



PREVIEW OF PROGRAMS

Mountain Adventure School (MAS) is planning for another season of learning and living in the outdoors! We are excited to share our Preview of Programs with both our prospective and returning students and their families. The following provides an overview of the credits offered and pre-requisites required for each program. All programs will include your favorite outdoor adventure activities like lake and river canoeing, biking, wilderness living skills, climbing, and more! Complete program information will be available on our website on December 13, 2026. Program registrations will open December 15, 2026.

**All programs will include a portion of online work.*

**Students MUST be enrolled in credit courses in order to participate in the camp.*

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MAS 100 SERIES

MAS 101

HELA VENTURES FIELD SCHOOL CAMP

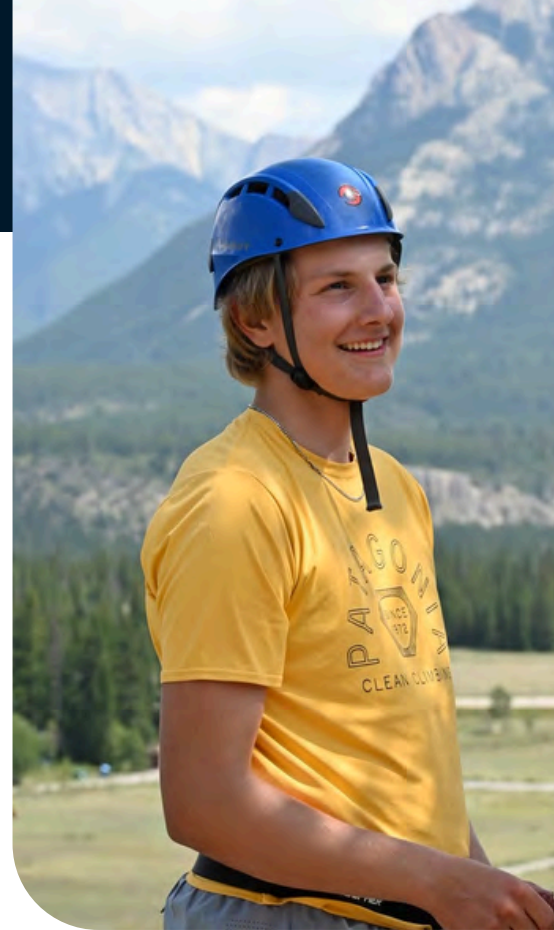
MAS 101 consists of 13 days of experiential learning in the outdoors, based out of the HeLa Ventures Field School.

Credits offered:

- Physical Education 10 (5 credits)
- WLD 1100 (Outdoor Cooking Theory, 1 credit)
- WLD 1130 (Outdoor Survival, 1 credit)
- CALM 20 (online, 3 credits)

Prerequisite:

- Grade 9



MAS 102

IN-CITY DAY CAMP

MAS 102 consists of 5 days (approximately 9:00AM - 4:00PM) located in Edmonton.

Credits offered:

- Phys. Ed. 10 (5 credits)

Students may choose to complete this program independently or in combination with online CALM 20 and/or MAS 102MC (Mountain Camp).

Prerequisite:

- Grade 9

MAS 102 MC

MOUNTAIN CAMP

MAS 102MC is a 5-day camp stationed at HeLa Ventures Field School. **Mountain Camp is only available to those who have completed MAS 102.*

Credits offered:

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

Prerequisite:

- MAS 102 (In-City Day Camp)

MAS CALM 20

MAS CALM 20 (3 credits) is offered as a fully online, asynchronous, standalone course that can be completed in conjunction with any of our programs.



