



# MAS 201

The MAS 201 Camp is our second-year course for students who have completed MAS 101 or 100MC. The program has been designed to provide a well-rounded outdoor educational experience to complete Phys. Ed. 20/30 and select Career and Technology Studies (CTS) courses.

MAS 201 consists of 14 days at the HeLa Ventures field school, where students will participate in a variety of activities including (but not limited to):

- lake canoeing
- river canoeing
- hiking
- rock climbing & top rope set-up
- trail biking
- orienteering
- wilderness living skills/bushcraft,
- 4 day camping trip
- gymnastics
- dance
- various games.

201 also includes coursework surrounding leadership and risk management, with the opportunity to achieve a Standard First Aid certification. The trip will culminate in a 4 day dryland camping trip. MAS 201 provides skills and certifications that are valuable to those looking for future summer work in an outdoor environment.

*\*Please note: for those who have not taken MAS 100/101, we have designed MAS 202 which allows students to enter the MAS stream in Grade 11. For further details please see the MAS 202 program package.*

*Students requiring CALM may register for this online course through MAS at no extra fee. Please add the course to your optional courses upon registration. This is only applicable to students who are enrolled in camps.\**

## 201 CREDITS

**Pre/co-requisite: CALM 20, Phys. Ed. 10**

**Credits offered:**

Phys. Ed. 20 or Phys. Ed. 30 (5 credits, online and in-person)

HCS 2020 (1 credit, Intermediate First Aid)\*

WLD 2130 (1 credit, Outdoor Excursions)

WLD 1910 (1 credit, Paddle Canada Intro Skills Lake Skills)\*

HSS 1080 (1 credit, Leadership Foundations 1, online and in-person)

WLD 2910 (1 credit, Safety Systems for Top Rope Climbing)

\*Certification or certificate based program recognized nationally.

**Phys. Ed. 20/30**

Phys. Ed. 20/30 are required courses for some post-secondary institutions/faculties as a prerequisite to study. The course is 5 credits and consists of 7 Modules. For MAS 201, Modules 1 and 7 will be completed by students online as a pre-course package. The remainder of the course will be completed at camp.

# MAS 201 CREDITS CONTINUED

## **HCS 2020: Intermediate First Aid**

HCS 2020 provides a nationally recognized Intermediate First Aid with CPR and AED certification. Students will utilize these concepts as they analyze risk in their outdoor activities. Intermediate First Aid is a required certification for many employment positions.

## **WLD 1910: Paddle Canada Lake Skills**

WLD 1910 is a project based CTS credit that connects WLD 1130 (MAS 101) with HSS 1080 to practice leadership skills in outdoor pursuits. The Paddle Canada Intro Lake Skills is the foundational course to all flatwater canoeing skills and instructor courses.

## **WLD 2130: Outdoor Excursions**

Students will build on skills achieved in WLD 1130 to plan and implement an outdoor excursion. Students will participate in the theoretical components of program planning while assisting their guides in organizing their camping trip.

## **HSS 1080: Leadership Foundations 1**

HSS 1080 is a foundational leadership course that highlights various forms of leadership and relevant skills. Students will begin to explore their own potential as leaders while ensuring their and others' well-being in the outdoors.

## **WLD 2910: Intermediate Project - Top Rope Site Management**

WLD 2910 builds on concepts from leadership and introductory survival skills to achieve knowledge and skill in setting up and managing a top rope site. Students will have the opportunity to set up a site, climb, and belay under close

# 2024 INFORMATION

## **Dates:**

MAS 200-1: July 8 – July 20, 2024

MAS 200-2: July 24 – August 4, 2024

**Fee:** \$1,975.00 (Payable upon acceptance of registration)

**Fees include:** Teachers/Guides/Instructors, certification fees, meals, accommodations, group equipment, and transportation while at camp. Fee does NOT include transportation to and from camp. Please contact [mas@progressiveacademy.ca](mailto:mas@progressiveacademy.ca) to request information regarding transportation.

