

ACTION PACKED ACTIVITIES ALL SUMMER!



CHILDREN'S

Summer

CAMPS

AND

**Recreation
Leader Training**


17 WING COMMUNITY RECREATION



www.CAFconnection.ca/winnipeg

Colleen Preston • colleen.preston@forces.gc.ca • 204-833-2500 ext. 2057

WESTWIN COMMUNITY CENTRE • 642 WIHURI RD.

Follow us on 

Summer Sports DAY CAMP

Tuesday, July 2 to Friday, August 23

Before Care 7:30 am - 9 am

Camp Day 9 am - 4 pm

After Care 4 pm - 5:30 pm

JOIN US FOR A WEEK OF FUN, FRIENDSHIP & FITNESS

Sports • Crafts • Games • Swimming • Movies • Trips • Lunch & MORE!

All sports equipment is child-sized.



FIELD TRIPS MAY INCLUDE: HIDE 'N SEEK, FLYING SQUIRREL INDOOR TRAMPOLINE, DRAGON BOAT/KAYAKING, KILDONAN WATERPARK, OAK HAMMOCK MARSH, STONEWALL QUARRY BEACH, ACADEMY LANES BOWLING

PRICE MEMBERSHIP
\$140 per week, per child
 NON-MEMBERSHIP
\$160 per week, per child

All prices include before & after care. Payment plan is available.

ROOKIES • 6 - 8 YEARS

Children need to be the age on the start date of camp (special consideration to Military dependants born in the latter half of 2013)

VARSITY • 9 - 10 YEARS

Children need to be the age on the start date of camp

ELITE • 11 - 13 YEARS

Children need to be the age on the start date of camp

CAMP AGES

For more information: 204.833.2500 ext. 5139 or 2057

Registration: www.cafconnection.ca/winnipeg

Membership & Military - begins Wednesday, April 10 • Non-membership - begins Wednesday, April 24



A division of CEMWS
 Une division des SBMEC

Sports Day Camp Schedules

6 to 13 year olds

TYPICAL DAY

| TIME | FACILITY | ACTIVITY |
|---------------------|---------------|---|
| 7:30 am - 9:00 am | Bldg. 33 | Drop-off & free time |
| 9:00 am - 12:00 pm | Various | Snack & Sports |
| 12:00 pm - 12:30 pm | Home room | Lunch |
| 12:30 pm - 4:00 pm | Various | Snack/Sports/Games |
| 1:30 pm - 2:15 pm | Bldg. 90 pool | Rookie swim |
| 2:15 pm - 3:45 pm | Bldg. 90 pool | Varsity & Elite & Aquatic Camp & Rec Leader Training swim |
| 4:00 pm - 5:30 pm | Bldg. 33 | Pick-up & free time |

TYPICAL HALF-DAY TRIP

| TIME | FACILITY | ACTIVITY |
|---------------------|---------------|---|
| 7:30 am - 9:00 am | Bldg. 33 | Drop-off & free time |
| 9:00 am - 12:00 pm | | Trip |
| 12:00 pm - 12:30 pm | Home room | Lunch |
| 12:30 pm - 4:00pm | Various | Snack/Sports/Games |
| 1:30 pm - 2:15 pm | Bldg. 90 pool | Rookie swim |
| 2:15 pm - 3:45 pm | Bldg. 90 pool | Varsity & Elite & Aquatic Camp & Rec Leader Training swim |
| 4:00 pm - 5:30 pm | Bldg. 33 | Pick-up & free time |

TYPICAL FULL- DAY TRIP

| TIME | FACILITY | ACTIVITY |
|-------------------|----------|----------------------|
| 7:30 am - 9:00 am | Bldg. 33 | Drop-off & free time |
| 9:00 am - 4:00 pm | | Trip |
| 4:00 pm - 5:30 pm | Bldg. 33 | Pick-up & free time |

