

Camp Footholds - Summer 2015

Footholds Therapy Center is happy to offer a wide variety of summer programs for all ages. Footholds camps are structured around programming and geared towards children with special needs (Autism, FASD, etc) and other emotional and psychological challenges (Anxiety/ Depression). Our camps focus on empowering children and youth by building social skills and self-esteem all while meeting new friends and having fun!

Role Playing Social Camp (12-18 Years) This camp will incorporate popular role playing games to teach and enhance social thinking, teamwork, problem-solving and imagination skills. Learners will build characters and role play through challenging political situations, dangerous dungeons and tricky social interactions, all while fostering peer relationships and having fun. **Mon-Fri, August 17-28, 9am-12pm \$600.00**

MineCraft Camp (6-11 & 12-18 Years) Are you a builder, crafter, farmer or miner? This camp provides your Minecrafter with a safe and friendly environment where all skill levels are welcome and will come together to game and interact with others who have similar interests. Camp activities will include lessons from expert Minecrafter's and instructional videos, as well as outdoor team building and social skills exercises.

(6-11 Years) Mon-Fri, July 13-24, 9am-12pm (at our Ross Rd location) \$600.00

(12-18 Years) Mon-Fri, August 3-14, 9am-12pm (at our Ross Rd location) \$600.00

Fun Frogs (3-7 Years) This fun filled camp for our younger campers provides a great mixture of arts and crafts, fun themed activities, as well as state of the art equipment and highly trained staff. Come play and meet new friendly frogs! **Mon-Fri, July 13-24, 9am-12pm \$600.00**

Young Ecologists Camp (14-18 Years) The Young Ecologists group offers a chance for young people to develop an intimate relationship with the natural world around them. This camp will explore some of the natural landmarks of Vancouver Island: its rich forests, peaks and lookouts and its unique marine ecosystems. Each day the group will adventure to new spaces and learn not only about its ecological make-up, but explore the ways that the world can support our physical, mental and emotional health through Eco therapy exercises. **Mon-Fri, July 6-10, 9am-2pm \$350.00**

Musical Melodies (11-18 Years) Here is an opportunity for campers who love music, musical instruments and interacting with others who enjoy the same passion. Campers will also be encouraged to try out different instruments to expand on their musical interests and skills. **Mon-Fri, July 13-24, 1pm-4pm (at our Ross Rd location) \$680.00**

Whimsical Wonders Camp (3-7 Years) This magical camp is focused on our younger campers who enjoy whimsical cartoon characters from their favourite movies. The campers will partake in a new and exciting fun themed adventure each day including Mickey and friends, frozen adventures, and all your animated friends. Your princess or prince will be wisped away with sing-a-longs, magical crafts and outdoor adventures. Dress up as your favourite animated Disney character if you wish! **Mon-Fri, July 6-10, 9am-12pm \$350.00**

Wacky World of Science (6-10 Years) Come join us with a week of wacky science. Campers will be immersed in dynamic demonstrations and experience hands-on experiments every day. Experiments will also include fun videos, books and discussions to help stimulate interest and encourage the learner's curiosity for science. **Mon-Fri, August 10-14, 9am-12pm \$400.00**

Taste Testers (6-10 Years) This camp focuses on campers to try and taste test new foods that have different flavours and textures. The chefs will also have the opportunity to learn about the importance of healthy eating and nutrition, while also learning to prepare simple snacks. Campers with food sensitivities/allergies etc. will be accommodated. **Mon-Fri, July 13-17, 9am-12pm \$380.00**

Sensory Seekers (4-10 Years) This extraordinary camp will meet all the campers' sensory and physical needs in one fun place. Campers will participate in obstacle courses, experiment with different tactile textures, music, climbing and then relax in our sensory room with soothing bubble tubes and calm lighting. Come and explore our sensory oasis! **Mon-Fri, August 10-21, 9am-12pm \$620.00**

Active All-Stars (6-11 Years) Discover a fun-filled camp through "play." Campers will participate in indoor/outdoor activities that will challenge them physically and mentally. Activities will include group board games, obstacle courses, scavenger hunts, and brain teaser games. Learners will benefit from team building, problem-solving and social skills through interaction with peer play. **Mon-Fri, August 17-28, 9am-12pm \$600.00**

**Camps can be covered by MCFD Autism Funding. **Ask us about after camp care