



**MOUNTAIN**  
ADVENTURE SCHOOL

# MAS 100 Series

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Includes MAS 101, 102, 102MC, CALM only





# 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 living skills/bushcraft
- 3 day camping trip
- gymnastics
- dance
- 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. The online teacher will also be the in-person teacher at camp.

### Credits offered:

- CALM 20 (online, 3 credits)
- Phys. Ed. 10 (5 credits)
- TOU 1010 (The Tourism Industry, 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.

# 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.

## **TOU 1010: The Tourism Industry**

Through this course, students will analyze the organizational structure of the tourism industry at local, provincial, national and global levels. TOU 1010 creates the foundation for all tourism modules and begins the pathway towards careers in the growing tourism industry.

## **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.

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

# Dates & Rates

## **2025 Dates:**

MAS 101-1: July 2 - 14

MAS 101-2: July 18 - 30

MAS 101-3: August 6 - 18

## **Fee: \$1985.00**

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

*Payment plans are also 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.

**Registration will open on January 15th, 2025.**

**Thank you for your interest in our programs!**



**MOUNTAIN**  
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# MAS 102

Previously known as MAS 100

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. It can be done on its own, or in conjunction with MAS 102MC (described below). Students who complete MAS 102 on its own can progress to MAS 202 in future years.

Prerequisites: 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 living skills/bushcraft
- gymnastics
- dance
- 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:

- 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.



# 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).

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

## Dates & Rates

### 2025 Dates:

MAS 102-1: July 7 - 11

MAS 102-2: July 14 - 18

MAS 102-3: July 21 - 25

MAS 102-4: July 28 - Aug 1

MAS 102-5: August 11 - 15

### Fee: \$550.00

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

*Payment plans are also available.*

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

**Registration will open on January 15th, 2025.**

**Thank you for your interest in our programs!**

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

*previously known as MAS 100MC*

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 environment. Students who complete MAS 102MC can progress to MAS 201 in future years.

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

*continued...*

## **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:**

- TOU 1010 (The Tourism Industry, 1 credit)
- WLD 1130 (Outdoor Survival Skills, 1 credit)

**All courses have support from Alberta Education certified teachers, either in-person or online. Deadlines for online material are provided by the teachers.**

### **TOU 1010: The Tourism Industry**

Through this course, students will analyze the organizational structure of the tourism industry at local, provincial, national and global levels. TOU 1010 creates the foundation for all tourism modules and begins the pathway towards careers in the growing Tourism Industry.

### **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

## **2025 Dates:**

MAS 102MC: August 18 - 22

## **Fee: \$890.00**

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

*Payment plans are also 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.*

# 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.

## **Fee: \$50.00**

*When done without any in-person MAS camp (MAS 101 or MAS 102)*

**Registration opens January 15th, 2025.**

**Thank you for your interest in our programs!**