Aquatics Day Camp Schedules

10 to 14 year olds

TYPICAL DAY

| TIME | FACILITY | ACTIVITY |
|---------------------|---------------|----------------------|
| 7:30 am - 9:00 am | Bldg. 33 | Drop-off & free time |
| 9:00 am - 10:45 am | Bldg. 90 pool | Snack/Sports/Games |
| 10:45 am - 11:30 am | Home room | Change & Lunch |
| 11:30 am - 1:30 pm | Various | Outdoor activities |
| 1:30 pm - 3:30 pm | Bldg. 90 pool | Free swim |
| 3:30 pm - 4:00 pm | Bldg. 33 | Change & Snack |
| 4:00 pm - 5:30 pm | Bldg. 33 | Pick-up & free time |

TYPICAL HALF-DAY TRIP

| TIME | FACILITY | ACTIVITY |
|---------------------|---------------|----------------------|
| 7:30 am - 9:00 am | Bldg. 33 | Drop-off & free time |
| 9:00 am - 12:00 pm | | Trip |
| 12:00 pm - 12:30 pm | Home room | Lunch |
| 12:30 pm - 1:30 pm | Various | Outdoor activities |
| 1:30 pm - 3:30 pm | Bldg. 90 pool | Free swim |
| 3:30 pm - 4:00 pm | Bldg. 33 | Change & Snack |
| 4:00 pm - 5:30 pm | Bldg. 33 | Pick-up & free time |

TYPICAL FULL-DAY TRIP

| TIME | FACILITY | ACTIVITY |
|-------------------|----------|----------------------|
| 7:30 am - 9:00 am | Bldg. 33 | Drop-off & free time |
| 9:00 am - 4:00 pm | | Trip |
| 4:00 pm - 5:30 pm | Bldg. 33 | Pick-up & free time |

17 Wing Community Recreation

Aquatic DAY CAMP

Sports & Games

INCLUDES:

- co-operative games •
- LOG – relays, a regatta •
- swim sport workout • diving •
- synchronized swimming •
- water polo • boating •
- triathlon training •

AN ACTION-PACKED WEEK OF AQUATIC SPORTS & GAMES FOR YOUTH WHO LOVE THE WATER!

**Monday, July 15 to Friday, July 19 OR
Monday, August 12 to Friday, August 16**

CAMP DAY 9 am - 4 pm Before care 7:30 am - 9:00 am / After care 4:00 pm - 5:30 pm

Youth 10-14 yrs • **Pre-requisites:** Must be ten years of age on the start date of camp & must be able to swim two lengths of the lap pool non-stop, no touching and tread water for one minute **OR** Be comfortable wearing a pfd and be comfortable in deep water

Membership **\$150** per week per child • Non-membership **\$170** per week per child

JOIN US FOR A WEEK OF FUN, FITNESS & FRIENDSHIP

Sports, games, swimming, movie, lunch & more!



RECREATION LEADER TRAINING

TO REGISTER CONTACT: colleen.preston@forces.gc.ca • 204-833-2500 ext. 2057
to set up an informal meeting prior to determine eligibility of acceptance for this program

ONLINE REGISTRATION BEGINS: Membership – **Wednesday, April 10** • Non-membership – **Wednesday, April 24**
www.cafconnection.ca/winnipeg



RECREATION LEADER TRAINING **1**

15 YR OLDS * 2 WEEK PROGRAM

MUST BE 15 YRS OF AGE ON THE START DATE OF TRAINING

Gain skills through fun & hands-on experience!

Staff encourage and support participants in learning about the sports camp and assisting with sports and activities.

July 8 - 19 * 9 am - 4 pm

TRAINING

- Leadership
- Culture of respect & inclusion
- Child & vulnerable adult protection

PRACTICAL CERTIFICATION

- Swim-to-Survive
- Swim-to-Survive Plus
- Emergency First Aid with CPR-B certification

Membership **\$220** • Non-Membership **\$250** PAYMENT PLAN AVAILABLE

RECREATION LEADER TRAINING **2**

16 YR OLDS * 4 WEEK PROGRAM

MUST BE 16 YRS OF AGE ON THE START DATE OF TRAINING

Challenge & facilitate the development of leadership skills through a fun & hands-on experience!

