

**ALBERTA CAMPING**  
ASSOCIATION

ACCREDITED CAMP

## What Amicus Families Say...

"We wanted our son to be able to come to camp and feel successful, supported, understood, to have fun, and for people to understand him. He has suffered such low self-esteem and now he has been able to shine. It has been such a blessing and so helpful for him to be successful. We will be wanting to come every year and participate in year-round activities. It is a lifeline."

"My son has benefited from Camp Amicus because this was the start of our ADHD/LD journey with so many supportive, professional and caring people. As a mother of 2, for the first time we didn't feel alone. We felt supported and met other people going through the same journey. This camp started to change our life for the better and the 3:1 ratio is amazing."

"All the counsellors are so approachable and upbeat and everything was so organized at drop off -all if it helped so much for his anxiety. I am so grateful to all of you for ensuring a supportive environment but also clearly creating a camp environment that resulted in an amazing positive experience for him. He had such a great time with only good stories from the week. He is already hoping he can go back next year!"



## Camp Amicus

745- 37 Street NW Calgary, AB

Tel: 403-270-9400 ext. 217

Fax: 403-205-2754

E-mail: [intake@foothillsacademy.org](mailto:intake@foothillsacademy.org)

Website: <http://www.foothillsacademy.org/camp-amicus>

## Overnight Location- Intervarsity Pioneer Lodge

32134, Range Rd 63, Sundre, AB T0M 1X0

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## Welcome

Hey there!

Welcome to the Camp Amicus Camper and Parent Handbook for Summer 2025!

Here, you will find everything you'll need about how to prepare for camp, information about all our summer and year-round programs, what we do here, and more! Whether you are here for the first time, or have been coming to Amicus for years, I would encourage you to go through this handbook with your camper so they know what to expect from camp and how to prepare. The information here should answer all your questions and we hope it gets you excited for camp this season!

Regardless of the program you are signed up for, we are so excited for you to experience the fun, friendship and community of Amicus!

Cheers,

Luke MacKinnon  
Manager, Amicus Camp & Recreation

## About Camp Amicus

### History

Camp Amicus was created in 1982 by a group of volunteers who knew that Learning Disabilities and ADHD affected more than just a child's performance in school. Amicus programs were designed to help these youth socialize with peers with similar struggles and build a sense of community between them. The LDAA (Learning Disabilities Association of Alberta) Calgary Chapter began supporting the program in 2015 which prompted its move to Foothills Academy. In 2022, Camp Amicus celebrated its 40th anniversary.

### Philosophy

Amicus programs support social skill development, independence, and friendship in a fun and engaging environment. Activities include, science, engineering, sports, archery, rock climbing, art, music, cooking and more.

Amicus programs offer both day and overnight programs specifically designed to enhance social knowledge and skill development through curriculum (e.g., Social Thinking). More uniquely, Amicus programs maintain a ratio of one staff member for every three young people, which allows for ongoing, in-the-moment social-coaching. This occurs at the 'point of performance' during recreational opportunities. Recent quantitative research on our Camp Amicus overnight camp found it to be "an effective setting for adolescents with ADHD to build social competence" (Neprily & Climie, 2022, p. 12).

Reference: Neprily, K & Climie, E. (2022). Happy Campers: Enhancing Social Competence in Adolescents with ADHD at Summer Camp. *Journal of Outdoor Recreation, Education, & Leadership*, 1-15.

## Who will be at Amicus?

While every camper is unique, all Amicus campers have one thing in common: a diagnosis of a Learning Disability and/ or ADHD. Having this in common brings campers together in a unique way that is singular to Amicus. Our campers come from all over Canada, but they primarily come from the Calgary area.

PROGRAM	GRADES	LOCATION	MAXIMUM
Day Camp	3-8	Foothills Academy and field trips	24
Reading, Writing and Math Camp	3-8	Foothills Academy and field trips	6
Horsemanship	3-10	Homeplace Ranch and Foothills Academy	6
Outdoor Adventure Camp	7-19	Foothills Academy and in the mountains	12
Overnight Camp	4-11	Intervarsity Pioneer Lodge	30
POLARIS- Personal Opportunities for Leadership, Activities, Recreation, Inclusion and Social Skills	7-12	Foothills Academy and Intervarsity Pioneer Lodge	12
CIT- Counsellor in Training	11-12	Foothills Academy	6
STAR- Supporting Transitions to Adult Responsibilities	12+ (Ages 18-23)	Foothills Academy and volunteering locations in the Calgary	9

## Amicus Staff

### Year Round Staff

#### **Luke MacKinnon - Manager, Amicus - Camps and Recreation**

Luke (aka Yoda) has been working in the field of camping, outdoor education and recreation since 2014 and working with youth in a variety of roles since 2009. Since completing a Bachelor of Health and Physical Education with a specialization in Outdoor Adventure Leadership from Laurentian University, he has continued his professional development and is trained in Therapeutic Crisis Intervention, Non-Violent Crisis Intervention, ASSIST suicide prevention and NCCP coaching. In addition, he is a SIVA certified trainer, Wilderness First Responder, ACMG certified Top Rope Climbing Instructor and Paddle Canada level two certified whitewater canoeist. In 2020 Luke joined



Foothills as the photographer for Camp Amicus, then later worked with the school as an Educational Assistant. In 2022, he began his role as Manager of *Amicus Camp & Recreation* Programs. Luke has always had a passion for program development in specialized populations and makes it a priority to work with his team to ensure camp and recreation programs evolve to align with the changes in participants' lives, interests and needs.

### **Holly Stanich - Supervisor - Day Camp**

Holly (aka Aurora) has been working in the field of camping, outdoor education and recreation since 2019 and working with youth in various roles since 2015. She holds her early childhood education certificate and has finished her Emergency Medical Responder certification. Currently, Holly is trained in SIVA, Non-Violent Crisis interventions, psychological first aid, and International Trauma and Life-Support. She is currently in school to become a Paramedic! Having lived experience with disabilities, Holly is passionate about creating a safe and inclusive experience for all youth in her care. Holly joined the Camp Amicus team in 2021 as frontline staff, then worked as the year-round coordinator for recreation programs. This will be Holly's third summer leading the Day Camp team as the Day Camp Supervisor. Holly also loves her cats Linda and Theodore, rock climbing and reading.



### **Jana Stevenson - Community Services Intake Coordinator**

Jana has a Bachelor of Arts and a Bachelor of Social Work from the University of Calgary, and is registered with the Alberta College of Social Workers. She has a history of working with children, youth, and families, and is passionate about early intervention, prevention, and meeting children's social, emotional, and developmental needs. Jana is trained in Therapeutic Crisis Intervention, Applied Suicide Intervention Skills Training, and the Nurturing Parenting Program Curriculum. She utilizes a trauma-informed and strength-based approach in her social work practice, aimed at mitigating the effects of trauma, strengthening family resilience, increasing natural supports, and building on existing strengths. Jana joined the Community Services team in April 2023 and we are excited for our Amicus families to meet her this summer for any intake, registration, or inquiry needs.



## Seasonal Camp Staff

### John Carter - Supervisor- Overnight Camp

John (aka Brontosaurus) has been working in the field of camping and outdoor recreation since 2019 and worked with youth in various roles since 2016. He has completed a Bachelor of Science degree in Kinesiology from the University of Lethbridge. John has since worked as an Educational Assistant within Foothills. Having lived experience with ADHD and LD's, John is passionate about creating a safe and inclusive experience for all youth in his care. John joined the Camp Amicus team in 2021 as a frontline staff (he was co's with Aurora!), then worked as the Overnight Counselor Coordinator during the 2022 summer. This will be John's third summer leading the Overnight Camp team. John loves talking about all sports (minus basketball), golfing, camping, and is a major fan of Vietnamese food.



### Rebecca Higgins- Amicus Administrative Assistant

Camp Amicus is excited to welcome Rebecca as our Amicus Administrative Assistant for the summer of 2025. Amicus employs a seasonal administrative assistant to help with all camper and family needs. For issues pertaining to absences, late arrivals, and more as outlined in the handbook, you can contact Rebecca for these matters.

Amicus employs over 50 staff, including counsellors, coordinators, health care providers, and photographers. All staff are certified in Standard First Aid with CPR-C, SIVA Training (Supporting Individuals through Valued Attachments), complete 100 hours of staff training before campers arrive, are 18 years old and are screened comprehensively to determine if they are fit to work with our campers.



## Reporting Absences or Late Drop Off/Pick Up

All absences, late arrivals, or late pick ups can be emailed directly to Rachel, our Amicus Administrative Assistant. Contact information is below.

If you know your child will be absent from their camp program, please reach out to Rachel with this information as soon as possible. We are unable to refund any camp fees for absences, even if the absence was known before the camp program has started.

If you are running behind schedule in the morning and know you will arrive after 9:00 AM, please call or email Rachel so this information can be relayed to the Camp Coordinators. This way we can ensure a staff member is present to sign your child in and safely take them to their camp activities. Please do not leave your child without having had a staff member sign them in.

If you are running late and know your child will be picked up after 4:00PM and they **are not** registered for After Care, late fees will apply. Please call or email Rachel so this information can be relayed to the Camp Coordinators and appropriate staff coverage can be provided.

If we do not receive notice of a late drop-off, late pick-up or absence, an Amicus staff member will call the parent contact numbers provided.

Rebecca Higgins  
Amicus Admin  
[amicusadmin@foothillsacademy.org](mailto:amicusadmin@foothillsacademy.org)  
403-270-9400 ext. 212

## Communicating with Your Family while at Camp

Regardless of which camp your child attends, we want to provide ways for you to stay in touch. We like to keep our parents informed as to what is happening at camp and have a few different options for staying in the loop.

### **The Daily Blog**

Camp families can check out our daily blog from camp at (<https://campamicus.blog/>). Blog posts will include photos from the day, breakdowns of the daily activities and more so you can chat with your camper about their day/ The blog is updated daily for Overnight and Day camp. Horsemanship, POLARIS, OAC and other programs will be updated at least once per week.

Please note, we will only include photos of children whose families have allowed a media release for their child. If you do not want your child's photo on the blog, parents can indicate this when registering.

### **Cell Phones at Camp**

Cell phones are not permitted at Camp. Camp provides an excellent opportunity for your child to gain independence and build friendships and cell phones take away from this. Cell phones cannot be used as cameras. As we know many campers want photos to remember their time at camp, we have a camp photographer who is here to capture and share the amazing camp activities (See the "Photo Album" section below for more information on this). Thank you in advance for keeping your child's phone at home so they can fully benefit from the camp experience!

If your child has a cell phone they are responsible for, or that they will need to use before or after camp, that is okay. We will just sign it in when camp begins and return it to the camper when they head home.

### **Missing Home While at Camp- Calling Home and Letters**

Missing home is natural and not something that campers should feel bad about. There are many ways that families and parents/guardians can prepare their child for camp and for missing home. We have found that talking about being homesick and sharing positive stories with your child helps immensely. Parents may have had similar experiences when they were growing up, and making sure your child does not feel alone in these feelings is important. Also, asking questions like, "How do you feel about being away from home" or, "What is something you can do if you miss home?" are both great ways to help campers prepare.

We understand that some campers can struggle with anxiety, changes to their routine and being away from home. We support campers through homesickness by checking in with their parents/guardians and working collaboratively on a plan for the child. Campers are welcome to call home once a day from the camp phone. Calls home will start with a call from the Camp Manager or Supervisor, to ensure that the camper's family is available, and we typically try to limit calls to 10-15 minutes. The Manager or Supervisor will give an update as to some of the positives that the camper has had, as well as any challenges, then the camper will be given the phone and time to chat with their family and express their worries. This is a great opportunity for the family to show support and encouragement for their child to make an effort to re-join the program. This system has been successful for our campers to remain at camp for the rest of their session.

Additionally, campers can write a letter home. This can include how they are feeling, what they are enjoying and general updates about life at camp. Our Leadership Team will take photos of these letters, then email them to the parents. The parents' response will be printed and given to the camper once we hear back.

