



Mountain Adventure School (MAS) 2023 Preview of Programs

The Mountain Adventure School (MAS) is planning for another season of learning, living, and loving the outdoors! We are excited to share our preview of programs with both our prospective and returning students, and their families. **Complete program information will be available on our website on January 15, 2023. Program registrations will open February 1, 2023.**

The following provides a preview of the programs MAS is planning to offer for spring/summer 2023. These high school credit programs are offered to students entering grades 10, 11 or 12. MAS 401 will be available for MAS 301 graduates.

MAS 100 Series

The MAS 100 level offers a variety of program options including CALM 20, In-City Day Camps (MAS 100), Mountain Camps (MAS 101MC) and MAS Full (101C).

MAS CALM 20

MAS CALM 20 (3 credits) is offered as a fully online, asynchronous, stand-alone course that can be completed in conjunction with any of our programs. This course is required for high school graduation. Concepts of the course will be utilized during our camps to ensure understanding and application in life settings.

MAS 100: PHYS. ED. 10 / IN-CITY DAY CAMP (Edmonton)

MAS 100 is designed to offer students the opportunity to achieve Physical Education 10 during summer school, through a combination of online work and a 5 day In-City Camp. Students may choose to complete this program independently or in combination with online CALM 20 and the Mountain Camp (MAS 101MC).

The In-City Day Camp consists of 5 days (approximately 9:00 - 4:00) in which students will achieve activities in an alternate environment (lake and river canoeing, wilderness living skills, climbing, biking, orienteering), gymnastics and dance components of the Phys. Ed. curriculum.

Credits achieved:

- Phys. Ed. 10 (5 credits, online and 5-day In-City Camp)

Note: Students MUST be enrolled in Phys. Ed. to participate in the camp.



Dates: MAS 100 In-city Camps Edmonton Based

MAS 100-1: July 3 – 7
MAS 100-2: July 10 – 14
MAS 100-3: July 17 – 21
MAS 100-4: July 24 – 28
MAS 100-5: August 7 – 11

MAS 101MC: MOUNTAIN CAMP

The Mountain Camp is a 5-day program stationed at a campground in the David Thompson Corridor. Students will sleep in tents and participate in hiking, top rope climbing, biking, wilderness interpretation, and general camp activities. **Mountain Camps are only available to those who have completed the In-City Day Camps.**

Credits achieved (1 credit each):

- WLD 1100 (Outdoor Cooking Theory)
- WLD 1130 (Outdoor Survival Skills)

Prerequisite:

- MAS 100 (In-City Day Camp)

Dates: Mountain Camps

MAS 101MC-1: July 24 – 28
MAS 101MC-2: August 21 – 25

MAS 101C (Full Camp)

The Mountain Adventure School Full camp consists of 13 days of learning experientially in the outdoors. The program is based at the MAS field school location west of Rocky Mountain House, HeLa Ventures. The program consists of lake and river canoeing, top rope rock climbing, hiking, camping, wilderness living skills and will culminate with a 3 day river trip. The camp is action packed, fun, and a great way to achieve credits required for high school graduation.

The program offers the following credits:

- Physical Education 10 (5 credits)
- WLD 1100 (Outdoor Cooking Theory, 1 credit)
- WLD 1130 (Outdoor Survival, 1 credit)
- CALM 20 (asynchronous, concepts will be utilized during camp, 3 credits)*

There is a small online component for Phys. Ed. 10 and WLD 1100 to be completed prior to attendance at the camp. The remainder of these courses will be completed while at camp.

*All students registered in MAS 101C will also have the opportunity to complete CALM 20 online. Completion of CALM online is optional but recommended. These programs are designed to be taken during the same season, and concepts from CALM will be enhanced through application during the camp.