With a supportive and encouraging staff, participants will spend time leading in some areas of camp and will take part in day-to-day sports and activities.

July 22 - Aug 16 * 9 am - 4 pm

Prepare, train & certify youth for potential employment as Recreation Leaders

TRAINING

- Behaviour management techniques
- Control of group
- Lesson plans for games & activities
- Leadership
- Culture of respect & inclusion
- Child & vulnerable adult protection

PRACTICAL CERTIFICATIONS

- Safeguard
- Swim-to-Survive
- Swim-to-Survive Plus
- Standard First Aid with CPR-C/AED certification
- NCCP – FMS certificate (National Coaching Fundamental Movement Skills)
- HIGH FIVE certification (Nationally recognized certification in Recreation Programming)

Membership **\$440** • Non-Membership **\$500** PAYMENT PLAN AVAILABLE

Sports Day Camp Weekly Schedules

JOIN OUR SUMMER SPORTS CAMP FOR A WEEK OF FUN, FITNESS & FRIENDSHIP.

Each week includes sports, games, swimming, movie, a trip, hot lunch & more!

Partnering with MB Theatre for Young People, Masterworks Dance Studio, Cavalier Fencing, GymKyds Gymnastic Centre, Assiniboine Curling Club and 17 Wing Archery & Karate Clubs.

1 JULY 2 - 5 • Track & Field **Note camp week begins on Tuesday – No camp Monday, July 1*

This week learn the rules and skills for the discus, javelin, long jump, shot put, triple jump, relays, high jump, hurdles, decathlon, pentathlon. *An all-camp track 'n' field meet Thursday morning.*

 ▶ **Thursday hot lunch – pizza**  ▶ **Friday trip to Stonewall Quarry Park beach** (all day)

2 JULY 8 - 12 • Water

Our week will include pool games, outdoor water games, aqua-squirts (a form of synchronized swimming) and water relays. *An all-camp water regatta Thursday morning.*

 ▶ **Thursday hot lunch – Burrito Splendito**  ▶ **Friday trip to the Red River. Dragon boat (Rookies & Varsity) / Kayak (Elite)** (morning)

3 JULY 15 - 19 • Ball Sports

Spend a week learning the rules and skills for basketball, volleyball, pickleball, dodgeball, badminton, tennis, floor hockey, bocce ball, flag football, lacrosse, t-ball, softball, soccer, ball hockey. There will be skill development such as foundation skills, drills and game strategy. Co-operative games are also included. *An all-camp ball tournament Thursday morning.*

 ▶ **Thursday hot lunch – Pita Pit**  ▶ **Friday trip to Kildonan Outdoor pool/water park** (all day)

4 JULY 22 - 26 • Water

Our week will include pool games, outdoor water games, aqua-squirts (a form of synchronized swimming) and water relays. *An all-camp water regatta Thursday morning.*

 ▶ **Thursday hot lunch – Timmies Minis**  ▶ **Friday trip to Stonewall Quarry Park beach** (all day)

5 JULY 29 - AUGUST 2 • Ultra Sports

We have partnered with our Cavalier Fencing, Assiniboine Curling Club and 17 Wing Archery & Karate Clubs to come and deliver their sports. Campers will also do Ultimate frisbee, squash, lacrosse and cricket.

 ▶ **Thursday hot lunch – pizza**  ▶ **Friday trip to Flying Squirrel Trampoline** (morning)

6 AUGUST 6 - 9 • Alternative Week **Note camp week begins on Tuesday – No camp Monday, August 5*

Partnering with the MB Theatre Young People to come in and deliver creative drama and/or Improv Power. Other activities include a craft, outdoor survival skills and a science experiment.