Coming up with a plan for our campers is important, and we always have a plan at camp! Here is what to expect if your camper feels homesick while at camp:

- Checking in regarding what routines work well at home - our counsellors will check in with your camper to see if we can do anything to make camp feel more like home. For example, maybe it's a specific bedtime story or routine, or a game they love to play.
- Remind that camper what they were excited about - reminding our campers of what things they are liking about camp, the food, the activities, their new friends, and helping them connect to those things.
- Writing letters home - we encourage campers to write letters home and will give them the parent response.
- Calling home - we support campers who want to call home. We always call families before their camper does to ensure that they are available for a chat and let the families know of some things that are going well at camp. **We do not keep campers at camp against their will, and do not withhold camper communication from their families.**

## Photo Albums

At the end of your camp session, our amazing Camp Photographers will compile all the photos from camp they have taken and send them to families. This will come in the form of a Google Photo Album. You will receive a link to the album and can download any photos you like. All campers whose parents have signed and allowed the media release will be included in this album.

If you do not want your child in this album, you can indicate it when registering. In this case, the photos of your child will be compiled and sent **only** to you.



## Camp Policies and Behaviour Expectations

### Behaviour Policy

Participants may be removed from Amicus programs temporarily or permanently as a result of behaviour that goes beyond the scope of our mandate and intake criteria. In particular, significant behaviour and/or emotional regulation challenges such as hitting/striking another participant or staff member, removing themselves from the program (running away), or locking themselves in, or others out of a room, consistent use of offensive or profane language, possession or use of weapons, alcohol, drugs or similarly harmful items.

Amicus staff are expected to address any concerns about a participant's behaviour and communicate those concerns to the Amicus Manager within 4 hours, so this information can be communicated to the family.

In cases where the safety of participants or staff is in question, emergency procedures will be instituted and the staff notified accordingly. If Amicus programs deem that circumstances warrant it, Calgary Police Services or other community services will be notified.

Level of Incident	Possible Examples	Steps Taken
Mild	Throwing items in frustration.  Walking or running away from the group or staff for space.	<ol style="list-style-type: none"><li>1. Discuss the situation at hand with the participant, and any staff who were in the area to ensure they have a clear idea of precipitating factors and staff responses.</li><li>2. Communicate with the family after the program ends for the day to update parents.</li><li>3. Move forward with a behaviour plan in collaboration with the campers family to support the camper while at the program.</li></ol>
Moderate	Striking (singularly or unintentionally) another participant or staff member.  Running away from the group or staff, and hiding.  Throwing items	<ol style="list-style-type: none"><li>1. Discuss the situation at hand with the participant, and any staff who were in the area to ensure they have a clear idea of precipitating factors and staff responses.</li><li>2. Communicate with the family after the program ends for the day to update parents.</li><li>3. Move forward with a behaviour plan in collaboration with the campers family to support the camper while at the program.</li><li>4. The participant may then have 1 day/1 program non-refundable leave from the camp or recreation program.</li></ol> <p>** If these behaviours repeat, the Level of Incident will move to severe.</p>

Severe	<p>Striking intentionally or repeatedly other participants or staff.</p> <p>Repeated attempts to strike participants or staff.</p> <p>Was restrained by a staff member for the safety of the participant or others.</p>	<ol style="list-style-type: none"> <li>1. Discuss the situation at hand with the participant, and any staff who were in the area to ensure they have a clear idea of precipitating factors and staff responses.</li> <li>2. Communicate with the family, and depending on the situation (such as hitting/striking another person) inform the family they must immediately pick up their child from the program. During this time, it can be expected that the participant may be engaged in 1:1 programs with a staff member and not re-integrated into the program.</li> <li>3. The participant will then have 1 day/1 program non-refundable leave from the camp or recreation program. During this time, the participant's family and Amicus Manager will discuss the situation and look for collaborative solutions to re-integrate the participant into the Amicus program. It is at the sole discretion of the Amicus Manager to assess the severity of the behaviour and the participant's ability to remain in the program.</li> <li>4. If the participant's behaviour is deemed beyond the scope of our program, the <b>participant will not be allowed to return to the program and no refund will be given.</b> This removal from the program may be temporary (they can return later in the summer or next recreation season) or may require an updated intake package to return to programs. This updated intake package includes... <ul style="list-style-type: none"> <li>○ An update Parent Intake Form</li> <li>○ An updated Teacher Intake Form</li> <li>○ A copy of your child's most recent psycho-educational assessment- if you have one</li> <li>○ A copy of your child's most recent IPP- if you have one</li> </ul> </li> </ol>
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In the event of a disagreement between the Amicus Manager and the participant's family about the level of incident or the manager's response to the situation, the Executive Director of Foothills Academy Society will be included in the discussion to find reasonable and equitable solutions.

## Independence Policy

The child must be able to participate within small and large group situations that do not require significant and consistent 1:1 support on an ongoing basis. All Amicus programs have qualified, trained staff and provide a 3:1 child to adult ratio.

When an instance occurs the following steps will be taken by the Amicus Manager:

1. Discuss the situation at hand with the participant, and any staff who have been working with the child who is in need of 1:1 support.
2. Communicate with the family, and depending on the situation, inform the family whether they will pick up their child at the end of the day or if they have to pick up their child immediately from the program. This is dependent on the program (overnight camp, day camp, POLARIS, recreation) as well as the level of support needed (consistent 1:1 support that is moderate or severe in the Behaviour Management Policy).
3. The participant's family and the Amicus Manager will discuss the situation and look for alternative programs that are able to support the participant's current needs. It is at the sole discretion of the Amicus Manager to assess the participants' need for support within the scope of Amicus programs.
4. If the participant's need for support is deemed beyond the scope of our program, the participant will **not be allowed to return to the program and no refund will be given**. To return to the program, the participant would need to be reassessed through the Amicus Intake Process (Parent Intake Form, copy of your child's most recent psycho-educational assessment (if you have one), a copy of your child's IPP (if you have one), current teacher's contact information).

## Medication Policy

Amicus programs require that participants who take medications during the school year must remain on medications while at camp.

If your child is taking a medication vacation for summer, they must still be medicated during their time at Amicus programs. The reason for this is that Camp Amicus is a learning environment and to best teach and reinforce new social skills, participants need to be able to focus and maintain attention to the best of their ability.

If your child is being seen by the Complex ADHD Treatment Team (CATT) or similar specialized team and cannot be medicated at the time of their attendance of Amicus programs, we will require medical documentation to confirm this by June 1 before camp begins, or 4 weeks before recreation programs begin. If your child is not signed in with their medication, they may be immediately dismissed from Amicus programs.

If your child has a cannabis prescription, we need a copy of the prescription with administration instructions from the doctor as these prescriptions do not have a typical DIN number or prescription bottle with administration instructions.

## Refund Policy

All Amicus refunds are for the program fee and do not include the deposit (typically \$25 for recreation programs, and \$100 for camp programs). All program fees, including before and after care are included within this policy.

Below is a breakdown of our refund structure.

### Full refund - minus the deposit:

- For withdrawals more than three weeks before the start date.

### No refund:

- Withdrawals less than 3 weeks prior to the first day of the program.
- If a child has to leave an Amicus Program in relation to the Behaviour or Independence Policy.
- **Failure to communicate all current diagnosis information or provide medication(s) as outlined in our Medication policy.**
- The program has begun and the family has elected to withdraw their child.

### Partial refund - minus the deposit:

- Withdrawals less than 3 weeks prior to the start of the program due to a medical reason and a doctor's note is provided.

## Contacting Amicus Participants or Families Outside of Amicus Program

Amicus Staff cannot contact Amicus participants or families outside of the program while working for Amicus without making the Amicus Manager aware and then awaiting a multi-stepped process to ensure the Amicus family is aware and has responded in agreement to the stipulations below.

The steps that will be taken by the staff and Amicus Manager are:

1. Make the Amicus Manager aware that a participant or family has requested to contact the staff member outside of our program and that the staff member is interested in continuing the relationship beyond Amicus programs.
2. The Amicus Manager will then reach out to the family with the following template:
  - a. While at camp (*participants name*) made a strong connection with one of our staff (*staff legal and camp name*) who your child has requested to contact outside of camp/you have requested their information for respite/babysitting.

Our staff member is happy to connect with your child/family outside of camp. However, before we send a connecting email between all of the adults, we need to ensure that you are aware that this is not a part of Amicus Programs or Foothills Academy Society programs.

We also wanted to ensure you are aware that we are not, and cannot endorse any of our current or former staff for any interactions with families outside of our programs, and we always recommend parents to be in contact with the adult involved - in this case (*staff legal names*).

Let me know if you would like to connect with this staff member, and a connecting email will be sent.

3. If the family responds in agreement then a connecting email is sent by the Amicus Manager.

# Day Camp

## Location and Contact Information

Address: Foothills Academy Society - 745 37th Street NW, Calgary, AB

Contacts: Phone Number - 403 270 9400

Ext 212 - Rebecca Higgins - Amicus Administrative Assistant - Absences

Ext 252 - Jana Stevenson - Intake Coordinator - Contact for Registration, Payment and FSCD needs

Ext 217 - Luke MacKinnon - Manager, Amicus Camps and Recreation

Additional Staff for Day Camp:

Holly Stanich - Day Camp Supervisor - Contact for all Day Camp concerns

## Transportation

Camp Amicus provides transportation to campers for field trips during camp. Transportation to and from camp is the responsibility of families.

## Before and After Care – Day Camp

We offer before and after care for \$25 each, per week. Before care hours are 8:00 AM - 9:00 AM. After care hours are 4:00 PM – 5:00 PM.

Camp Amicus cannot provide care for campers before 8:00 AM or after 5:00 PM at Day Camp, and fees apply for these campers. If your camper has permission to sign themselves in or out of camp, they cannot stay on the property or join before or after care. Any camper who is at camp before 8:50 AM or after 4:10 PM will be invoiced for before or after care.

**If you have selected before and/or after care at registration our intake coordinator will contact you 3-4 weeks before your child's camp program begins to confirm their before/after care attendance, and provide you with a separate invoice for that cost.**

There is a cost of \$15 for every 10 minute block that a parent is late.

If you are unsure if you selected before/after care for your camper, please contact our Intake Coordinator. We cannot accommodate before/after care requests with less than 1 weeks notice, to ensure a staff ratio is maintained.

To contact the camp office, please get a hold of our intake coordinator or admin staff:

Jana Stevenson - CS Intake Coordinator

[intake@foothillsacademy.org](mailto:intake@foothillsacademy.org)

403-270-9400 ext. 252

Rebecca Higgins - Amicus Admin

[amicusadmin@foothillsacademy.org](mailto:amicusadmin@foothillsacademy.org)

403-270-9400 ext. 212

## What to Bring to Camp – Day Camp

### What to Wear

Campers are best to wear clothing they can be active in, and can get dirty. We ask that campers have closed toed shoes for games at camp. We also recommend packing extra clothes for campers, particularly younger campers, in case of incontinence. We will send out reminder emails for any water play days, to remind families to pack bathing suits and towels.

### Food

Pack a lunch and snacks for your campers at Day Camp. We recommend packing extra snacks as our campers can be hungrier than usual at camp. **Camp Amicus is a nut free camp.** Please respect the allergies of staff and campers by refraining from sending any nut products to camp. Camp has some back up snacks and meals in case campers forget their lunch or are very hungry. These snacks are nut free and allergen aware.

### Labels

Please label **ALL** items coming to Camp. A permanent laundry marker works well. Each year we have many items that are left behind. Many campers do not recognize their own things (especially towels and socks) – so please help us send everything home with your camper by clearly labeling each item. Camp Amicus is not responsible for any lost or stolen items.

### Lost and Found

If you do find that your camper has forgotten something, please call the camp office as soon as possible to arrange to pick it up. We hold lost and found items for two weeks at the end of summer, before the items are donated to charity.

### Laundry

Our Day Camp has a small laundry facility, to wash and dry campers' soiled clothing. Typically this is only used when a camper's items are dirty with bodily fluid, or the mess is significant. It is always best to pack an extra set of shorts or shirt for the week, if you know your camper can get into a good mess.

### Clothes and Sun Protection



As camp is a very active place, we recommend that campers dress for the weather. Please send your camper with sunscreen, additional clothing, bathing suits and towels (we will remind you about water play days), closed toed shoes and hats!

