



MOUNTAIN ADVENTURE SCHOOL (MAS) 2024 PREVIEW OF PROGRAMS

Mountain Adventure School (MAS) is planning for another season of students learning to love life in 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 Dec. 15, 2024. Program registrations will open January 8, 2024.

The following provides a preview of the programs MAS is planning to offer for Summer School 2024. These high school credit programs are offered to students entering grades 10, 11 or 12. MAS 401 will also be available for MAS 301 graduates.

Full details of all of these camps will be available mid-December. 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 100 SERIES

The MAS 100 level offers a variety of program options including CALM 20, In-City Day Camps (MAS 100), a Mountain Camp (MAS 101MC), and MAS Full Camps (MAS 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. Although CALM can be taken as a stand-alone course, the concepts of the course will be utilized during our camps. Should you choose to pair CALM with an in-person camp, you will be given opportunities to reflect on, and apply what you have learned.

MAS 100 SERIES

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

MAS 100 is designed to offer students the opportunity to achieve Physical Education 10 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 9:00AM - 4:00PM) in which students will achieve outcomes for specific components of the Alberta curriculum including games, activities in an alternate environment, gymnastics and dance.

Credits achieved:

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

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

Dates: MAS 100 In-city Camps

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

MAS 101MC: MOUNTAIN CAMP

The Mountain Camp is a 5-day program stationed at HeLa Ventures and a campground in the David Thompson Corridor. Students will participate in hiking, climbing, river canoeing, biking, plant interpretation, and general camp activities. A component of the program is an out-trip, in which the students will be introduced to the joys of wilderness camping. The Mountain Camp is 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 Camp

MAS 101MC-1: August 19 - 23

MAS 101C: FULL CAMP

The Mountain Adventure School Full Camp (MAS 101C) consists of 13 days of learning experientially in the outdoors. The program offers the following credits:

Physical Education 10
WLD 1100 (Outdoor Cooking Theory)
WLD 1130 (Outdoor Survival)

There is a small online component to be completed prior to attendance at the camp for Phys. Ed. 10. The remainder of the course curriculums will be completed while at camp.

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

The MAS 101C program will consist of lake canoeing, river canoeing, top-rope rock climbing, hiking, biking, camping, survival 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.

Dates: MAS 101C (Full Camp)

MAS 101C-1: July 2 - 14
MAS 101C-2: July 15 - 28
MAS 101C-3: August 6 - 18
MAS 101MC-1: August 19 - 23

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 provide 14 day camps at our Field School location, HeLa Ventures. The camps offer lake and river canoeing, river rafting, rock climbing set up and skills, mountain hiking, biking, intermediate wilderness living skills, and will culminate with a 4 day out trip. Students will also participate and achieve certification in Standard First Aid with CPR, and a Paddle Canada Introduction to Lake skills certificate (MAS 201) or Paddle Canada Canoe Basics (MAS 202).

CREDITS ACHIEVED:

MAS 201: Graduates of MAS 101

Physical Education 20 (5 credits)
HCS 2020 (Standard First Aid, 1 credit)*
WLD 2130 (Outdoor Excursion, 1 credit)
HSS 1080 (Leadership Foundations 1, one credit)
WLD 2920 (Safety Systems for Top Rope Climbing, 1 credit)
WLD 1910 (Paddle Canada Lake Skills, 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 200

14-day full camp - provides the following CTS credits:

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

*Certification 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

MAS 200-1: July 8 – July 20
MAS 200-2: July 24 – August 4

MAS 300 SERIES

MAS 301

MAS 301 is offered only as a 14-day camp. Students will be stationed at Hela Ventures for 8 days; spend 3 days on an out trip; and 3 days on a river trip. The program has a strong focus on leadership and includes lake canoeing, river canoeing, river rafting, top rope climbing, biking, hiking, advanced wilderness living skills.

Students will receive 1 Paddle Canada Instructor certification, and 1 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)
WLD 2950 (Paddle Canada Camping Basics Skills)
WLD 2950 (Paddle Canada Waterfront Instructor)
HSS 2080 (Leadership Foundations 2, online and in-person)
HCS 2100 (Outdoor Cooking Practice)

Dates: August 12 – 25

MAS 350

We are excited to announce that we are again offering MAS 350 to past MAS 301 graduates and alumni. The program is designed to be a capstone project for the student's past credits in Leadership, Canoeing, and Excursions. As a team, students will plan, pack for, and lead each other on a river trip on a Grade II river in a remote location. Participants will be awarded with 5 high school credits.

This year, the MAS 350 trip will be 6 days on the Kootenay River. The section we will run is from McLeod Meadows to Canal Flats. While the river seems remote, it is located in the Kootenay Valley, southwest British Columbia, and provides a remote experience, yet has road access along the route. The river is Grade 2, with Class 2 – 3 rapids.

Credits achieved: 5 CTS High School Credits. These credits will be individually designed based on the needs of the students.

Students must apply and complete an interview process in order to participate in the program. Details will be provided with the full program package mid December.

Dates: July 31 – August 9

MAS 400 SERIES

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 outdoor field. The program also offers valuable work experience for those interested in work as an Outdoor Leader or Camp Counselor.

Credits Achieved:

HCS 3020 (Advanced Wilderness First Aid, 40 hour course)

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: July 3 – 8 (WAFA, onsite training, plus one day adventure)

All participants must also complete any 2 week combination throughout the summer of work experience. Volunteer opportunities in Edmonton are also available and can be arranged.

Note: If a student wishes to complete MAS 401 without work experience, that is possible, but the fee will be altered. Please contact lane@progressiveacademy.ca for further information.

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