

#### **Activities:**

All activities are supervised by trained staff including certified lifeguards and instructors. Please note that these activities described are our main activity areas – and we offer a variety of activities and challenges within these areas. Large group activities such as dances will be making a comeback this summer – we will update you as arrive.

**Please remember:** If you should not participate in some of these activities due to health conditions or other reasons, you are responsible for limiting your activity level. We reserve the right to restrict your participation in camp activities. While we want to encourage participating in new activities or honing skills already present, our priority is your safety.

### **Camp Activities:**

- Adventure Course our self-belay high ropes course. Challenge yourself to navigate one or two levels of challenges.
- Archery learn proper use of equipment and go for a shot at the bull's-eye.
- Arts projects and lessons in arts including crafts, musical instruments, singing and dancing
- Boating canoes, paddleboats, rowboats, corcls, kayaks, pontoon boat and stand up paddleboards for lessons and leisure.
- Campfire skits and songs to delight campers of all ages.
- Climbing tower Navigate a slanted or straight vertical side 35 feet up with safety harnesses, 1:1 belayers and a safety helmet.
- Field Sports learning and playing field games such as disc golf and field hockey.
- Innertubing enjoy Lions Lake floating on an innertube.
- Mud Pit come and get muddy in our large mud pit.
- Environmental Education learning about the natural environment and outdoor skills using our beautiful facility.
- Rope Swing popular to clean off mud from the mud pit, you swing out on a rope and land in the water below.
- Swimming leisure in Lions Lake.
- Water Sports water basketball, water volleyball or water polo.
- Low Ropes Course this is a course which elements are 2-5 feet off the ground and they are navigated while wearing a safety helmet.

• High Ropes Course - This is a course which elements are 20 – 40 feet off the ground and they are navigated with safety harnesses, 1:1 belayers and a safety helmet.

#### Themes:

For our theme weeks, camp staff work hard to create activities, events and moments relating to the theme throughout the week. Some examples would be camp wide competitions such as trivia, find-an-object or themed activities. Feel free to even bring a costume or a prop or two for a dance or an all-camp event involving the theme.

### Blind or Visually Impaired – Adults (June 4-8, 2023):

Around the World – visit various countries throughout the week through activities, trivia and food.

# Intellectual Disabilities or Autism -Young Adults (June 18-22, 2023):

Pirates – The Pirate life takes over Lions Camp with themed activities, competitions and food.

## Deaf or Hard of Hearing Adults (August 14-18, 2023):

Around the World – visit various countries throughout the week through activities, trivia and food.