### Medications

Please ensure your child's medications are in an easily accessible place so that they can be handed into our camp staff and health care staff for appropriate distribution when you sign your camper in. If your camper has to take medications while at Day Camp, they will be administered by a camp coordinator. **Amicus programs require that participants who take medications during the school year must remain on medications while at camp. See our medication policy on pg. 13.**

Camp Amicus is a dry, and non-smoking camp. Campers found using tobacco or cannabis products, smoking, vaping, drinking, or with knives/weapons will be asked to leave. Parents/guardians will be responsible for picking their children up and taking them home. Any camper cell phones found by counsellors will be taken away from campers for the duration of camp, and returned to their parents at pick up.

## Daily Schedule - Day Camp

 <b>Morning</b>  <b>9:00am- Arrive at Camp</b>  <b>9:15am- Zones Check-In and Schedule for the Day</b> Your counsellor will lead a group check-in, and let you know what to expect for the day.  <b>9:30am- Camp Wide Game</b> A chance to start your day running, playing, laughing and more. Or if you are still a bit tired, try out an activity on the side lines.  <b>10:15am- Goals and Snack</b> What goals do you want to set today? Have a snack with your group and decide.  <b>10:30am- Social Skills</b> Work on some fun, exciting team activities with your group.  <b>11:30am- Clubs</b> Sign up for a club - sports, art, music, board games and more. Explore something you are interested in while at camp	 <b>Afternoon</b>  <b>12:15pm- Lunch</b> An uninterrupted lunch. Take your time and enjoy!  <b>1:00pm- Choice Activities</b> It's CHOICE time! Our counsellors will plan different, fun and sometimes outrageous activities for you to try out. You will get to choose 2 of three activities that are offered.  <b>3:15pm- Zones Check In and Schedule for Tomorrow</b> Wrap up the day with your group by talking about how awesome today was, and how great tomorrow will be.  <b>3:30pm- Steps in the Right Direction</b> A very special time of day at camp, where we get to celebrate all of the awesome things our campers have done, throughout the day.  <b>4:00pm- Head Home</b>
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We have before and aftercare for \$25 per week, for each from 8:00 AM - 9:00 AM for before care and 4:00 PM – 5:00 PM for after care.

## Session Schedule

### Week 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 9:00	Before Care	Before Care	Before Care	Before Care	Before Care
9:00 - 9:10	Camper Arrival	Camper Arrival	Camper Arrival	Camper Arrival	Camper Arrival
9:10 - 9:30	Announcements	Announcements	Announcements	Announcements	Announcements
9:30 - 10:15	Camp Wide Game	Camp Wide Game	Camp Wide Game	Camp Wide Game	Camp Wide Game
10:15 - 10:30	2:6 Time Group Contract Snack	Zones, Goals and Snack	Zones, Goals and Snack	Zones, Goals and Snack	Zones, Goals and Snack
10:30 - 11:30		<b>Social Skill</b>	<b>Social Skill</b>	<b>Social Skill</b>	<b>Social Skill</b>
11:30- 12:15		Clubs	Clubs	Clubs	Lunch/Free time
12:15 - 1:00	Lunch/Free time	Lunch/Free time	Lunch/Free time	Lunch/Free time	Telus Spark
1:00 - 2:00	Choice	Choice	Choice	Choice	
2:00 - 2:15	Transition/Snack	Transition	Transition	Transition	
2:15 - 3:15	Choice	Choice	Choice	Choice	
3:15 - 3:30	Transition/Snack and Check-In	Transition/Snack and Check-In	Transition/Snack and Check-In	Transition/Snack and Check-In	Transition/Snack and Check-In
3:30 - 4:00	Steps	Steps	Steps	Steps	Steps
4:00 - 5:00	After Care	After Care	After Care	After Care	After Care

### Week 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 9:00	Before Care	Before Care	Before Care	Before Care	Before Care
9:00 - 9:10	Camper Arrival	Camper Arrival	Camper Arrival	Camper Arrival	Camper Arrival
9:10 - 9:30	Announcements	Announcements	Announcements	Announcements	Announcements
9:30 - 10:15	Camp Wide Game	Camp Wide Game	Camp Wide Game	Calaway Park	Camp Wide Game
10:15 - 10:30	Zones, Goals and Snack	Zones, Goals and Snack	Zones, Goals and Snack		Zones, Goals and Snack
10:30 - 11:30	<b>Social Skill</b>	<b>Social Skill</b>	<b>Social Skill</b>		<b>Social Skill</b>
11:30- 12:15	Clubs	Clubs	Clubs		Clubs
12:15 - 1:00	Lunch/Free time	Lunch/Free time	Lunch/Free time		Lunch/Free time
1:00 - 2:00	Choice	Choice	Choice		Choice
2:00 - 2:15	Transition/Snack	Transition	Transition		Kangaroo Court/ Awards
2:15 - 3:15	Choice	Choice	Choice		
3:15 - 3:30	Transition/Snack and Check-In	Transition/Snack and Check-In	Transition/Snack and Check-In	Transition/Snack and Check-In	
3:30 - 4:00	Steps	Steps	Steps	Steps	

## Activities - Day Camp

At Day Camp we run a variety of activities and go on field trips all over Calgary. While we are at camp, we visit a local pool to go swimming, Calaway Park for some fun on the rides, set up water play days (our favourite is slip and slide bowling), do archery, play sports, make art and more!



### DAY CAMP

Field Trips  
Calaway  
Science Centre  
Water Play Days  
Archery  
Screen Printing  
Tie Dye  
Art  
Music  
Sports  
Engineering  
And More

## Horsemanship Camp

### Location and Contact Information

**Address:** Foothills Academy Society - 745 37th Street NW, Calgary, AB  
Lasting Strides, Delacour

**Contacts:** Phone Number - 403-270-9400

Ext 212 - Rebecca Higgins - Amicus Administrative Assistant - Absences

Ext 252 - Jana Stevenson - Intake Coordinator - Contact for Registration, Payment and FSCD needs

Ext 217 - Luke MacKinnon - Manager, Amicus Camps and Recreation

**Additional Staff for Day Camp:**

Holly Stanich - Day Camp Supervisor - Contact for all Day Camp concerns

### Transportation

Camp Amicus provides transportation for campers to Homeplace Ranch in the mornings and back to Foothills Academy in the afternoons. Transportation to and from camp (Foothills Academy) is the responsibility of families.

### Before and After Care – Day Camp

We offer before and after care for \$25 each, per week. Before care hours are 8:00 AM - 9:00 AM. After care hours are 4:00 PM – 5:00 PM.

Camp Amicus cannot provide care for campers before 8:00 AM or after 5:00 PM at Day Camp, and fees apply for these campers. There is a cost of \$15 for every 10 minute block that a parent is late. If your camper has permission to sign themselves in or out of camp, they cannot stay on the property or join before or after care. Any camper who is at camp before 8:50 AM or after 4:10 PM will be invoiced for before or after care.

**If you have selected before an/or after care at registration our intake coordinator will contact you 3-4 weeks before your child's camp program begins to confirm their before/after care attendance, and provide you with a separate invoice for that cost.**

If you are unsure if you selected before/after care for your camper, please contact our intake coordinator. We cannot accommodate before/after care requests with less than 1 weeks notice, to ensure a staff ratio is maintained.

To contact the camp office, please get a hold of our intake coordinator or admin staff:

Jana Stevenson - CS Intake Coordinator

[intake@foothillsacademy.org](mailto:intake@foothillsacademy.org)

403-270-9400 ext. 252

Rebecca Higgins - Amicus Admin

[amicusadmin@foothillsacademy.org](mailto:amicusadmin@foothillsacademy.org)

403-270-9400 ext. 212

## What to Bring to Camp – Horsemanship Camp

### What to Wear

For riding, campers are best to wear long pants and shoes with a heel. For the rest of the day campers are best to wear clothing they can be active in, and are okay to possibly get dirty. We ask that campers have closed toed shoes for games at camp. We also recommend packing extra clothes for campers, particularly younger campers, in case of incontinence. We will send out reminder emails for any water play days, to remind families to pack bathing suits and towels.

### Food

Pack a lunch and snacks for your campers. We recommend packing extra snacks as our campers can be hungrier than usual at camp. **Camp Amicus is a nut free camp.** Please respect the allergies of staff and campers by refraining from sending any nut products to camp. Camp has some back up snacks and meals in case campers forget their lunch or are hungry. These snacks are nut free and allergen aware.

### Labels

Please label **ALL** items coming to camp. A permanent laundry marker works well. Each year we have lots of items that are left behind. Many campers do not recognize their own things (especially towels and socks) – so please help us send everything home with your camper by clearly labeling each item. Camp Amicus is not responsible for any lost or stolen items.

### Lost and Found

If you do find that your camper has forgotten something, please call the camp office as soon as possible to arrange to pick it up. We hold lost and found items for two weeks at the end of summer, before the items are donated to charity.

### Laundry

Our day camp has a small laundry facility, to wash and dry campers' soiled clothing. Typically this is only used when a camper's items are dirty with bodily fluid, or the mess is significant. It is always best to pack an extra set of shorts or shirt for the week, especially if you know your camper can get into a good mess.

### Clothes and Sun Protection

As camp is a very active place, we recommend that campers dress for the weather. Please send your camper with sunscreen, additional clothing, bathing suits and towels (we will remind you about water play days), closed toed shoes and hats!

### Medications

Please ensure your child's medications are in an easily accessible place so that they can be handed into our camp and health care staff for appropriate distribution when you sign your camper in. If your camper has to take medications while at Day Camp, they will be administered by a Camp Coordinator. **Amicus programs require that participants who take medications during the school year must remain on medications while at camp. See our medication policy on pg. 13.**

Camp Amicus is a dry, and non-smoking camp. Campers found using tobacco or cannabis products, smoking, drinking, or with knives/weapons will be asked to leave. Parents/guardians will be responsible for picking their children up and taking them home. Any camper cell phones found by counsellors will be taken away from campers for the duration of camp, and returned to their parents at pick up.

## Daily Schedule - Horsemanship

### Morning

#### **9:00 Arrive at Camp**

#### **9:15 Zones Check In and Schedule for the Day**

Your counsellor will lead a group check in, and let you know what to expect for the day.

#### **9:30 Head to Lasting Strides**

Load into our camp van, and get ready for some great games, songs and chats while we head to Lasting Strides. We have a nice small group, and there is space to distance on the drive.

#### **10:00 Horsemanship Program**

It is time to bond and connect with your horse! Learn about how and why horses are a great partner for you and what you can learn from horses to help you in your life at home and at school. Rancher Jade is our lead instructor and is excited to have our Amicus campers at Lasting Strides.

We always have time for a snack, so feel free to eat your snack when you want.

#### **12:00 Free Time/Flex Time**

Before we sit down to eat, it's time to do whatever works for you. Have some quiet time, or go play.

### Afternoon

#### **12:30 Lunch**

An uninterrupted lunch, after we already had free time. Take your time and enjoy!

#### **1:00 Head back to Foothills**

Load into the van and head back to Foothills.

#### **1:40 Change out of Horse Clothing**

#### **2:00 Choice Activities with Day Camp**

It's CHOICE time! Our counsellors will plan different, fun and sometimes outrageous activities for you to try out. You will get to choose two of three activities that are offered.

#### **3:30 Steps in the Right Direction**

A very special time of day at camp, where we get to celebrate all of the awesome things our campers have done.

#### **3:45 Zones Check-In and Schedule for Tomorrow**

Finish off your day with your group, talking about how awesome today was, and how great tomorrow will be.

#### **4:00 Head Home**

We have before and aftercare for \$25 per week, for each from 8:00 AM - 9:00 AM for before care and 4:00 PM – 5:00 PM for after care.