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

Thank you for your continued interest in our programs. We look forward to learning with you again in Summer 2024!



# MAS 202

The MAS 202 Full Camp is a program for high school students who have not completed MAS 100/101. The program has been designed to provide a well-rounded outdoor educational experience to complete Phys. Ed. 20/30 and select Career and Technology Studies (CTS) courses.

MAS 202 consists of 14 days at the HeLa Ventures field school, where students will participate in a variety of activities including (but not limited to):

- lake canoeing
- river canoeing
- hiking
- rock climbing & top rope set-up
- trail biking
- orienteering
- wilderness living skills/bushcraft,
- 4 day camping trip
- gymnastics
- dance
- various games.

MAS 202 also includes coursework surrounding leadership and risk management, with the opportunity to achieve a Intermediate First Aid certification. The trip will culminate in a 4 day dryland camping trip. MAS 202 provides skills and certifications that are valuable to those looking for future summer work in an outdoor environment.

*Please note: for those who have taken MAS 100/101, please refer to the MAS 201 package.*

*Students requiring CALM may register for this online course through MAS at no extra fee. Please add the course to your optional courses upon registration. This is only applicable to students who are enrolled in camps.*

## 202 CREDITS

**Pre/co-requisite:** CALM 20, Phys. Ed. 10

**Credits offered:**

Phys. Ed. 20 or Phys. Ed. 30 (5 credits, online, plus in-person)

HCS 2020 (1 credit, Standard First Aid)\*

WLD 1130 (1 credit, Outdoor Survival)

WLD 1910 (1 credit, Paddle Canada Canoe Basics Skills)\*

HSS 1080 (1 credit, Leadership Foundations 1, online)

WLD 2910 (1 credit, Safety Systems for Top Rope Climbing)

\*Certification program recognized nationally.

**Phys. Ed. 20/30**

Phys. Ed. 20/30 are required courses for some post-secondary institutions/faculties as a prerequisite to study. The course is 5 credits and consists of 7 Modules. For MAS 202, Modules 1 and 7 will be completed by students online as a pre-course package. The remainder of the course will be completed at camp.

# MAS 202 CREDITS CONTINUED

## **HCS 2020: Intermediate First Aid**

HCS 2020 provides a nationally recognized Intermediate First Aid with CPR and AED certification. Students will utilize these concepts as they analyze risk in their outdoor activities. Intermediate First Aid is a required certification for many employment positions.

## **WLD 1910: Paddle Canada Canoe Basics Skills**

WLD 1910 is a project based CTS credit that connects WLD 1130 with HSS 1080, to practice leadership skills in outdoor pursuits. The Paddle Canada Canoe Basic Skills is the foundational course to all flatwater canoeing skills and instructor courses.

## **WLD 1130: Outdoor Survival Skills**

Students will become immersed in living outdoors and develop knowledge and skills for safe travel and living in a wilderness environment.

## **HSS 1080: Leadership Foundations 1**

HSS 1080 is a foundational leadership course that highlights various forms of leadership and relevant skills. Students will begin to explore their own potential as leaders while ensuring their and others' well-being in the outdoors.

## **WLD 2910: Intermediate Project: Top Rope Site Management clinic**

WLD 2910 builds on concepts from Leadership and introductory survival skills to achieve knowledge and skill in setting up and managing a top rope site. Students will have the opportunity to set up a site, climb, and belay under close supervision. The focus of the course will be on risk assessment and management.

# 2024 INFORMATION

## **Dates:**

MAS 200-1: July 8 – July 20, 2024

MAS 200-2: July 24 – August 4, 2024

**Fee:** \$1,975.00 (Payable upon acceptance of registration)

**Fees include:** Teachers/Guides/Instructors, certification fees, meals, accommodations, group equipment, and transportation while at camp. Fee does NOT include transportation to and from camp. Please contact [mas@progressiveacademy.ca](mailto:mas@progressiveacademy.ca) to request information regarding transportation.

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

**Thank you for your continued interest in our programs. We look forward to learning with you again in Summer 2024!**