MAS 200 SERIES

MAS 200 offers two options: MAS 201 for those who have completed MAS 101 or MAS 102MC; and MAS 202 for those who are new to MAS or have completed MAS 102. Both streams provide a 14 day camp at our Field School location, HeLa Ventures. **Each MAS 200 group contains both MAS 201 and 202 students.*

Credits offered:

- Phys. Ed. 20/30 (In person with a pre-course online component, 5 credits)
- HCS 2020 (Wilderness First Aid, 1 credit)*
- WLD 1910 (Paddle Canada Intro Lake Skills, 1 credit)*
- HSS 1080 (Leadership 1, in person with a pre-course online component, 1 credit)
- WLD 2910 (Safety Systems for Top Rope Climbing, 1 credit)
- One of:
 - WLD 2130 (Outdoor Excursions, 1 credit) - 201
 - WLD 1130 (Outdoor Survival, 1 credit) - 202

**Certificate programs.*

MAS 201 prerequisites:

- MAS 101 or MAS 102MC

MAS 202 prerequisites:

- Phys. Ed 10

MAS 300 SERIES

MAS 301 is offered in 2 separate streams within the same 14-day camp: 301A will include Phys. Ed 30, while 301B will include 5 tourism credits. This split is to provide alternative credits for students that have already completed PE30, or provide the foundation for students who are interested in the recreation/tourism industry.

301A credits offered:

- Phys. Ed. 30 (5 credits, online and in-person component)
- WLD 3130 (Outdoor Leadership, 1 credit)
- WLD 3910 (Paddle Canada Camping Basics Skills, 1 credit)*
- WLD 2950 (Paddle Canada Waterfront Instructor, 1 credit)*
- HSS 2080 (Leadership Foundations 2, online and in-person, 1 credit)
- HCS 2910 (Emergency Response in a Wilderness Context, 1 credit)

301B credits offered:

- TOU 1010 (The Tourism Industry, 1 credit)
- TOU 1910 (Special Project combining other CTS credits, 1 credit)
- TOU 1120 (Adventure and Ecotourism 1, 1 credit)
- TOU 3000 (Tourism Essentials, 1 credit)
- TOU 1070 (The Attractions Industry, 1 credit)
- WLD 3130 (Outdoor Leadership, 1 credit)
- WLD 3910 (Paddle Canada Camping Basics Skills, 1 credit)*
- WLD 2950 (Paddle Canada Waterfront Instructor, 1 credit)*
- HSS 2080 (Leadership Foundations 2, online and in-person, 1 credit)
- HCS 2910 (Emergency Response in a Wilderness Context, 1 credit)

**Certificate/certification programs.*

Prerequisite:

- MAS 201/202





MAS 400 SERIES

MAS 400 is the final program of the MAS Series. The program offers 3 potential options: 401, 401 practicum (Guide-in-Training), and/or 450.

MAS 401 WAFA + ONSITE TRAINING

MAS 401 is a 5-day camp stationed at HeLa Ventures Field School. Students will participate in a 40hr Wilderness Advanced First Aid course and 1 day of onsite mentorship.

Credits offered:

- HCS 3020 (Advanced Wilderness First Aid, 1 credit)
- HSS 1010 (Introduction to Health and Wellness, 1 credit)*
- HCS 3000 (Workplace Safety Systems, 1 credit)*

*Completed partially or fully online with guidance and review while at camp.

Prerequisite:

- MAS 300

MAS 401 PRACTICUM WORK EXPERIENCE ADD-ON

MAS 401 practicum students will add on a work experience component (Guide-in-Training), after completing the initial training from MAS 401.

401 Practicum credits offered:

- Work Experience (3 credits)

**Completed partially or fully online with guidance and review while at camp.*

Participants wishing to complete the work experience component must submit an application. Those selected will participate in an interview, then, if accepted into the program, arrange practicum dates and components with HeLa.

Prerequisite:

- MAS 401

MAS 450

REMOTE RIVER TRIP

MAS 450 IS BACK! We are excited to announce that we are again offering MAS 450 to past MAS 300 graduates and alumni. The program is designed to be a capstone project for the student's past credits in leadership, canoeing, and excursions.

This year, MAS 450 will be 3 days of planning and preparation, 2 days of travel and 6 days trip on the Kootenay River, from McLeod Meadows to Canal Flats. The river is Grade 2, with Class 2 – 3 rapids.

Credits offered:

- 4 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.