## Session Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 9:00	Before Care	Before Care	Before Care	Before Care	Before Care
9:00 - 9:10	Camper Arrival	Camper Arrival	Camper Arrival	Camper Arrival	Camper Arrival
9:10 - 9:30	Leave for the Ranch	Leave for the Ranch	Leave for the Ranch	Leave for the Ranch	Leave for the Ranch
9:30 - 10:15	Horsemanship Program	Horsemanship Program	Horsemanship Program	Horsemanship Program	Horsemanship Program
10:15 - 10:30					
10:30 - 11:30					
11:30 - 12:15					
12:15 - 1:00	Lunch/Free time	Lunch/Free time	Lunch/Free time	Lunch/Free time	Lunch/Free time
1:00 - 2:00	Drive back to Foothills	Drive back to Foothills	Drive back to Foothills	Drive back to Foothills	Drive back to Foothills/ Choice Activities
2:00 - 2:15	Transition/Snack	Transition	Transition	Transition	Kangaroo Court/ Awards
2:15 - 3:15	Choice	Choice	Choice	Choice	
3:15 - 3:30	Transition/Snack and Check-In	Transition/Snack and Check-In	Transition/Snack and Check-In	Transition/Snack and Check-In	
3:30 - 4:00	Steps	Steps	Steps	Steps	
4:00 - 5:00	After Care	After Care	After Care	After Care	After Care

# Outdoor Adventure Camp

## Location and Contact Information

Address: Foothills Academy Society - 745 37th Street NW, Calgary, AB

Contacts: Phone Number - 403 270 9400

Ext 212 - Rebecca Higgins - Amicus Administrative Assistant - Absences

Ext 252 - Jana Stevenson - Intake Coordinator - Contact for Registration, Payment and FSCD needs

Ext 217 - Luke MacKinnon - Manager, Amicus Camps and Recreation

Additional Staff for Day Camp:

Vanessa Curly Rider - Outdoor Adventure Camp Coordinator - Contact for all Outdoor Adventure Camp concerns

## Transportation

Camp Amicus provides transportation to campers for field trips during camp. Transportation to and from camp is the responsibility of families.

## Before and After Care – Outdoor Adventure Camp

We offer before and after care for \$25 each, per week. Before care hours are 8:00 AM - 9:00 AM. After care hours are 4:00 PM – 5:00 PM.

Camp Amicus cannot provide care for campers before 8:00 AM or after 5:00 PM at Day Camp, and fees apply for these campers. If your camper has permission to sign themselves in or out of camp, they cannot stay on the property or join before or after care. Any camper who is at camp before 8:50 AM or after 4:10 PM will be invoiced for before or after care.

**If you have selected before and/or after care at registration our intake coordinator will contact you 3-4 weeks before your child's camp program begins to confirm their before/after care attendance and provide you with a separate invoice for that cost.**

There is a cost of \$15 for every 10 minute block that a parent is late.

If you are unsure if you selected before/after care for your camper, please contact our intake coordinator. We cannot accommodate before/after care requests with less than 1 weeks notice, to ensure a staff ratio is maintained.

To contact the camp office, please get a hold of our intake coordinator or admin staff:

Jana Stevenson - CS Intake Coordinator

[intake@foothillsacademy.org](mailto:intake@foothillsacademy.org)

403-270-9400 ext. 252

Rebecca Higgins - Amicus Admin

[amicusadmin@foothillsacademy.org](mailto:amicusadmin@foothillsacademy.org)

403-270-9400 ext. 212

## What to Bring to Camp – Outdoor Adventure Camp

### What to Wear

Campers are best to wear clothing they can be active in, and are okay to possibly get dirty. We recommend sending your child with comfortable running or hiking shoes for the outdoor components of this camp, and we ask that campers have closed-toed shoes for activities at camp. We also recommend packing extra clothes for campers, particularly younger campers, in case of incontinence. We will send out reminder emails for any water play days, to remind families to pack bathing suits and towels.

### Food

Pack a lunch and snacks for your campers. We recommend packing extra snacks as our campers can be hungrier than usual at camp. **Camp Amicus is a nut-free camp.** Please respect the allergies of staff and campers by refraining from sending any nut products to camp. Camp has some backup snacks and meals in case campers forget their lunch or are super hungry. These snacks are nut-free and allergen-aware.

### Labels

Please label **ALL** items coming to Camp. A permanent laundry marker works well. Each year we have many items that are left behind. Many campers do not recognize their own things (especially towels and socks) – so please help us send everything home with your camper by clearly labelling each item. Camp Amicus is not responsible for any lost or stolen items.

### Lost and Found

If you do find that your camper has forgotten something, please call the camp office as soon as possible to arrange to pick it up. We hold lost and found items for two weeks at the end of summer, before the items are donated to charity.

### Laundry

Our day camp has a small laundry facility, to wash and dry campers' soiled clothing. Typically this is only used when a camper's items are dirty with bodily fluid, or the mess is significant. It is always best to pack an extra set of shorts or shirt for the week, especially if you know your camper can get into a good mess.

### Clothes and Sun Protection



As camp is a very active place and in OAC we will be outdoors for most of it. We recommend that campers dress for the weather. Please send your camper with sunscreen, additional clothing, bathing suits and towels (we will remind you about water play days), closed toed shoes and hats!

### Medications

Please ensure your child's medications are in an easily accessible place so that they can be handed into our camp staff and health care staff for appropriate distribution. **Amicus programs require that participants who take medications during the school year must remain on medications while at camp. See our medication policy on pg. 13.**

Camp Amicus is a dry, and non-smoking camp. Campers found using tobacco or cannabis products, smoking, drinking, or with knives/weapons will be asked to leave. Parents/guardians will be responsible for picking their children up and taking them home. Any camper cell phones found by counsellors will be taken away from campers for the duration of camp, and returned to their parents at pick up.

## Daily Schedule - Outdoor Adventure Camp

 Morning	 Afternoon
<b>9:00 Arrive at Camp</b>	<b>12:00 Lunch Time</b>
<b>9:15 Announcements and Schedule for the Day</b> Your counsellor will lead a group check in, and let you know what to expect for the day.	Whether we are on the bus or at our destination it's important to fuel our bodies before we start our afternoon of fun.
<b>9:30 Camp Wide Game</b> A chance to start your day running, playing, laughing and more. Or if you are still a bit tired, try out a more relaxed activity on the sidelines.	<b>12:30 Afternoon Adventure</b> Yes! The moment we have all been waiting for is here. Time to gear up and embark on an exciting afternoon of adventure!
<b>10:00 Zones, Goals and Snack</b> What goals do you want to set today? Have a snack with your group and decide.	<b>3:15 Arrival, Snack, and Transition</b> Arrive back at Foothills Academy, have a snack and settle in for Steps.
<b>10:15 Prep for the Day and Expectations</b> Prepare for the exciting afternoon field trip, talk about safety, and team building activities.	<b>3:30 Steps in the Right Direction</b> A very special time of day at camp, where we get to celebrate all of the awesome things our campers have done, throughout the day.
<b>11:30 Depart for Field Trip</b> Rock climbing, canoeing, wilderness games, or hiking. Whatever it may be, it's time to leave for today's adventure!	<b>3:30 Zones Check-In and Schedule for Tomorrow</b> Finish off your day with your group by talking about how awesome today was, and how great tomorrow will be.
	<b>4:00 Head Home</b>

We have before and aftercare for \$25 per week, for each from 8:00 AM - 9:00 AM for before care and 4:00 PM – 5:00 PM for after care.

## Session Schedule

Please note this schedule is subject to change. A confirmed schedule will be sent to parents 7-10 days before the camp program begins in the “Here We Go” Email. This email will further outline all information parents need to know for the camp session.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 9:00	Before Care	Before Care	Before Care	Before Care	Before Care
9:00 - 9:10	Camper Arrival	Camper Arrival	Camper Arrival	Camper Arrival	Camper Arrival
9:10 - 9:30	Announcements	Announcements	Announcements	Announcements	<div>Longer Hike</div> <div>Wasootch Ridge</div> <div>Awards</div>
9:30 - 10:15	Camp Wide Game	Camp Wide Game	Camp Wide Game	Camp Wide Game	
10:15 - 10:30	Group Contract & 2:6 time	Zones, Goals and Snack	Zones, Goals and Snack	Zones, Goals and Snack	
10:30 - 11:30		Wilderness Skills	Prep for the day and Expectations	Wilderness Skills	
11:30 - 12:15	Lunch/Prep/Travel	Lunch/Prep/Travel	Lunch/Prep/Travel	Lunch/Prep/Travel	
12:15 - 1:00pm	Elbow Falls**	Indoor Rock Climbing (leave at 12:45) Indoor Bouldering lesson	Grotto Canyon** Hike/wilderness skills  (11:00am to 3:15pm)	Canoeing  Glenmore reservoir	
1:00 - 3:15pm					
3:15 - 3:30	Transition/Snack and Check-In	Transition/Snack and Check-In	Transition/Snack and Check-In	Kangaroo Court	
3:30 - 4:00	Steps	Steps	Steps	Steps	
4:00 - 5:00	After Care	After Care	After Care	After Care	

## Activities - Outdoor Adventure Camp

At Outdoor Adventure Camp we spend the mornings at Day Camp participating in games, learning wilderness skills, and prepping for our afternoon adventure. In the afternoons, campers will go on field trips to learn/ participate in exciting adventure/ wilderness sports! This will include hiking in Kananaskis, learning to climb at one of the climbing gyms in the city, learning to canoe and more!



### OUTDOOR ADVENTURE CAMP

Field Trips  
Rock Climbing  
Hiking  
Outdoor Skills  
Wide Games  
Low Ropes  
Canoeing  
And More

## Overnight Camp

### Location and Contact Information

**Address:** [Intersivity Pioneer Lodge: 32134, Range Rd 63, Sundre, AB T0M 1X0](#)

**Contacts:**

Phone Number: 403 270 9400

Ext 212 - Rebecca Higgins - Amicus Administrative Assistant - Absences

Ext 252 - Jana Stevenson - Intake Coordinator - Contact for Registration, Payment and FSCD needs

Ext 217 - Luke MacKinnon - Manager, Amicus Camps and Recreation

**Additional Staff for Day Camp:**

John Carter - Overnight Camp Supervisor - Contact for all Overnight Camp concerns

### Transportation - Overnight Camp

**Drop Off/Pick up Location:** [Foothills Academy Society- 745 37 Street NW](#)

**Drop off (first day of Overnight Camp)**

- Drop off is on Monday at 8:30AM. The bus will leave at 9:00AM for Pioneer Lodge. We will arrive at Pioneer Lodge at approximately 10:30AM.
- What will happen at drop off:
  1. Drop off your luggage in the designated luggage area.
  2. Sign your child with our intake/administrative staff at the sign-in table.
  3. Meet with our Health Care Provider (HCP) at the next table to give them all medications. We will put all medications into **one clear plastic bag** (LABEL EVERYTHING YOU BRING). The HCP will review what medications they are expecting to receive, dosages and times. You can also provide any letters for your camper at this table.
  4. When these steps are complete, our leadership team will help you and your camper find their counsellors, play on the playground, use the washroom and say goodbye!
  5. The bus will depart at 9:00AM

**Pick up (final day of Overnight camp)**

- Campers will leave Pioneer Lodge at 2:00PM on Friday
- Sign-out begins at Foothills Academy at 4:00PM. Our administrative team will email parents on Friday to confirm a more accurate pick-up time in case the bus runs into traffic or the departure is delayed.

Please remember to gather all of your camper's belongings; the medication will be packed in their overnight bags.

**Pick up or Drop off Directly at Pioneer Lodge**

- Please let us know if you plan to drop off or pick up your child at Pioneer Lodge so that we can make the necessary arrangements for them (email John Carter - [j\\_carter@foothillsacademy.org](mailto:j_carter@foothillsacademy.org) and Luke MacKinnon- [lmackinnon@foothillsacademy.org](mailto:lmackinnon@foothillsacademy.org)).
- Drop off at Pioneer Lodge
  - The bus will arrive at Pioneer Lodge at approximately 10:30AM on Monday/the first day of camp. We ask families who are dropping off their campers at Pioneer Lodge to wait with their camper until the following processes have been completed:
    - There is a leadership staff member available to sign them in
    - All medications have been reviewed and handed to our Health Care provider
  - Please keep in mind this will be a busy time getting kids off the bus and settled in, so your patience is appreciated.
- Pick up at Pioneer Lodge
  - The bus will depart Pioneer Lodge at 2:00pm on Friday, please arrive between 1:45 and 2:00pm to pick up your child before the bus has to leave.

## Packing Guidelines – Overnight Camp

### **PLEASE PACK IN A SOFT DUFFEL BAG, NOT A HARD SUITCASE**

Camp Amicus is a dry and non-smoking camp. Campers found using tobacco products, smoking, drinking, using weapons/illegal drugs will be asked to leave. Parents/Guardians will be responsible for picking their children up and taking them home. Any camper cellphones found by counsellors will be taken away from campers for the duration of camp and returned to their parents at pick up.

