



**MOUNTAIN**  
ADVENTURE SCHOOL

# MAS 100

The Mountain Adventure School (MAS) offers summer high school credit programs for students from Grade 10 – 12. The programs combine online learning with in-person camps, offered both in the city, and in a remote mountain environment.

The MAS 100 Series is ideal for students who are in or entering high school and have not completed CALM or Phys. Ed. 10, which are requirements for graduation. Through a combination of outdoor pursuit activities offered in the city and online coursework, students can meet curriculum objectives for CALM and Phys. Ed. in a fun, summer camp environment.

The MAS 100 series provides three program choices:

**MAS 100 CALM :** Stand-alone online version of CALM 20

**MAS 100:** In city day camps offering Phys. Ed. 10

**MAS 100 MC:** Offered in conjunction with MAS 100; provides a 5 day out trip to the mountains and offers specific CTS credits

Please note, a full 13-day camp option is also available. This camp is MAS 101C, and provides CALM (online), Phys. Ed. 10, and 2 CTS credits. MAS 101C is offered at our field school location in Rocky Mountain House, AB. See the MAS 101C program package for more details.

# MAS CALM 20

## Three Credits

This course is a graduation requirement for all Alberta students. The CALM course teaches life skills related to career, finances, personal choices, and sexuality from a cohesive and holistic perspective. It is designed to improve students' theoretical understanding of health and wellness, and to enhance their ability to apply knowledge and skills to personal situations.

The course is divided into 4 units: Career Planning & Exploration, Independent Living & Money Management, Personal Choices, and Human Sexuality. These units will be delivered entirely online with support from a certified teacher. The Human Sexuality Unit has been designed separately to allow parents, under special circumstances, the option to opt out of the unit.

Online learning gives the student flexibility to complete CALM independently within the deadlines provided.

### Fee:

\$50.00 as a stand-alone course

\$0.00 when combined with any level MAS camp

# MAS 100 - PHYS ED 10 / IN-CITY DAY CAMP

**Credits offered:** Physical Education 10 (5 credits, combination of 5-day camp and online coursework)

Phys. Ed. 10 is a graduation requirement for all Alberta high school students. The program consists of 7 modules and includes the following:

Approximately 25 hours of online study (Modules 1 and 7, parts of modules 2, 3, and 4)  
15 hours of tracked games (examples are listed below, Module 2)  
15 hours of tracked individual fitness activities (examples are listed below, Module 3)  
Participation in a 5-day in-city camp (Module 4, 5, and 6)

The In-City Day Camp is the in-person component of the Phys. Ed course. This consists of 5 days where teachers and guides will meet with students to achieve Modules 4 – 6. Activities include the following: lake canoeing, river canoeing, wilderness living skills, climbing, biking, gymnastics, and dance. With the exception of indoor climbing and gymnastics, all activities occur outdoors at city parks.

Modules 2 and 3 include individual activities and games. These modules require a small amount of online work, combined with individual recording of active hours. Examples of the 15 hours of games include volleyball, basketball, soccer, initiative tasks, and new games and challenges. Examples of the 15 hours of individual activity include walks, bike rides, swimming, skateboarding, etc. As long as a student is active throughout the summer, they will not have difficulty achieving the required tracked hours.

MAS 100 provides the foundation and is a prerequisite for the MAS 100MC (Mountain Camp).

**2024 Dates:**

100-1: July 2 - 6  
100-2: July 8 - 12  
100-3: July 15 - 19  
100-4: July 22 - 26  
100-5: Aug 5 - 9

Fee: \$535.00 (payable upon acceptance of registration)

Registration will open on January 8th, 2024.

# MAS 100 – MOUNTAIN CAMP

**Prerequisite:** MAS 100 In-City Day Camp

**CTS Credits offered:** WLD 1130 Outdoor Survival Skills; MAS 1100 Outdoor Cooking Theory

MAS 100MC builds on the MAS 100 In-City Day Camp and CALM (optional) to provide a well-rounded Physical Education and outdoor education experience. The Mountain Camp provides an opportunity for students to learn from an experiential education framework. They will apply concepts and skills achieved through the online component and In-City Day Camp.

The Mountain Camp takes place at the HeLa Ventures field school location, just west of Rocky Mountain House. The program provides an opportunity to experience a variety of outdoor activities including rock climbing, hiking, whitewater canoeing, biking and more. A wide variety of traditional and cooperative games will be a part of the evening activities.

Students may request to utilize a portion of their camp hours to fulfill the required Phys. Ed. activity hours. This will be the student's responsibility to record their hours on their tracker, and have a teacher/guide sign off on them.

**2024 Dates:**

MAS 100MC-1: August 19 - 23

Fee: **\$785.00** (payable upon acceptance of registration)

Fee includes transportation while at the camp, accommodations, meals, instruction/guiding, and group equipment. Transportation to and from the camp on arrival and departure days is NOT included.

Transportation to and from the camp location may be booked through Progressive Academy OR parents may opt to drive their child to and from the camp. Please request details regarding transportation at [mas@progressiveacademy.ca](mailto:mas@progressiveacademy.ca).

Registration will open on **January 8th, 2024**.

Thank you for your interest in the MAS 100 series of programs!