 ▶ **Thursday hot lunch – Burrito Splendito**  ▶ **Friday trip to Oak Hammock Marsh** (2/3 day)

7 AUGUST 12 - 16 • Gymnastics

Partnering with GymKyds Gymnastic Centre, campers will be introduced to creative play, balance beam, basic intro to gymnastics and floor exercise. Campers will also do games, relays and obstacle courses.

 ▶ **Thursday hot lunch – Pita Pit**  ▶ **Friday trip to Hide 'n' Seek** (2/3 day)

8 AUGUST 19 - 23 • Dance

Partnering with Masterworks Dance Studio. Come to dance camp to learn and grow in your dance skills. Get ready to stretch and move to the rhythm. Potential dance styles include jazz, tap, funky and hip hop. Improve your talents in an encouraging atmosphere and establish friendships. Campers will also do games, relays and obstacle courses.

 ▶ **Thursday hot lunch – Timmies Minis**  ▶ **Friday trip to Academy Lanes West Bowling** (morning)

ALL TRIPS AND ACTIVITIES ARE SUBJECT TO CHANGE DUE TO UNFORESEEN CIRCUMSTANCES.

PSP COMMUNITY RECREATION HIGH FIVE®

PSP Community Recreation uses HIGH FIVE® as the national framework for recreation policy, recreation procedures, risk management, program evaluation and staff development.

HIGH FIVE® is a national standard for sport and recreation, founded by Parks and Recreation Ontario. It is designed to support the safety, well-being and healthy development of participants in recreation and sports programs.

HIGH FIVE® achieves this by providing sport and recreation professionals with tools, training and resources that promote and support the principles of healthy development. Initially launched in November 2001, this quality assurance framework seeks to ensure all participants experience healthy development from their participation in recreation and sport programs.



PSP COMMITMENT TO QUALITY OUR PROGRAMS...

- promote positive experiences by caring leaders.
- foster friendships.
- present opportunities for play.
- teach skill development and mastery.
- encourage participation.
- welcome diversity and uniqueness.
- protect participants in a safe and secure environment.
- matter to the 17 Wing Winnipeg community.



★ S.T.A.R. PROGRAM

STRENGTH THROUGH ACTIVE RECREATION is a program that offers participants an introduction to physical activity and healthy lifestyle choices in a fun and non-competitive environment. To help Military families move towards healthier lifestyles, all recreation programs that contribute to the recommended daily requirement for physical activity are recognized with the STAR icon ★. Choosing these programs for you and your family will not only help you become more active in your everyday life, it will also provide the building blocks your child's future participation in recreation and sports (Physical Literacy).

PHYSICAL LITERACY

Individuals who are physically literate move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person. Physical activity is a lot more fun when we're physically literate. If we want children to be active for life, they need to develop physical literacy at a young age.

- Physically literate individuals consistently develop the motivation and ability to understand, communicate, apply, and analyze different forms of movement.
- They are able to demonstrate a variety of movements confidently, competently, creatively and strategically across a wide range of health-related physical activities.
- These skills enable individuals to make healthy, active choices that are both beneficial to and respectful of their whole self, others, and their environment.

ACTIVE FOR LIFE
Only 10% of Canadian Kids are getting enough daily exercise.



Come Join the Fun! 17 Wing Winnipeg Personnel Support Programs

**The Community Recreation department is part of 17 Wing Winnipeg Personnel Support Programs (PSP).
We manage the military and community recreational programs, activities and events.**

Community Recreation goal is to enhance the quality of life and well-being to everyone of the 17 Wing Winnipeg community.

THE COMMUNITY RECREATION OFFICE IS LOCATED IN BUILDING 90 (680 WIHURI ROAD) WITH PLENTY OF PARKING.