### **Labels**

Please label **ALL** items coming to Camp. A permanent laundry marker works well. Each year we have many items that are left behind. Many campers do not recognize their own things (especially towels and socks) – so please help us send everything home with your camper by clearly labeling each item. Camp Amicus is not responsible for any lost or stolen items.

### **Medications**

Please **DO NOT** pack your campers medications in their bag. They will be signed in with our health care provider when you drop off your camper. At the end of camp, we ensure your campers medications are in their bag heading home. You will most likely find them at the top of the bag, or in a side pocket upon return. **Amicus programs require that participants who take medications during the school year must remain on medications while at camp. See our medication policy on pg. 13.**

### **Lost and Found**

If you find that your camper has forgotten something, please call the camp office as soon as possible to arrange for pick up. We hold lost and found items for two weeks at the end of summer before the items are donated to charity. Please note that we can only keep lost items that are sanitary, and as such, lost items that are wet, soiled, or difficult to find an owner to (i.e. wet towels, socks, etc.) will be discarded.

### **Food**

Please DO NOT bring any food, candy or drink. We will have plenty of food and snacks available. If you require a specialized diet please note this on your Camper Registration Package (which you have filled out within your registration forms). If anything has changed since you originally completed the registration package, please reach out to Jana or our Administrative Assistant at [intake@foothillsacademy.org](mailto:intake@foothillsacademy.org) or [amicusadmin@foothillsacademy.org](mailto:amicusadmin@foothillsacademy.org) to update them on any dietary changes.

### **For the Bus Ride**

Campers can bring a bag or knapsack if they like that holds some books or games for the bus ride. Do not put this bag in the luggage drop off zone if your camper would like access to these items while on the bus.

### **Laundry**

Camp Amicus does not provide laundry services for camper's clothing. We ask that all campers have enough clothing to get through one active, outdoor week. The nights and mornings can be chilly so please pack some warm clothing including long sleeved shirts and long pants. Please read the packing list carefully.

## Packing List - Overnight Camp

**PLEASE PACK IN A SOFT DUFFEL BAG, NOT A HARD SUITCASE**

Quantity	Item	Quantity	Item
7	Underwear	1	Rain Jacket
7	Socks	1	Warm Jacket/Wind Jacket
2	Pajamas	2	Running Shoes (closed toe)
1-2	Baseball Hat/Sun Hat	1	Boots with heels (for horseback riding-optional)
2-3	Shorts	1	Flip Flops
2	Long Pants	1	Rain Boots (optional)
5	T-Shirt	1	Toque
2	Sweatshirt	1	Bedding for Single Bed/Sleeping Bag/ Stuffed Animal
2	Bathing Suits	1	Pillow
1	Shampoo/Conditioner	1	Sunscreen
1	Soap/Body Wash	1	Bug Spray
1	Toothbrush/Toothpaste	1	Flashlight with Fresh Batteries
2	Towel	1	Backpack
1	Outfit for horseback riding (long pants)	1	Large reusable water bottle

## Meals

Camp Amicus provides healthy and balanced meals that are camper friendly and nutritious. We offer snack three times per day, to support camper's changing appetites due to medication.

Our overnight camp kitchen is able to accommodate dietary restrictions such as nut free, dairy free, gluten free, vegetarian, etc, however, we cannot guarantee to be allergen or cross contamination free. While we do our best to accommodate sensitives such as colouring or refined sugar, we cannot guarantee no cross contamination.

### Sample Overnight Camp Meals

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"><li>● Scrambled egg, hash browns, and sausage links</li><li>● Pancakes and syrup</li><li>● Breakfast burritos</li><li>● French toast</li><li>● Egg and cheese english muffins</li><li>● Waffles w/fruit and syrup</li></ul> <p>Every breakfast is served with a selection of cereal, toast, oatmeal, and cut fruit alongside the main portion of the meal.</p>	<ul style="list-style-type: none"><li>● Cheese and veggie Pizza buns</li><li>● Taco in a Bag</li><li>● Grilled cheese and tomato soup</li><li>● Baked Mac and Cheese</li><li>● Chicken Caesar wraps</li><li>● Chicken/Cheese Quesadilla</li></ul> <p>Each lunch and dinner will include a salad and/or roasted vegetables.</p>	<ul style="list-style-type: none"><li>● Chicken vegetable stir fry with rice</li><li>● Shepherd's pie</li><li>● Burrito bowls and rice</li><li>● Teriyaki Chicken and potatoes</li><li>● Pasta (Spaghetti, Alfredo)</li><li>● Chicken Tenders &amp; Fries</li><li>● Assorted Kebabs (sans skewer)</li></ul> <p>Each lunch and dinner will include a salad and/or roasted vegetables.</p>

## Before and After Care

We offer Before Care on the first day of each Overnight Session for \$10 per child and After Care on the last day of each Overnight Session for \$10 per child. Before care hours are 8:00 AM - 9:00 AM. After care hours are 4:00 PM – 5:00 PM.

Camp Amicus cannot provide care for campers before 8:00 AM or after 5:00 PM, and fees apply for these campers. If your camper has permission to sign themselves in or out of camp, they cannot stay on the property or join before or after care. Any camper who is at camp before 8:50 AM or after 4:10 PM will be invoiced for before or after care.

**If you have selected before and/or after care at registration our intake coordinator will contact you 3-4 weeks before your child's camp program begins to confirm their before/after care attendance, and provide you with a separate invoice for that cost.**

There is a cost of \$15 for every 10 minute block that a parent is late.

If you are unsure if you selected before/after care for your camper, please contact our Intake Coordinator. To ensure our staff ratio is maintained, We cannot accommodate before/after care requests with less than 1 week notice.

To contact the camp office, please get a hold of our intake coordinator or admin staff:

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Jana Stevenson - CS Intake Coordinator

[intake@foothillsacademy.org](mailto:intake@foothillsacademy.org)

403-270-9400 ext. 252

Rebecca Higgins - Amicus Admin

[amicusadmin@foothillsacademy.org](mailto:amicusadmin@foothillsacademy.org)

403-270-9400 ext. 212

## Daily Schedule - Overnight Camp



### Rise and Shine

#### 7:30 Polar Bear Dip

What better way to start your day than jumping in the pool or pond! If you go every day, you can earn your Polar Bear Dip Award!

#### 8:00 Wake Up and Get Ready

If you didn't head to Polar Bear Dip it is time to wake up and get ready for the day. Our Polar Bear Dippers can have a warm shower to get ready for the day before making their way to breakfast.

#### 8:15 Breakfast

Head to the dining hall for some great warm and cold options for breakfast.

Campers will find out the Choice Program options at breakfast every day to sign up for 2 of the 3 activities they would like to try in the afternoon.

#### 9:00 Zones Check in and Schedule for the Day

Your counsellor will lead a group check in and let you know what to expect for the day.

#### 10:00 Camp Wide Game

A chance to start your day running, playing, laughing and more. Or if you are still a bit tired, try out an activity on the side lines.

#### 10:45 Social Skills and Snack

Work on some fun, exciting team activities with your group.

#### 12:15 Lunch

Time to refuel for an afternoon full of fun!



### Afternoon

#### 1:00 Rest Hour

All campers and staff head back to their bunks for some quiet time. Whether that is reading, napping or writing a letter home, this is a great time recoup for a fun afternoon of activities

#### 2:00 Afternoon Choice 1

Swimming, hiking, arts, archery, climbing, canoeing and whatever wacky activities our counsellors have made up!

#### 3:30 Snack

#### 3:45 Afternoon Choice 2

#### 5:15 Counsellor Group Time

Touch base with your camp group and counsellors after all of our afternoon fun.

#### 5:30 Free Time

Kick back and relax, go play sports or have a shower. It's free time!

#### 6:15 Dinner

#### 7:15 Evening Program

Capture the flag, a camp fire or a camp dance and board game café, it's always a great time.

#### 8:45 Shower House

Get ready for bed with a shower, and brushing your teeth.

#### 9:15 Story and Bedtime

Recap the day with your cabin mates, then your counsellors will read you a story or chat about the day.

## Session Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-7:45		Polar Bear Plunge	Polar Bear Plunge	Polar Bear Plunge	Polar Bear Clean
7:45 - 8:00*					Pack and keep bags on beds ready to go
8:00 - 8:15**	Pre-Care at FAS	Wake Up	Wake Up	Wake Up	
8:15 - 8:30					
8:30 - 8:45	Sign in	Breakfast	Breakfast	Breakfast	Breakfast
8:45 - 9:00					
9:00 - 9:15	Bus to camp	2:6 Time - goals, zones, prep for day	2:6 Time - goals, zones, prep for day	Transition	2:6 Time - goals, zones, prep for day
9:15 - 9:30					
9:30 - 9:45					
9:45 - 10:00					
10:00 - 10:15		Camp Wide Game	Camp Wide Game	Choice 1- Horse Riding, Games, Art	Camp Wide Game
10:15 - 10:30					
10:30 - 10:45	Community Meeting & Snack	Transition	Transition		Transition
10:45 - 11:00				Transition/ Snack	
11:00 - 11:15					
11:15 - 11:30	Camp Tour	Social Skills	Social Skills	Choice 2- Horse Riding, Games, Art	Social Skills
11:30 - 11:45					
11:45 - 12:00					
12:00 - 12:15	Transition	Transition	Transition		Transition
12:15 - 12:30	Lunch				
12:30 - 12:45		Lunch	Lunch	Transition	Lunch
12:45 - 1:00					
1:00 - 1:15	Move into Cabins			Lunch	
1:15 - 1:30		Rest Hour	Rest Hour		Awards and Slideshow
1:30 - 1:45					
1:45 - 2:00				Rest Hour	
2:00 - 2:15	Choice 1				
2:15 - 2:30					
2:30 - 2:45		Choice 1	Choice 1		
2:45 - 3:00					
3:00 - 3:15				Social Skills	Bus to Foothills
3:15 - 3:30					
3:30 - 3:45	Snack	Snack	Snack		

3:45 - 4:00	Choice 2	Choice 2	Choice 2	Snack	
4:00 - 4:15				Camp Wide Game	
4:15 - 4:30					
4:30 - 4:45					Post-Care at FAS
4:45 - 5:00					
5:00 - 5:15				Transition	
5:15 - 5:30	2:6 Time, Goals, 2:6 Time, Contracts	2:6 Time	Kangaroo Court / Free Time		
5:30 - 5:45	Free Time	Free Time			
5:45 - 6:00					
6:00 - 6:15					
6:15 - 6:30	Supper	Supper	Supper	Supper	
6:30 - 6:45					
6:45 - 7:00					
7:00 - 7:15					
7:15 - 7:30	Campfire	Camp Wide Game: Hydro Pyro	Camp Wide Game: Dance	Closing Campfire	
7:30 - 7:45					
7:45 - 8:00					
8:00 - 8:15					
8:15 - 8:30	Steps in the Right Direction	Steps in the Right Direction	Steps in the Right Direction	Steps in the Right Direction	
8:30 - 8:45					
8:45 - 9:00	Shower House/ Evening Snack	Shower House/ Evening Snack	Shower House/ Evening Snack	Shower House/ Evening Snack	
9:00 - 9:15					
9:15 - 9:30	Bed Time	Bed Time	Bed Time	Bed Time	
9:30 - 9:45					

## Activities - Overnight Camp

We facilitate many different activities at camp and make sure to have a variety of different options for campers to choose from. If an activity doesn't match with their energy level, there are always alternatives that are just as much fun!



OVERNIGHT CAMP

Rock Climbing  
Archery  
Horse riding  
Canoeing  
Sports  
Water Games  
Arts and Crafts  
Campfire  
Low ropes  
And more!



## Overnight Accommodations/ Facilities

Our overnight camp takes place at Intervarsity Pioneer Lodge in Sundre.

Our campers will stay in large cabins with their counsellors and friends, sleeping in traditional bunks with foam mattresses.

