



MOUNTAIN
ADVENTURE SCHOOL

MAS 200 Series

Includes MAS 201 & 202



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MAS 200

If you're looking to take your outdoor game to new heights, let's **wet-suit up and rock on!**

MAS 200 is our second-year series for students finishing grade 10, and consists of 14 days based at the HeLa Ventures field school. The MAS 200 series includes MAS 201 (for those who have completed MAS 101 or MAS 102MC; and MAS 202 for those who are new to MAS, or who have completed MAS 102 (in-city day camp). Students will register as either a 201 or 202, but will complete all activities together as a single MAS 200 group, while achieving slightly different credits. Upon completion of MAS 200, students will be eligible for MAS 300 the following year.

MAS 201 prerequisites: MAS 101 or MAS 102MC

- Only students who have completed an overnight MAS camp at HeLa Ventures (101 or 102MC) are eligible for 201.

MAS 202 prerequisites: Phys. Ed 10

- Graduates of MAS 102 (our In-City programs) should register in MAS 202.
- Students new to MAS, who have finished grade 10 should register for 202.

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

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| • lake canoeing | • river rafting |
| • whitewater river canoeing | • wilderness living skills/bushcraft |
| • hiking | • 4 day camping trip |
| • rock climbing and top rope set up | • gymnastics |
| • trail biking | • dance |
| • Wilderness First Aid
(equivalent to Intermediate First Aid) | • various games |

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

MAS 200 provides skills, knowledge and certifications that are valuable to those looking for future summer work in the outdoor industry, or simply for safe enjoyment of the outdoors.

Credits

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

Credits offered:

- Phys. Ed. 20/30 (5 credits)
- HCS 2020 (Wilderness First Aid, 1 credit)*
- WLD 1910 (Paddle Canada Intro Skills Lake Skills, 1 credit)*
- WLD 2910 (Top Rope Site Management, 1 credit)
- HSS 1080 (Leadership 1, 1 credit)
- One of:
 - WLD 2130 (Outdoor Excursions, 1 credit) - 201
 - WLD 1130 (Outdoor Survival Skills, 1 credit) - 202

**Certification or certificate based program recognized nationally. Opportunity to achieve these certifications will be presented, however standards must be met.*

Phys. Ed. 20/30

Phys. Ed. 20/30 are required prerequisites for some post-secondary faculties. A small online theory component is required as pre-course work. All activities done while at camp will count towards completion of the course.

HCS 2020: Wilderness Intermediate First Aid

HCS 2020 provides a nationally recognized Intermediate First Aid with CPR and AED certification, in a wilderness context. 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 Intro Lake Skills

WLD 1910 is a project based CTS credit that connects paddling basics with leadership skills in outdoor pursuits. The Paddle Canada Intro Lake Skills is a nationally recognized certification, and the foundational course to all flatwater canoeing skills and instructor courses.

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 in the outdoors. An online component is required as pre-course work and will be expanded upon in-person.

WLD 2910: Intermediate Project - Top Rope Site Management

WLD 2910 builds on concepts from leadership and introductory survival skills to set up and manage a top rope site. Students will have the opportunity to practice a climb set up, climb, and belay under close supervision. The focus of the course will be on risk assessment and management.

MAS 200 Credits Continued

ONE OF:

WLD 2130: Outdoor Excursions (201)

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.

OR

WLD 1130: Outdoor Survival Skills (202)

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 200-1: June 29 - July 12

MAS 200-2: July 18 - 31

Fee: \$2295.00

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

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

**Paddle Canada and first aid course fees range from \$275 - \$350 per course, per person. These fees are included in the MAS 200 Course fee.*

Note: *This fee includes transportation from and to Edmonton on days 1 and 14, with pick-ups in Leduc and Red Deer. If this transportation does not work for you, contact us to explore other options.*

Registration opens

December 12th, 2025.