



MOUNTAIN
ADVENTURE SCHOOL

MAS 100 Series

Includes MAS 101, 102, 102MC, CALM only



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MAS 101

If you are looking for a 2 week, immersive experience in the Rockies where connections with nature and peers reach their peak (and credits are an awesome bonus), MAS 101 will **float your boat!**

MAS 101 is a 13 day outdoor adventure experience, based at the HeLa Ventures Field School, where students entering high school will gain knowledge, skills, and credits through experiential learning. MAS 101 is the foundation of our main Mountain Adventure School stream, and a prerequisite for MAS 201.

Prerequisites: Grade 9

Students will have the opportunity to experience school through a variety of activities including (but not limited to):

- lake canoeing
- whitewater river canoeing
- hiking
- rock climbing
- trail biking
- orienteering
- wilderness skills/bushcraft
- 3 day camping trip
- gymnastics
- dance
- various games
- living

*all activities are subject to change due to environmental/safety concerns

Credits

Note: All courses are supported by Alberta Education certified teachers and may have an online component.

Credits offered:

- CALM 20 (online, 3 credits)
- Phys. Ed. 10 (5 credits)
- WLD 1100 (Outdoor Cooking Theory, 1 credit)
- WLD 1130 (Outdoor Survival Skills, 1 credit)

CALM 20 (delivered online)*

This course is required for high school graduation. CALM is designed to improve students' theoretical understanding of health and wellness, and to enhance a student's ability to apply knowledge and skills to personal situations. Concepts from CALM will be explored and utilized interactively at camp.

**CALM is not required for the completion of MAS 101*

MAS 101 Credits Continued

Physical Education 10

This course is required for high school graduation. A small online theory component is required as pre-course work and must be completed by the due date. All activities done while at camp will count towards completion of the course.

WLD 1100: Outdoor Cooking Theory

Students develop and demonstrate safe and sanitary food handling procedures, equipment care, comprehension of recipes, and an understanding of the importance of efficient work habits in outdoor cooking environments.

WLD 1130: Outdoor Survival Skills

This is a practical course that introduces safe travel and living in the outdoors. The focus is on assessing and avoiding risk, caring for oneself and others in the wilderness, and introducing skills for travel in the backcountry. This course creates the foundation for safe enjoyment of the outdoors.



Dates & Rates

2026 Dates:

MAS 101-1: June 27 - July 9

MAS 101-2: July 14 - 26

MAS 101-3: August 4 - 16

Fee: \$2015.00

A deposit upon acceptance is required, but full payment is not due until April 15th.

Payment plans available.

Includes: All transportation (by school bus), instruction/teacher fees, course fees, guiding, meals, accommodations, and group equipment.

Note: This fee includes transportation from and to Edmonton on days 1 and 13, with pick-ups in Leduc and Red Deer. If this transportation does not work for you, contact us to explore other options.



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MAS 102

If you are looking to get a (helmeted) head start on your high school credits in a fun and active environment, gear up for MAS 102!

MAS 102 is a 5 day day-camp based in Edmonton, where students entering high school will gain knowledge, skills, and credits through experiential learning. The course may be completed on its own, or in conjunction with MAS 102MC (described below).

Prerequisite: Grade 9

Students will have the opportunity to experience school through a variety of activities including (but not limited to):

- lake canoeing
- class I river canoeing
- orienteering
- indoor rock climbing
- biking
- wilderness skills/bushcraft
- gymnastics
- dance
- various games
- living

*all activities are subject to change due to environmental/safety concerns

Credits

Note: All courses are supported by Alberta Education certified teachers and may have an online component.

Credits offered:

- CALM 20 (online, 3 credits)
- Phys. Ed. 10 (5 credits)

CALM 20 (delivered online)*

This course is required for high school graduation. CALM is designed to improve students' theoretical understanding of health and wellness, and to enhance a student's ability to apply knowledge and skills to personal situations. Concepts from CALM will be explored and utilized interactively at camp.

**CALM is not required for the completion of MAS 102*

MAS 102 Credits Continued

Physical Education 10

This course is required for high school graduation. It will be delivered with a combination of participation in the camp activities, online modules, and an additional 30 hours of tracked activity outside of the 5 day camp (15 hours of games, 15 hours of individual activities).

Dates & Rates

2026 Dates:

MAS 102-1: July 6 - 10

MAS 102-2: July 13 - 17

MAS 102-3: July 20 - 24

MAS 102-4: July 27 - 31

MAS 102-5: August 10 - 14

Fee: \$558.00

A deposit upon acceptance is required, but full payment is not due until April 15th.

Payment plans available.

Includes: Instruction/teacher fees, course fees, guiding, and group equipment.



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MAS 102MC

OPTIONAL ADD-ON: MAS 102MC (Mountain Camp)

If dipping your toe into the MAS 102 stream isn't enough, jump into the rapids with MAS 102MC!*

*jumping into the rapids is not required for completion of MAS 102MC - MAS supports challenge by choice!

MAS 102MC (Mountain Camp) is a 5 day program which takes place at the HeLa Ventures field school. It builds on MAS 102 to provide a well-rounded outdoor education experience, and allow students to apply concepts and skills achieved through the in-city day camp in a more immersive outdoor environment. Students who complete MAS 102MC can progress to MAS 201 in future years.

Prerequisite: MAS 102

Students will have the opportunity to experience school through a variety of activities including (but not limited to):

- lake canoeing
- whitewater river canoeing
- rock climbing
- hiking
- trail biking
- various games

*all activities are subject to change due to environmental/safety concerns

Credits

Note: All courses are supported by Alberta Education certified teachers and may have an online component.

Credits offered:

- WLD 1100 (Outdoor Cooking Theory, 1 credit)
- WLD 1130 (Outdoor Survival Skills, 1 credit)

WLD 1100: Outdoor Cooking Theory

Students develop and demonstrate safe and sanitary food handling procedures, equipment care, comprehension of recipes, and an understanding of the importance of efficient work habits in outdoor cooking environments.

MAS 102MC Credits Continued

WLD 1130: Survival Skills

This is a practical course that introduces safe travel and living in the outdoors. The focus is on assessing and avoiding risk, caring for oneself and others in the wilderness, and introducing skills for travel in the backcountry. This course creates the foundation for safe enjoyment of the outdoors.

NOTE: Students may request to utilize a portion of their camp hours to fulfill 10 of the required Phys. Ed. activity hours. This will be the student's responsibility to request permission to do so from their teacher and record their hours on their tracker. Students will be required to obtain a signature from the teacher/guide.

Dates & Rates

2026 Dates:

MAS 102MC: August 17 - 21

Fee: \$895.00

*A deposit upon acceptance is required, but full payment is not due until April 15th.
Payment plans available.*

Includes: All transportation (by school bus), instruction/teacher fees, course fees, guiding, meals, accommodations, and group equipment.

Note: This fee includes transportation from and to Edmonton on days 1 and 5, with pick-ups in Leduc and Red Deer. If this transportation does not work for you, contact us to explore other options.



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CALM-only

This is an entirely online option, allowing students to complete CALM (3 credits) independently with teachers support within the deadlines provided. There are NO in-person components of this course.

CALM is required for high school graduation. It is a course designed to improve students' theoretical understanding of health and wellness, and to enhance a student's ability to apply knowledge and skills to personal situations.

Prerequisite: None

Fee: \$50.00

When done without MAS 101 or MAS 102



Registration opens

December 12th, 2025.