Field Space



Cabin Exterior



Cabin Interior



Pool and Archery



## Riding and Stables





Climbing



Dining Hall Exterior



Dining Hall/ Indoor Space Interior



Canoeing/ Swimming Pond



## POLARIS

### Location and Contact Information

#### Address:

Week 1 - [Intervarsity Pioneer Lodge: 32134, Range Rd 63, Sundre, AB T0M 1X0](#)

Week 2 - Foothills Academy Society - 745 37th Street NW, Calgary, AB

Week 3 - Foothills Academy Society - 745 37th Street NW, Calgary, AB and backpacking trip in Kananaskis, AB

Contacts: Phone Number - 403 270 9400

Ext 212 - Rebecca Higgins - Amicus Administrative Assistant - Absences

Ext 252 - Jana Stevenson - Intake Coordinator - Contact for Registration, Payment and FSCD needs

Ext 217 - Luke MacKinnon - Manager, Amicus Camps and Recreation

#### Additional Staff for Camp:

John Carter - Overnight Camp Supervisor - Contact for all Overnight Camp concerns

Holly Stanich - Day Camp Supervisor - Contact for all Day Camp concerns

### Transportation - POLARIS

**Drop Off/Pick up info Calgary:** Calgary drop off at Foothills Academy - 745 37 Street NW

Camp Amicus provides transportation to campers from Foothills Academy to Pioneer Lodge for Week 1 at our Overnight Camp. For week 2 and 3, Camp Amicus provides transportation for field trips during camp.

Transportation to and from camp is the responsibility of families during these weeks.

### Before and After Care – Day Camp

We offer before and after care for \$25 each, per week. Before care hours are 8:00 AM - 9:00 AM. After care hours are 4:00 PM – 5:00 PM.

Camp Amicus cannot provide care for campers before 8:00 AM or after 5:00 PM at Day Camp. Fees will apply if campers are at camp during these times. If your camper has permission to sign themselves in or out of camp, they cannot stay on the property or join before or after care. Any camper who is at camp before 8:50 AM or after 4:10 PM will be invoiced for before or after care.

**If you have selected before and/or after care at registration our intake coordinator will contact you 3-4 weeks before your child's camp program begins to confirm their before/after care attendance, and provide you with a separate invoice for that cost.**

There is a cost of \$15 for every 10 minute block that a parent is late. If you are unsure if you selected before/after care for your camper, please contact our intake coordinator. We cannot accommodate before/after care requests with less than 1 weeks notice, to ensure a staff ratio is maintained.

To contact the camp office, please get a hold of our intake coordinator or admin staff:

Jana Stevenson - CS Intake Coordinator

[intake@foothillsacademy.org](mailto:intake@foothillsacademy.org)

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403-270-9400 ext. 212

## Pick up and Drop off- POLARIS

### WEEK 1- Overnight Camp

#### Drop off at Foothills Academy

- Drop your camper off at Foothills Academy between 8:30am and 9:00am on Monday morning. The sign in process is below:
  - You will sign your child in with our Counsellor Coordinator at the table outside Foothills
  - You will meet with the Camp Health Care Provider and give them all medications. We will put all medications into **one clear plastic bag** (LABEL EVERYTHING YOU BRING). They will review what medications they are expecting to receive, dosages and times.
  - When these steps are complete, our Head Counsellor will show your child to their group and help them onto the bus
  - The bus will depart from Foothills at 9:00am

#### Drop off at Pioneer Lodge

- You have the option to drop your camper off directly at Pioneer Lodge at 10:30am
- Please let us know if you plan to drop off your child at Pioneer Lodge so that we can make the necessary arrangements for them
- The bus will arrive at Pioneer Lodge at approximately 10:30am on Monday. We ask families who are dropping off their campers at Pioneer Lodge to wait until we have a camp leadership staff member available to sign in your camper, and review all medications with our Camp Health Care Provider, before you leave.
- Please keep in mind this will be a busy time getting kids off the bus and settled in, so your patience is appreciated.

#### Pick up at Foothills Academy

- On Friday, you can pick up your camper from Foothills Academy at 4:00pm when the bus arrives
- Our administrative team will email parents on Friday to confirm a more accurate pick up time in case the bus runs into traffic or is delayed in the departure for any reason.
- Please remember to gather all of your camper's belongings; the medication will be packed in their overnight bags.

#### Pick up from Pioneer Lodge

- You have the option to pick up your child directly from Pioneer Lodge on Friday
- Please let us know if you plan to pick up your child at Pioneer Lodge so that we can make the necessary arrangements for them
- You can pick them up from camp at 1:45pm on Friday. This is 30 minutes before the bus leaves, giving us ample time to gather their things and get them prepared to leave.

## Meals

Camp Amicus provides healthy and balanced meals that are camper friendly and nutritious. We offer snack three times per day, to support camper's changing appetites due to medication.

Our overnight camp kitchen is able to accommodate dietary restrictions such as nut free, dairy free, gluten free, vegetarian, etc, however, we cannot guarantee to be allergen or cross contamination free. While we do our best to accommodate sensitives such as colouring or refined sugar, we cannot guarantee no cross contamination.

### Sample Overnight Camp Meals

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> <li>● Scrambled egg, hash browns, and sausage links</li> <li>● Pancakes and syrup</li> <li>● Breakfast burritos</li> <li>● French toast</li> <li>● Egg and cheese english muffins</li> <li>● Waffles w/fruit and syrup</li> </ul> <p>Every breakfast is served with a selection of cereal, toast, oatmeal, and cut fruit alongside the main portion of the meal.</p>	<ul style="list-style-type: none"> <li>● Cheese and veggie Pizza buns</li> <li>● Taco in a Bag</li> <li>● Grilled cheese and tomato soup</li> <li>● Baked Mac and Cheese</li> <li>● Chicken Caesar wraps</li> <li>● Chicken/Cheese Quesadilla</li> </ul> <p>Each lunch and dinner will include a salad and/or roasted vegetables.</p>	<ul style="list-style-type: none"> <li>● Chicken vegetable stir fry with rice</li> <li>● Shepherd's pie</li> <li>● Burrito bowls and rice</li> <li>● Teriyaki Chicken and potatoes</li> <li>● Pasta (Spaghetti, Alfredo)</li> <li>● Chicken Tenders &amp; Fries</li> <li>● Assorted Kebabs (sans skewer)</li> </ul> <p>Each lunch and dinner will include a salad and/or roasted vegetables.</p>

**POLARIS** -In week one, POLARIS campers will eat the food cooked by the overnight kitchen. In week two, when the POLARIS campers are at Day Camp or on day trips to the mountains, lunches and snacks must be packed for them. In week three, food will be provided on the camping trips. When not on the camping trip, lunches and snacks must be packed for campers.

For our POLARIS camping trips, all meals are provided, and dietary restrictions are accommodated. Below is a sample menu for overnight camp food.

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> <li>● Pancakes with fruit and bacon</li> </ul>	<ul style="list-style-type: none"> <li>● Sandwiches and granola bars</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken stir-fry, and rice</li> <li>● Quesadilla's and chips</li> </ul>

<ul style="list-style-type: none"><li>• Oatmeal with fruit, chocolate chips and more</li></ul>	<ul style="list-style-type: none"><li>• Hummus and salami wraps</li></ul>	<ul style="list-style-type: none"><li>• Tortilla Pizzas and Salad</li></ul>
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## Packing Guidelines – POLARIS Week 1 Overnight Camp

**PLEASE PACK IN A SOFT DUFFEL BAG, NOT A HARD SUITCASE**

Camp Amicus is a dry and non-smoking camp. Campers found using tobacco products, smoking, drinking, using weapons/illegal drugs will be asked to leave. Parents/Guardians will be responsible for picking their children up and taking them home. Any camper cellphones found by counsellors will be taken away from campers for the duration of camp and returned to their parents at pick up.

### Labels

Please label **ALL** items coming to Camp. A permanent laundry marker works well. Each year we have lots of items that are left behind. Many campers do not recognize their own things (especially towels and socks) – so please help us send everything home with your camper by clearly labeling each item. Camp Amicus is not responsible for any lost or stolen items.

### Medications

Please **DO NOT** pack your campers medications in their bag. They will be signed in with our health care provider when you drop off your camper. At the end of camp, we ensure your campers medications are in their bag heading home. You will most likely find them at the top of the bag, or in a side pocket upon return. **Amicus programs require that participants who take medications during the school year must remain on medications while at camp. See our medication policy on pg. 13.**

### Lost and Found

If you find that your camper has forgotten something, please call the camp office as soon as possible to arrange for pick up. We hold lost and found items for two weeks at the end of summer before the items are donated to charity.

### Food

Please **DO NOT** bring any food, candy or drink. We will have plenty of food and snacks available. If you require a specialized diet please note this on your medical form (which you have filled out within your registration forms).

### For the Bus Ride

Campers can bring a bag or knapsack if they like that holds some books or games for the bus ride. We will be showing a movie on our way to camp - all appropriately rated for the age of the camper group.

### Laundry

Camp Amicus does not provide laundry services for camper's clothing. We ask that all campers have enough clothing to get through one active, outdoor week. The nights and mornings can be chilly so please pack some warm clothing including long sleeved shirts and long pants. Please read the packing list carefully.

## Packing List - POLARIS Week 1 Overnight Camp

**PLEASE PACK IN A SOFT DUFFEL BAG, NOT A HARD SUITCASE**

Quantity	Item	Quantity	Item
7	Underwear	1	Rain Jacket
7	Socks	1	Warm Jacket/Wind Jacket
2	Pajamas	2	Running Shoes/Hiking Shoes (closed toe)
1-2	Baseball Hat/Sun Hat	1	Flip Flops
2-3	Shorts	1	Rain Boots (optional)
2	Long Pants	1	Toque
5	T-Shirt	1	Bedding for Single Bed/Sleeping Bag/Stuffed Animal ( <i>Sleeping Bag preferred, but camp can provide one</i> )
2	Sweatshirt	1	Pillow
2	Bathing Suits	1	Sunscreen
1	Shampoo/Conditioner	1	Bug Spray
1	Soap/Body Wash	1	Flashlight with Fresh Batteries
1	Toothbrush/Toothpaste	1	Backpack (Daypack)
2	Towel	1	Large reusable water bottle
1	Backpacking Backpack (Camp can also provide one)	1	Thermarest (Camp can also provide one)

\*Hiking will happen most days. Please ensure that clothes are athletic/breathable. (No cotton or denim for hiking).

\*Perhaps an extra hoodie if the weather is not great.

## Packing List - POLARIS Day Trips (Week 2)

For our hiking trip there are two things to consider:

- Is this thing new?
  - New shoes or hiking boots give blisters, and new gear hasn't been tested yet. So make sure you are breaking gear in before the trip with lots of walks around the neighbourhood or standing in the shower with your rain gear on to make sure that it works!
- Is this made of cotton in any way, shape or form?
  - Cotton is more dangerous than you think. Once wet it does not dry and cannot keep you warm. Affordable options for tops and bottoms made of polyester at Walmart, which will be far better than any sweater or jeans on trail.

### POLARIS Trips (DAY Trips)

Quantity	Item
1	Day Pack
1 (per day)	Lunch and Snacks
1	Large reusable water bottle (1L Minimum)
1	Hiking Clothing - NO COTTON
1	Athletic Shoes/Hiking boots
1	Rain Jacket

## Packing List - POLARIS Camping Trip (Week 3)

For this outdoor trip, campers need to pack lightly:

- Campers have expressed their desire to bring their own sleeping bags, thermarests, etc. Feel free to send those if you like. **We have a full set of everything for campers**, and will help decide which is most appropriate. For the most part, if your sleeping bag or air mattress is not from a hiking brand (i.e., it is from Canadian Tire) it may not be ideal for the trip and sent back home with your camper.
- Campers are welcome to bring a book, deck of cards or other small personal item.
- What not to bring?
  - Electronics
  - Money
  - Hatchets, knives, tools, etc
  - Personal gear (stoves, cutlery, plates, tents, etc.)
  - Food/snacks

*The best general rule is, if you cannot wear it, you do not need to bring it!*

Packing notes: We will be packing all items prior to the trip to ensure all items are ready for our trip departure.

- You do not worry about neat packing as we will be unpacking and having all campers share some responsibility for communal items and bags must be unpacked in order to fit these items according to weight distribution.
- We do have lots of extra hiking packs that are a suitable size for backpacking for multiple days, and have all items needed for campers with the exception of items on the packing list below.

