed, register your camper in the community camp.
4. We focus on developing friendships, exploring interests, and most importantly having fun!

TECH FUSION

FOR AGES 13-17 YEARS*

These exciting camps allow teens to explore themed activities with a focus on technology, while developing essential life skills by taking transit each day in the community. Technology is mixed with various activities for participants to enjoy, like sports, creative arts, cooking and more!

***Teens must be able to participate in a 1:4 group setting**

ADULTS (18+) ENROLLED IN HIA

Adults enrolled in HIA camps enjoy themed activities as well as community inclusion activities. This builds relationships, fosters independence and creates opportunity.

Camper Info



1. ELIGIBILITY

AdaptAbilities supports individuals in Hearts in Action from age 3-18+.

2. REGISTRATION AND FEES

All camp registrations require a \$100 deposit. This dollar amount is applied to the Parent Cost Share portion of camp, and it holds your spot! Parental Cost Shares are due June 3, 2019.

NEW TO AdaptAbilities?

Families who have not previously accessed services are required to pay a one-time \$50 non-refundable membership fee. This will cover administration costs and a lifetime membership to AdaptAbilities.

Please contact our office at 780-431-8446 if you are a new participant.

We can't wait to meet you!

3. PRE- AND POST-CAMP SUPPORT

Life can get pretty busy in the summer months, which is why we offer support for participants and families every morning and afternoon, before and after camp!

Note: These are billed as respite care hours.

4. WHAT TO BRING TO CAMP?

All campers should bring:

- Hat
- Waterbottle
- Sunscreen/Bug Spray
- Non-microwaveable lunch
- Medication(s)
- Swim Gear
- Jacket
- Personal Care items

5. FIELD TRIPS

Expect to be on the move! All our summer camps offer two or three field trips each week!

6. CAMP LOCATIONS

Camp locations are confirmed with parents at least one month in advance.



SUMMER SURVIVOR

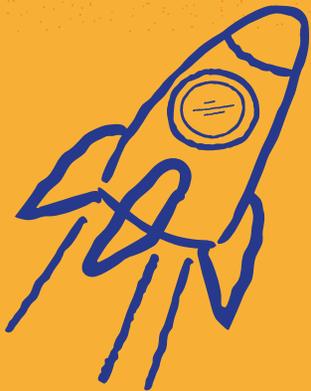
Test your strength! Join us for a week of survival skills as we play games, make crafts, and discover what this beautiful country has to offer. We will travel off-site for field trips to enjoy more of the great outdoors! Learn survival techniques, cook over a fire, scavenge for hidden treasures, and pack a knapsack and head out into the Canadian wilderness at the John Jansen Nature Centre!



WEEK 1: JULY 2-5

GUIDE TO THE GALAXY

Blast off with AdaptAbilities this summer as we jump on the moon, launch rocket ships, learn about gravity, and view constellations! Try your hand at building your own UFO and tasting some space food!



WEEK 2: JULY 8-12

WILD WATERS

Are you ready to have a splashing good time? Join us for a week of water adventures and cool your jets! This week, participants will learn about heat safety, and water safety while engaging in a variety of super-soaked fun activities! Campers will head to Hawrelak to go pedal boating, have water balloon fights, play in gigantic inflatables, and so much more! Slip 'n slide your way into a week that's sure to be SOAKED in adventure!

WEEK 3: JULY 15-19



KINGDOM QUEST

Take a trip through time as we explore ye old medieval times. Build catapults and learn about trajectory - how far can you fling a marshmallow? Conquer your fears in a jousting match - winner takes all! Juggle like a Jester and search for the King's treasure. Make a magic potion and learn about apothecary! Build a suit of armor and a coat of arms!

WEEK 4: JULY 22-26



SECRET AGENT ACADEMY: 007 EXPERIENCE

TOP SECRET: Hearts In Action is looking for new recruits. Your mission, if you choose to accept it, is to immerse yourself in a world of espionage - code breaking, stealth, and steeling your mind against the enemy! Use your spy skills to solve puzzles, learn survival skills, and accomplish missions! Show off your technical skills in ninja training, and accomplish world domination! Make a disguise - because no one can know your true identity! Memorize this message. It will self-destruct in ten seconds - nine....eight....seven...

WEEK 5: JULY 29- AUGUST 2



WHERE IN THE WORLD? PASSPORT TO ADVENTURE

Adventure awaits! Collect stamps on your passport as you travel around the world to explore new places, cultures, and food! See Asia by Sea as we explore the rice fields of Indonesia, learn about the elephants of Thailand, and try our hand at Vietnamese cuisine. Get Mad about Madagascar as we search out lemurs and... penguins?! Grab your safari hat and suitcase - we're going on a grand adventure!

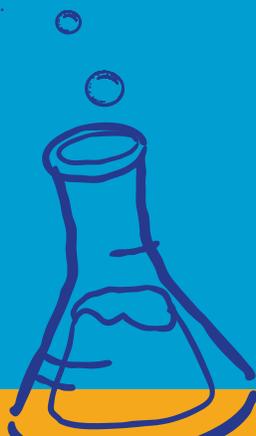
WEEK 7: AUGUST 12-16



MAD SCIENCE

Are you MAD about science? Have a slime filled week as you ooze through making goo and galaxy mud for the first time. Create a volcanic explosion that tingles your senses! What happens when two things mix? Learn all about chemical reactions as you work towards making the ultimate potion to destroy evil! Write your observations in a top secret field notebook as you create your own Frankenstein Monster!

WEEK 6: AUGUST 6-9



HOLIDAY WEEK

Kwanzaa...in August? Halloween...in August? This week is all about celebrating the goodness of the holidays. Go on an Easter Egg hunt, participate in flag making for Canada Day, and dress up as a ghost, ghou, or princess for Halloween Day! This week is all about celebration!

WEEK 8: AUGUST 19-23

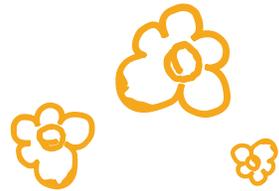




ADAPTABILITIES AMAZING RACE

Welcome to the Amazing Race! Campers will compete in groups and pairs around camp, completing a variety of rec, art, and life skills-related activities and challenges! Don't stop, won't stop is our motto! Encounter roadblocks and detours; cooperation and friendships are key this week, as we rely on our fellow campers in a race to the finish!

WEEK 9: AUGUST 26-30

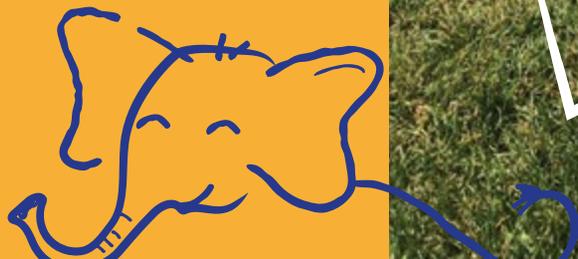


READY TO REGISTER?

Visit www.adaptabilities.ca/Registration to get started!

New to AdaptAbilities?

Contact our office for an intake!





Visit adaptabilities.ca
for more information