Dates: MAS 101C (Full Camp)

Location: HeLa Ventures Camp, Rocky Mountain House, AB

MAS 101C-1: July 4 – 16

MAS 101C-2: July 18 – 30

MAS 101C-3: August 5 – 17

MAS 200 SERIES

The 200 level offers two options including: MAS 201 for those who have completed MAS 101; and MAS 202 for those who are new to MAS. Both camps will occur as full 14 day camps at our Field School location west of Rocky Mountain House, HeLa Ventures. The camps offer lake and river canoeing, river rafting, rock climbing set up and skills, hiking, back country biking, intermediate wilderness living skills, and will culminate with a 3 day river trip. Students will also achieve certification in Standard First Aid with CPR, and a Paddle Canada Introduction to Lake skills certificate (MAS 201) or Paddle Canada Canoe Basics (MAS202).

Credits Achieved:

MAS 201 (Prerequisite MAS 101)

- Physical Education 20 (5 credits)
- HSS 1080 (Leadership Foundations 1, 1 credit)
- HCS 2020 (Standard First Aid, 1 credit)*
- WLD 1910 (Paddle Canada Lake Skills, 1 credit)*
- WLD 2130 (Outdoor Excursion, 1 credit)
- WLD 2920 (Safety Systems for Top Rope Climbing, 1 credit)

*Certificate programs

Note: Phys. Ed. 20 and HSS 1080 include an online component to be completed prior to attendance at the camp.

MAS 202 (Newcomers to MAS)

- Phys. Ed 20 (5 credits)
- HSS 1080 (Leadership Foundations 1, 1 credit)
- HCS 2020 (Standard First Aid, 1 credit)*
- WLD 1910 (Paddle Canada Canoe Basics Clinic, 1 credit)
- WLD 1130 (Outdoor Survival Skills, 1 credit)
- WLD 2920 (Safety Systems for Top Rope Climbing, 1 credit)

*Certificate program

Note: Phys. Ed. 20 and HSS 1080 include an online component to be completed prior to attendance at the camp.

Dates: MAS 201/202 - July 31 – August 13



MAS 301

MAS 301 is offered as a 14-day camp from our Field School location, west of Rocky Mountain House, HeLa Ventures. Students will be stationed at Hela Ventures for 7 days at Hela including lake and river canoeing, Waterfront Canoe instructors, a wilderness first aid experience, gymnasts, orienteering and fun! Students will then spend 6 days of an out trip offering new experiences in biking, climbing, hiking, and wilderness living skills. Students will receive a Paddle Canada Instructor certification, and a Paddle Canada Skills certificate that will move them further along the pathway towards becoming an Outdoor Leader.

Credits achieved:

- Phys. Ed. 30 (5 credits, online and in-person component)
- WLD 2130 (Outdoor Excursion, 1 credit)
- WLD 2950 (Paddle Canada Camping Basics Skills, 1 credit)
- WLD 2950 (Paddle Canada Waterfront Instructor, 1 credit)
- HSS 2080 (Leadership Foundations 2, online and in person, 1 credit)
- HCS 2100 (Outdoor Cooking Practice)
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Dates: MAS 301 - August 12 – 25

MAS 401

MAS 401 is offered to MAS 301 graduates and is the culminating program of the MAS Series. The program offers an Advanced Wilderness First Aid, which is the industry standard First Aid required to work in the outdoors. The program also offers valuable work experience for those interested in working as an Outdoor Leader or Camp Counselor.

Credits Achieved

- HCS 3020 (Advanced Wilderness First Aid, 40 hour course, 1 credit)
- HSS 1010 (Introduction to Health and Wellness, 1 credit)*
- HCS 3000 (Workplace Safety Systems, 1 credit)*
- Work Experience (3 credits)

*Completed online with guidance and review while at camp

Dates: MAS 401 - July 4 – 8 (WAFA and onsite training)

PLUS Any 2 week combination throughout the summer.

Note: If a student wishes to complete MAS 401 without work experience, that is possible. Please contact iana@progressiveacademy.ca for further information.

Full details of all of these camps will be available mid-January. Should you have any questions regarding any of the programs outlined, please do not hesitate to contact mas@progressiveacademy.ca.



We look forward to another summer sharing the outdoors with students who are engaged and ready to learn! **Please be ready to register quickly... programs fill up fast!**

MAS Team

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