**POLARIS Trips (OVERNIGHT Trips)** *Be aware that these belongings will be unpacked and transferred to hiking bags and/or checked over as communal supplies must be added to every pack.*

Quantity	Item	Quantity	Item
3	Underwear	1	Rain Jacket
3	Socks - NO COTTON	1	Rain Pants
1	Pajamas	1	Hiking Boots/Sturdy Running Shoes
1	Baseball Hat/Sun Hat	1	Campsite Shoes (optional) - old or flopping running shoes.
1	Shorts - NO COTTON	1	Toque
2	Long Pants - NO COTTON OR JEANS	1	Sunscreen
2	T-Shirt - NO COTTON	1	Bug Spray
2	Sweatshirt - NO COTTON	1	Flashlight with Fresh Batteries
1	Bathing Suit	1	Large reusable water bottle (1L Minimum)
1	Toothbrush/Toothpaste	1	Small Towel

## A Day at POLARIS - Overnight Camp - Week 1

### Rise and Shine

#### **7:30 Polar Bear Splash**

What better way to start your day than with a splash! If you go every day, you can earn your Polar Bear Award!

#### **8:00 Wake Up and Get Ready**

If you didn't head to Polar Bear Dip it is time to wake up and get ready for the day. Our Polar Bear Dippers can have a warm shower to get ready for the day before making their way to breakfast.

#### **8:15 Breakfast**

Head to the dining hall for some great warm and cold options for breakfast.

#### **9:15- Morning Meeting**

Morning meetings get us ready to face the day. Campers can advocate their needs and their wishes for the program. We hold intentional conversations and let campers know the schedule and allow them to make changes and lead their group.

#### **9:30 Skill Development**

Whether we are working on our physical skills by hiking, learning about wilderness skills, Leave No Trace principles, or how to filter our water, we spend the morning learning essential skills for our upcoming hiking trips.

#### **12:15 Lunch**

Time to refuel for an afternoon full of fun!

### Afternoon

#### **1:00 Rest Hour**

All campers and staff head back to their bunks for some quiet time. Whether that is reading, napping or writing a letter home, this is a great time recoup for a fun afternoon of activities

#### **2:00 Team Development**

Team building together, doing low ropes activities and working on communication. We spend the afternoons preparing ourselves to work together efficiently on hiking trails.

#### **5:45 Free Time**

Kick back and relax, go play sports or have a shower. It's FREE TIME!

#### **6:15 Dinner**

#### **7:30 Campfire**

It's time to learn to build fires and then cook over them! A POLARIS campfire is about learning essential firebuilding skills then gathering around the fire and chatting with our friends.

#### **8:30 Shower House**

Get ready for bed with a shower and brushing your teeth.

#### **9:00 Story and Bedtime**



Recap the day with your cabin mates, then your counsellors will read you a story or chat about the day.

#### **9:30 Lights Out**



We know it seems early, but remember you are getting up early the next day for even more activities!

\*This schedule changes a bit every day.

## A Day at POLARIS – Day Camp - Week 2

 Morning	 Afternoon
<p><b>9:00 Arrive at Camp</b></p> <p><b>9:15 Zones Check In and Schedule for the Day</b> Your counsellor will lead a group check in, and let you know what to expect for the day.</p> <p><b>9:30 Depart for Hiking</b> We hop into the vans early to get out to the mountains with plenty of time to hike, and don't forget we are going RAIN OR SHINE! So make sure you have a rain jacket packed no matter what!</p> <p><b>12:00 Lunch</b> Teens and their families are responsible for their daily lunches during week 2 of POLARIS. The teens will eat on the trail and they need foods that can travel with them.</p>	<p><b>1:00 Hiking</b> Time to wrap up our hike and head back to the vans for pick up, so we get back on time.</p> <p><b>3:30 Steps in the Right Direction</b> A very special time of day at camp, where we get to celebrate all of the awesome things our campers have done, throughout the day.</p> <p><b>3:45 Zones Check In and Schedule for Tomorrow</b> Finish off your day with your group, talking about how awesome the day was, and how great tomorrow will be.</p> <p><b>4:00 Head Home</b></p>

## A Day at POLARIS – Day Camp - Week 3 (Overnight Hiking Trip)

 Morning	 Afternoon
<p><b>8:00 Wake Up</b></p> <p><b>8:30 Breakfast and Pack Up</b> Rotating through different roles in the team, every teen will be responsible at some point in the trip for cooking meals for the group. They will be working with other teens to do this and be supported by a counsellor.</p> <p>Other campers will be responsible for packing up camp and getting ready to either hike to a new campsite (POLARIS 2) or pack lunches and daypacks for a day hike (POLARIS 1)</p> <p><b>10:00 Depart for Hiking</b></p> <p><b>12:00 Lunch</b> All lunches are provided by Amicus while on overnight hiking trips. We accommodate dietary restrictions.</p>	<p><b>1:00 Hiking</b> Continue the hike for the afternoon and take in some amazing views.</p> <p><b>3:00 - 4:00 Unpack</b> Depending on the day, we arrive at the campsite around this time and have time to change, get dry, have a snack or set up our new site.</p> <p><b>4:00 Free Time</b> Whether that means hanging out with your friends, or reading it's time to unwind a bit. Sometimes there is swimming in nearby lakes.</p> <p><b>5:30 Dinner Time</b> If you are on the cooking team, you may have ended your free time a bit early, but you will have free time after.</p> <p><b>7:00 Steps in the Right Direction</b></p> <p><b>9:30 Lights Out</b></p>

## POLARIS 1 Session Schedule

### WEEK 1 - POLARIS 1

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-7:45		Polar Bear Plunge	Polar Bear Plunge	Polar Bear Plunge	Polar Bear Clean
7:45 - 8:00					Clean. Bags on beds
8:00 - 8:15	Before Care	Wake Up	Wake Up	Wake Up	
8:15 - 8:30		Sign In	Breakfast	Breakfast	Make Breakfast/Hike back for Breakfast
8:30 - 8:45					
8:45 - 9:00					
9:00 - 9:15	Drive to Pioneer Lodge	Morning Meeting	Morning Meeting	Hike back Clean up Clean gear put gear away  Shower  Games  Horses	Clean Up/ goals/ finish getting ready to leave
9:15 - 9:30		Leave no trace, trail safety and Hike	Scavenger hunt/ Map reading  Canoeing if we can (tailored to the needs of POL (Team building, communication, challenge, rescues, more advanced))		
9:30 - 9:45					
9:45 - 10:00					
10:00 - 10:15					
10:15 - 10:30					
10:30 - 10:45	Community Meeting				
10:45 - 11:00					
11:00 - 11:15	Snack				
11:15 - 11:30	Tour and move into cabins				
11:30 - 11:45					
11:45 - 12:00					
12:00 - 12:15	Transition	Transition	Transition		
12:15 - 12:30	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 - 12:45					
12:45 - 1:00					
1:00 - 1:15	Cabin setup time	Rest Hour	Prep for backpacking - Delegating tasks - Who carries what - Sleeping groups - Checklist of personal items - Checklist of camp items	Rest Hour	Awards, slideshow
1:15 - 1:30					
1:30 - 1:45					
1:45 - 2:00					
2:00 - 2:15	Leave no trace, trail safety	Choice		Choice	Drive to Foothills
2:15 - 2:30					
2:30 - 2:45					
2:45 - 3:00					
3:00 - 3:15					
3:15 - 3:30					

3:30 - 3:45	Snack	Snack	Snack	Snack	
3:45 - 4:00	Shelters, tents, bear hang, sleeping, dishes, Campsite tasks and delegation	Shelters, tents, bear hang, sleeping, dishes, Campsite tasks and delegation	Prep for Hike: Backpacking 101	Wilderness Skills	Sign Out
4:00 - 4:15			Hike to Overnight Site		After Care
4:15 - 4:30					
4:30 - 4:45					
4:45 - 5:00					
5:00 - 5:15					
5:15 - 5:30			Free Time	Hiking Prep	
5:30 - 5:45					
5:45 - 6:00	Set up Camp				
6:00 - 6:15		Supper	Supper		
6:15 - 6:30					
6:30 - 6:45					
6:45 - 7:00					
7:00 - 7:15	Campfire and Fire building	Fire Building/Campfire Cooking	Campstove Supper (Campers Cook)	Campfire	
7:15 - 7:30			Clean up, dishes and Campfire		
7:30 - 7:45				Sunset Hike/Steps in the Right Direction	
7:45 - 8:00					
8:00 - 8:15					
8:15 - 8:30	Steps in the Right Direction	Steps in the Right Direction	Steps in the Right Direction	Shower House	
8:30 - 8:45					
8:45 - 9:00	Shower House	Shower House	Chill around the firs (games, stories, shrek)		
9:00 - 9:15					
9:15 - 9:30	Bed Time (Cabins)	Bed Time (Cabins)	Bed Time (Tents)	Bed Time (Cabins)	
9:30 - 9:45					
9:45 - 10:00					

## WEEK 2 - POLARIS 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 - 8:45	Before Care	Before Care	Before Care	Before Care	Before Care
8:45 - 9:00					Camper Arrival
9:00 - 9:15	Camper Arrival	Camper Arrival	Camper Arrival	Camper Arrival	Camper Arrival
9:15 - 9:30	Check In	Check In	Check In/Quick Meeting	Check In/Quick Meeting	Check In
9:30 - 9:45	Morning Meeting	Morning Meeting	Bus to Trailhead	Bus to Trailhead	Morning Meeting
9:45 - 10:00	Bus to Baker Park Trail	Leadership and Planning			Trip Prep - Food grid

10:00 - 10:15					<div>- Pack bags</div> <div>- Delegate tasks</div> <div>- Who has what gear</div> <div>EVERYTHING.</div> <div>Meals go in the freezer.</div> <div>Bags are packed, zipped up, ready tro go.</div>	
10:15 - 10:30	Get To-Know-You Games					
10:30 - 10:45						
10:45 - 11:00	Baker Park Trail & Activities		Grotto Canyon	Heart Creek Trail		
11:00 - 11:15						
11:15 - 11:30						
11:30 - 11:45						
11:45 - 12:00						
12:00 - 12:15						
12:15 - 12:30	Lunch	Douglas Fir Trail			Lunch	
12:30 - 12:45						
12:45 - 1:00						
1:00 - 1:15	Complete Baker Park Trail & Activities				R&R	
1:15 - 1:30						
1:30 - 1:45						
1:45 - 2:00			Complete Packing/ Edworthy Park if there is free time			
2:00 - 2:15						
2:15 - 2:30						
2:30 - 2:45	Bus to Foothills		Bus to Foothills	Final Checklist		
2:45 - 3:00						
3:00 - 3:15						
3:15 - 3:30	Flexible Time					
3:30 - 3:45	Steps	Steps	Steps		Steps	
3:45 - 4:00	Campers Depart	Campers Depart	Campers Depart	Campers Depart	Campers Depart	
4:00 - 5:00	After Care	After Care	After Care	After Care	After Care	

**WEEK 3 - POLARIS 1**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 - 8:45	NO CAMP - Holiday Monday	Before Care	Wake Up	Wake Up	Before Care
8:45 - 9:00					
9:00 - 9:15		Camper Arrival	Breakfast	Breakfast	Camper Arrival
9:15 - 9:30		Check In			Check In
9:30 - 9:45		Morning Meeting			Morning Meeting
9:45 - 10:00		Bus to Trail	Prepare and Pack for the Day	Pack Up	Debrief Trip
10:00 - 10:15			Bus to Barrier Lake		
10:15 - 10:30			Yates Mountain Summit + Meeting Before		Flexible Time (Depending on the Activity Choice for the Wrap-Up Party)
10:30 - 10:45					
10:45 - 11:00					
11:00 - 11:15		Arrive at Trail		Drive back to Foothills	
11:15 - 11:30					
11:30 - 11:45		Jewell Bay Pass (Swim at the bay)		Lunch (Ordered In)	Lunch
11:45 - 12:00					
12:00 - 12:15					
12:15 - 12:30					
12:30 - 12:45					
12:45 - 1:00					
1:00 - 1:15					
1:15 - 1:30					
1:30 - 1:45				Unpack and Organize	Wrap-Up Party
1:45 - 2:00					
2:00 - 2:15					
2:15 - 2:30					
2:30 - 2:45					
2:45 - 3:00		Flexible Afternoon			
3:00 - 3:15					
3:15 - 3:30					
3:30 - 3:45		Swim at Barrier Lake at the beach.	Kangaroo Court		
3:45 - 4:00					
4:00 - 4:15					
4:15 - 4:30		Bus to Campsite	Steps	Steps	
	Set up camp & unpack. (Canoe Meadows)	Campers Depart	Campers Depart		
		After Care	After Care		