BUILDING 90 HOURS
Monday to Friday 0600 - 2200 hrs
Saturday 0900 - 1800 hrs
Sunday 0900 - 2200 hrs

STAFF DIRECTORY

COMMUNITY RECREATION COORDINATOR – Children & Youth Recreation, Aquatics, Outdoor Adventures, Clubs, Events
Colleen Preston • colleen.preston@forces.gc.ca • 204-833-2500 ext. 2057

COMMUNITY RECREATION COORDINATOR – Front Desk, Adult/Student Recreation, Fitness, Birthday parties, Clubs, Events
Ashley Clement • ashley.clement@forces.gc.ca • 204-833-2500 ext. 7013

ADMINISTRATIVE ASSISTANT
Colin Harvey • colin.harvey@forces.gc.ca • 204-833-2500 ext. 5976

FRONT DESK • 204-833-2500 ext. 5139

MANAGER FITNESS, SPORTS AND RECREATION
Chris Merrithew • chris.merrithew@forces.gc.ca • 204-833-2500 ext. 5509

HOW TO REGISTER – Registration can be completed online

We offer online registration through a program called BOOK KING that you can do from a computer, any time of day. To use BOOK KING you must have an active “Client Account”.

Don't have one? Profiles may be created online by visiting www.cafconnection.ca/Winnipeg and follow the directions!

Full disclosure is required when registering campers with learning, behavioural or health concerns. Please contact **Colleen Preston** 204-833-2500 ext. 2057 or email colleen.preston@forces.gc.ca

REGISTRATION DATES

Military and Recreation Membership online registration begins **WEDNESDAY, APRIL 10 at 12:01 am** and is on-going.

Non-membership online registration begins **WEDNESDAY, APRIL 24 at 12:01 am** and is on-going.

Visa, Mastercard, Amex accepted. Please note we do not accept cheques.

If you are a non-membership and register early, you will be withdrawn and requested to register on the non-membership registration date.

DUE TO THE NATURE OF OUR MILITARY FACILITY THERE MAY BE UNFORESEEN INTERRUPTIONS AND/OR CLOSURES, THEREFORE PROGRAMMING MAY BE CANCELLED

Cancellations, Refunds & Transfer Policies

CANCELLATIONS

- All activities are subject to cancellation if there are insufficient registrations.
- PLEASE NOTE, due to the nature of our Military facility there may be unforeseen interruptions and/or cancellation of activities.
- Should it be necessary to cancel an activity, every attempt will be made to re-schedule. However, if we cancel an activity, you are entitled to a full refund or you may transfer to another course with space permitting.
- If we cancel a full course, you are entitled to a full refund or you may transfer to another course with space permitting.
- Register early to avoid activity cancellations.

REFUNDS

- Refunds are provided for medical reasons with a Doctor's note or for a Military posting with validation.
- All other full refund requests must be received 10 business days prior to the start of the activity.
- Should a refund be issued there will be an administration fee of 25%.
- Should a refund be issued after the start date along with the admin fee (25%) the refund will be pro-rated.
- If an activity advertises a required non-refundable deposit, no refund will be issued for the deposit.
- In the case of a dispute, refund decision will be made by the Community Recreation Coordinator.

TRANSFER

- To transfer to another course, please contact the PSP Community Recreation Coordinator.
- Transfers are subject to space availability and depend on the PSP Community Recreation Coordinator's approval.

FORMS – Please ensure that you complete the following forms for each child

- Medical/consent form
- Safe departure form
- Waiver form
- Photo release form
- Independent arrival and departure form (for Elite & Aquatic & Rec Leadership camps)

SAFE ARRIVAL & DEPARTURE AUTHORIZED INDIVIDUALS

- All campers must be signed in every morning and signed out every afternoon.
- Only the authorized individuals listed on the form will be permitted to sign a camper out.
- Photo ID MUST be shown for pick-up for each child, everyday.
- Elite, Aquatic camp and Recreation Leader Training campers are permitted to sign-in and sign-out with an independent arrival/ departure form.

DUE TO THE NATURE OF OUR MILITARY FACILITY THERE MAY BE UNFORESEEN INTERRUPTIONS AND/OR CLOSURES, THEREFORE PROGRAMMING MAY BE CANCELLED