

ADVENTURE CAMP

When: Week 1 -July 12 – 16, 2010 (9:00-4:30 Monday - Friday)

OR

Week 2 - July 19 -23, 2010 (9:00-4:30 Monday – Friday)

Who: Students - Ages: 10 -15

Where: High Level Challenge Course MVHS

What: High Challenge Course Experiences, Introduction to Canoeing and Geocaching

Cost: \$200.00 (\$40.00 per day)

Join our MOVE (Miramichi Outdoor Venture Experience) Adventure Team. We are accepting only **25 students per week** for this camp on a first come first serve basis. This camp will be delivered for students ages 10-15. Students will be involved in:

High Level Challenge Course and High Ropes Course. They will learn from the very basics of safety and knot tying to climbing the course and challenging the elements.

Canoe Training: Our campers will be introduced to basic flatwater paddling skills and safety.

Geocaching: Our campers will learn how to use a GPS unit and experience what this new world phenomenon has to offer.

Why adventure Camps?

- Builds self-confidence
- Mutual support in a group (non-competitive)
- Increase level of agility and physical condition
- Increase awareness of personal strengths and limitations
- Develop cooperation, trust, and commitment
- Go beyond self-imposed boundaries