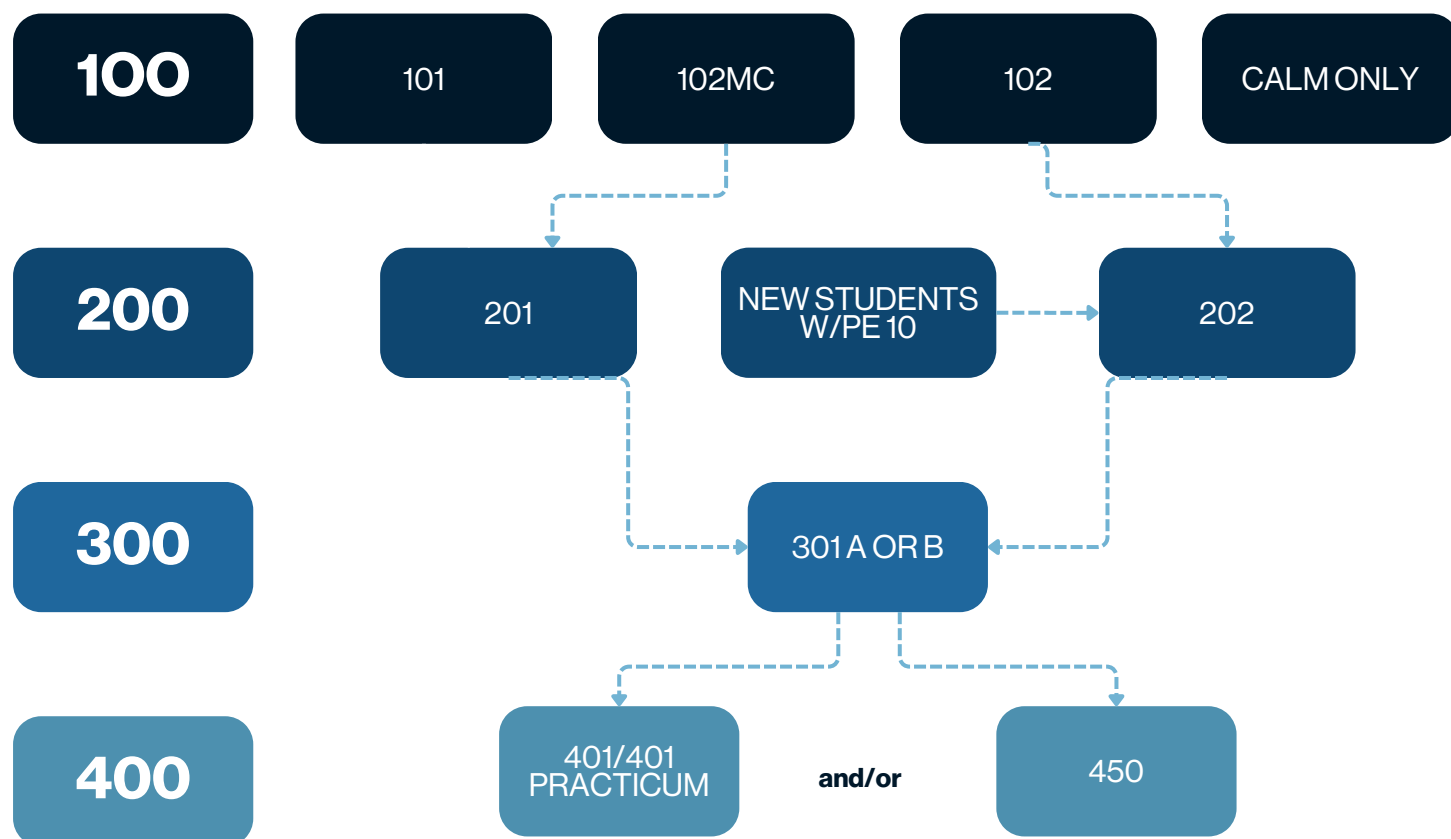
Prerequisite:

- MAS 300

*Can be taken in conjunction with MAS 401/401 Practicum



MAS PROGRESSION FLOW CHART



REGISTER EARLY!

Full details of all camps will be available on December 13, and registration will open on December 15. 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! Be sure to register quickly... programs fill up fast!

See you outside!

MAS Team
Progressive Academy/Hela Ventures



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