



## MAS 101 FULL is back!

Due to popular demand, and the belief that our pandemic issues will subside, we have decided to offer the full MAS 101 (13 days at camp) again!

We live in a world where change has been the norm; we have altered our programs in congruence with COVID restrictions and will continue to offer these alternative programs (MAS 100, MAS 101 Mountain Camps). We also realize that many students are interested in summer school, where most of the learning occurs in person. We feel that with the current trends of COVID, we will be able to offer our programs at camp again. Details for MAS 101 Full follow.

Please note: This plan is based on restrictions that will allow students to stay in cabins at our field school location (HeLa Ventures). Should restrictions be implemented again prior to the summer, we will communicate with you regarding alterations to the program. Recognize that students will be staying in cabins during their days at HeLa (8 – 10 students/cabin), and in tents for the out-trip portion of the camp. If you are not comfortable with this arrangement, please consider a different option in the MAS 100 Series.

### **Course Work and Credits**

#### **Total Credits: 10**

**CALM 20 (3 credits):** CALM 20 will be offered as a combination of online and in-person learning. Modules 1 (Career Choices), Module 2 (Personal Finances), and Module 4 (Human Sexuality) will continue to be offered online. The largest module, Module 3 (Personal Choices) will be delivered in person by a certified teacher at the camp. Students will be provided with the course materials and specific assignment due dates on June 1st. All course work will be due mid-August.

**Physical Education 10 (5 credits):** Phys. Ed. 10 will be provided as combined online and in-person learning. Module 1 (Preparing for Physical Activity) and Module 7 (Physical Activity and You) must be completed online. The theoretical components of Module 2 (Games) and Module 3 (Individual Activities) will be completed through online work, while the activity components will be fulfilled at camp. Modules 4 (Dance), Module 5 (Gymnastics) and Module 6 (Activities in an Alternate Environment)) will be covered entirely through in-person learning at the camp.

**WLD 1130 (Outdoor Survival, 1 credit):** This course will be delivered completely through in-person learning at the camp.

**WLD 1100 (Outdoor Cooking Theory, 1 credit):** The theoretical outcomes from this course will be provided online. The practical components will be delivered through in-person learning at camp.

### **Logistics**

Transportation to and from the field school location (HeLa Ventures, Rocky Mountain House) is not included in the fee but may be arranged through Progressive Academy. Students may also be transported by parents to and from the camp. All transportation once the student is at the camp will be provided.

#### **Program Outline:**

Day 1: Onsite

Day 2: Lake

Day 3: Onsite

Day 4: River

Day 5: Onsite/bike

Day 6: Onsite; gymnastics/Dance/Orienteering

Day 7: Laundry and pack

Day 8: Depart for Cavalcade Group camp for the Mountain Camp

Day 8 – 11: Mountain Camp (climbing, hiking, biking, bushcraft) at Cavalcade

Day 12: Pack up and return to HeLa; departure dinner

Day 13: Depart for home

\*Onsite days include a combination of classroom CALM sessions, games, and individual physical fitness activities. Activity days may be altered based on environmental considerations.

### **Dates:**

MAS 101C-1: July 4 – 16

MAS 101C-2: July 18 – 30

MAS 101C-3: August 8 – 20

**Fee: \$1,690.00**