

Experiential Activities



Day Camps 2017 Monday, Wednesday & Friday 9:00 am to 4:00 pm

July 10, 12, & 14th
July 31, Aug 2, Aug 4th
Aug 21, 23, & 25th

\$195.00 per participant for 3 days (just over \$10.00 per hour for Skills & Experience that will last a life time) OR pick your day for \$75.00.

Lee Creek, North Shuswap Lake, BC (just 8.0 km from the Trans Canada)

Camp includes: All Equipment & Supplies, Paddle Canada Basic Canoe Certification, Camp Fire Lunch, & Survival Kit.

Click HERE to Register!

Participants are grouped within their closest age category.

Minimum age 8: 8-10/11-13/14+

For optimum learning, we maintain a low 1:6 Instructor / Participant Ratio

Here are the Days & Activities offered:

- <u>Paddle Canada Basic Canoeing Certification</u> (includes water safety, self and partner rescue) (<u>Monday</u>)
- •Leave No Trace Camping, Day Camping, Geo Caching, Team building and Leadership, nature walk/hike, & Camp fire BBQ (Wednesday)
- •<u>Lost in the Woods prevention & Survival Basics</u> Pack & Equipment preparation, Emergency Beds, Shelters, & Survival Kit (Friday)

Yoga, Dance, Drama, Music, Relaxation and Breathing exercises, & debrief can also be found scattered throughout our camps. For more information, please check us out online:

www.LifeForceEnergy.net

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