4:30 - 4:45		Campsite)	Bus to Campsite				
4:45 - 5:00		Dinner	Dinner				
5:00 - 5:15							
5:15 - 5:30							
5:30 - 5:45							
5:45 - 6:00							
6:00 - 6:15							
6:15 - 6:30		Free time/activities	Free time/activities				
6:30 - 6:45							
6:45 - 7:00							
7:00 - 7:15							
7:15 - 7:30		Campfire/Steps	Campfire/Steps				
7:30 - 7:45							
7:45 - 8:00							
8:00 - 8:15							
8:15 - 8:30							
8:30 - 8:45							
8:45 - 9:00							
9:00 - 9:15		Clean Up/Bedtime	Clean Up/Bedtime				
9:15 - 9:30							
9:30 - 9:45		Sleep	Sleep				
9:45 - 10:00							

## POLARIS 2 Session Schedule

### WEEK 1- POLARIS 2

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-7:45	<b>No Camp - Canada Day</b>		Polar Bear Splash	Polar Bear Splash	Polar Bear Clean
7:45 - 8:00					Clean. Bags on beds
8:00 - 8:15		Pre Care *	Wake Up	Wake Up	
8:15 - 8:30					
8:30 - 8:45		Sign In	Breakfast	Make Breakfast/Hike back for Breakfast	Breakfast
8:45 - 9:00					
9:00 - 9:15			Morning Meeting		
9:15 - 9:30					Clean Up/ goals/ finish getting ready to leave
9:30 - 9:45		Driving	Scavenger hunt/ Map reading	Hike back Clean up Clean gear put gear away	
9:45 - 10:00					
10:00 - 10:15			Canoeing if we can (tailored to the needs of POL (Team building, communication, challenge, rescues, more advanced)		Teambuilding (big games), POL specific award/ celebration ceremony, Low ropes/ initiative, jeopardy of everything you've learned, etc
10:15 - 10:30					
10:30 - 10:45		Community Meeting		Shower	
10:45 - 11:00				Games	
11:00 - 11:15		Snack		Horses	
11:15 - 11:30					
11:30 - 11:45		Tour and move into cabins			
11:45 - 12:00					
12:00 - 12:15		Transition	Transition		
12:15 - 12:30					
12:30 - 12:45		Lunch	Lunch	Lunch	Lunch
12:45 - 1:00					
1:00 - 1:15					
1:15 - 1:30		Cabin setup time	Prep for backpacking - Delegating tasks	Rest Hour	Awards, slideshow
1:30 - 1:45					
1:45 - 2:00			- Who carries what		
2:00 - 2:15			- Sleeping groups		
2:15 - 2:30			- Checklist of personal items		
2:30 - 2:45			- Checklist of camp items	Choice	Bus home
2:45 - 3:00		Leave no trace, trail safety			
3:00 - 3:15					
3:15 - 3:30					

3:30 - 3:45		Snack	Snack	Snack					
3:45 - 4:00		Shelters, tents, bear hang, sleeping, dishes, Campsite tasks and delegation	Prep for Hike: Backpacking 101	Wilderness Skills	Sign Out				
4:00 - 4:15			Hike to Overnight Site		Post Care *				
4:15 - 4:30									
4:30 - 4:45									
4:45 - 5:00			Hiking Prep						
5:00 - 5:15		Free Time			Set up Camp				
5:15 - 5:30									
5:30 - 5:45			Campstove Supper (Campers Cook)		Supper				
5:45 - 6:00		Supper							
6:00 - 6:15		Clean up, dishes and Campfire	Campfire						
6:15 - 6:30					Campfire and Fire building				
6:30 - 6:45			Sunset Hike/Steps in the Right Direction						
6:45 - 7:00									
7:00 - 7:15		Steps in the Right Direction	Chill around the firs (games, stories, shrek)		Shower House				
7:15 - 7:30									
7:30 - 7:45			Bed Time (Tents)		Bed Time (Cabins)				
7:45 - 8:00		Shower House							
8:00 - 8:15		Bed Time (Cabins)	Bed Time (Cabins)						
8:15 - 8:30					Bed Time (Cabins)				
8:30 - 8:45		Bed Time (Cabins)	Bed Time (Cabins)						
8:45 - 9:00					Bed Time (Cabins)				
9:00 - 9:15		Bed Time (Cabins)	Bed Time (Cabins)						
9:15 - 9:30									
9:30 - 9:45					Bed Time (Cabins)				
9:45 - 10:00									

**WEEK 2- POLARIS 2**

Time	Monday	Tuesday	Wednesday	Thursday	Friday				
8:30 - 8:45	Before Care	Before Care	Before Care	Before Care	Before Care				
8:45 - 9:00									
9:00 - 9:15	Camper Arrival	Camper Arrival	Camper Arrival	Camper Arrival	Camper Arrival				
9:15 - 9:30	Check In	Check In/Quick Meeting	Check In/Quick Meeting	Check In/Quick Meeting	Check In				
9:30 - 9:45	Morning Meeting	Bus to Trailhead	Bus to Trailhead	Bus to Trailhead	Morning Meeting				
9:45 - 10:00	Get To Know You's				EVERYTHING. Meals go in the freezer. Bags are packed, zipped up, ready tro go.				
10:00 - 10:15									
10:15 - 10:30									
10:30 - 10:45	Leadership & Planning	West Wind Pass	Yates Mountain  Wasootch						
10:45 - 11:00									
11:00 - 11:15									
11:15 - 11:30	Douglas Fir Trail			Team Building Activities					
11:30 - 11:45									
11:45 - 12:00									
12:00 - 12:15									
12:15 - 12:30	Lunch				Grotto Canyon	West Wind Pass	Yates Mountain  Wasootch	Lunch	
12:30 - 12:45									
12:45 - 1:00									
1:00 - 1:15	Douglas Fir Trail	Bus to Foothills	Bus to Foothills					Bus to Foothills	Review plan for Monday
1:15 - 1:30									
1:30 - 1:45									
1:45 - 2:00									
2:00 - 2:15									
2:15 - 2:30									
2:30 - 2:45									
2:45 - 3:00									
3:00 - 3:15									
3:15 - 3:30									
3:30 - 3:45	Steps	Steps			Steps				
3:45 - 4:00	Campers Depart	Campers Depart	Campers Depart	Campers Depart	Campers Depart				
4:00 - 4:30	After Care	After Care	After Care	After Care	After Care				

**WEEK 3- POLARIS 2**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
8:30 - 8:45	Before Care	Wake Up	Wake Up	Wake Up	Before Care	
8:45 - 9:00						
9:00 - 9:15	Camper Arrival	Breakfast	Breakfast	Breakfast	Camper Arrival	
9:15 - 9:30	Check In/Check Bags/ add medications				Check In	
9:30 - 9:45						Morning Meeting
9:45 - 10:00	Bus to Trailhead	Prep and Pack Up  +Purify Water +Prepare Lunch	Prep and Pack Up  +Purify Water +Prepare Lunch	Prep and Pack Up	Debrief & Activities	
10:00 - 10:15						
10:15 - 10:30						
10:30 - 10:45						
10:45 - 11:00	Unload and organize	Hike to Jewel Bay (5.9km) Lunch at the Waterfall	Hike to Stoney Creek Recreation (7 km) Lunch on the trail at the end of Barrier Lake (Partway There)	Bus to Foothills		
11:00 - 11:15						
11:15 - 11:30	Hike into Quiate Valley (Lunch on the Trail)					
11:30 - 11:45						
11:45 - 12:00						
12:00 - 12:15						
12:15 - 12:30						
12:30 - 12:45						
12:45 - 1:00						
1:00 - 1:15				Lunch Ordered In	Lunch	
1:15 - 1:30						
1:30 - 1:45						
1:45 - 2:00						
2:00 - 2:15	Arrive at Quiate Valley Campsite					
2:15 - 2:30		Arrive at Jewel Bay	Arrive at Stoney Creek	Party		
2:30 - 2:45						
2:45 - 3:00		Set up camp	Unpack/Set up Camp		Unpack/Set up Camp	Unpack and organize
3:00 - 3:15						
3:15 - 3:30						
3:30 - 3:45						
3:45 - 4:00						Steps
4:00 - 4:15	Pick up					Pick up
4:15 - 4:30	Snack/Free Time			Snack/Free Time		Snack/Free Time
4:30 - 4:45						

4:45 - 5:00				
5:00 - 5:15	Dinner	Swimming	Dinner	
5:15 - 5:30				
5:30 - 5:45				
5:45 - 6:00				
6:00 - 6:15				
6:15 - 6:30				
6:30 - 6:45				
6:45 - 7:00	Free time/guided activities	Dinner	Free time/guided activities	
7:00 - 7:15				
7:15 - 7:30				
7:30 - 7:45	Free Time		Free time/guided activities	
7:45 - 8:00				
8:00 - 8:15	Campfire/Steps	Campfire/Steps	Campfire/Steps	
8:15 - 8:30				
8:30 - 8:45				
8:45 - 9:00				
9:00 - 9:15				
9:15 - 9:30				
9:30 - 9:45	Clean up/get ready for bed	Clean up/get ready for bed	Clean up/get ready for bed	
9:45 - 10:00	Bed Time	Bed Time	Bed Time	

\* Hikes subject to change based on weather, ability of the group and other external factors

## Activities - POLARIS

At POLARIS, our teens are challenged to learn social skills, independence and responsibility through group activities and hiking programs.



### POLARIS

Hiking  
Team Building  
Fire Building  
Cooking Skills  
Cleaning Skills  
Setting up Tarps  
and Tents  
How to pack a  
Backpack  
And More

## S.T.A.R. - Supporting the Transition to Adult Responsibilities

The goal of the S.T.A.R. Program is for young adults aged 18- 23 in the ADHD/ Learning Disability community to develop the skills and confidence needed to gain independence. Adulthood can be an intimidating prospect, but S.T.A.R. is here to help explain these responsibilities and provide tools to help you prepare!

Through a variety of engaging activities, presentations, guest speakers and real-world volunteering experiences, we will examine the realities of adulthood and prepare for them.

Topics covered include:

- Renting your first home
- Workplace skills and fundamentals
- Post-secondary information and other schooling paths
- Resume workshops and mock- interviews
- Budgeting and finance tips
- Navigating adult relationships
- Time management
- The importance of email and email etiquette
- Gaining relevant certifications (WHMIS, Pro Serve, etc)
- and more!

## Location and Contact Information - S.T.A.R.

Address: Foothills Academy Society - 745 37th Street NW, Calgary, AB

Contacts: Phone Number - 403 270 9400

Ext 212 - Rebecca Higgins - Amicus Administrative Assistant - Absences

Ext 252 - Jana Stevenson - Intake Coordinator - Contact for Registration, Payment and FSCD needs

Ext 217 - Luke MacKinnon - Manager, Amicus Camps and Recreation

Additional Staff for Day Camp:

Claire Storrow - S.T.A.R. Coordinator - Contact for all S.T.A.R. concerns

## Transportation - S.T.A.R.

Camp Amicus provides transportation to participants for field trips/ excursions during program. Depending on the excursion, we will use one of the Foothills vans or use transit as a group to get to our destination.

Transportation to and from camp is the responsibility of families/ young adult.

### S.T.A.R

Renting 101  
Workplace Skills &  
Fundamentals  
Post-Secondary  
Info  
Resume Building  
Mock Interviews  
Budgeting &  
Finance Tips  
Email Etiquette  
Certifications  
(WHMIS, Pro  
Serve, etc.)  
And More

## S.T.A.R. Session 1 Schedule

S.T.A.R. Schedule *					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	No Program- Canada Day long weekend	Introductions and Workplace fundamentals	Cooking and Healthy Lifestyles	Volunteering	Volunteering
Week 2	Navigating Adult Relationships	Renting 101	Volunteering	Volunteering	Schooling, Careers and other Paths
Week 3	Applying to Jobs, Resume's, cover letters and Mock Interviews	Volunteering	Volunteering	Certifications	Wrap up and Celebration

\* The schedule is subject to change depending on the needs of the group and our volunteering partner's availability.

