

# THE CAMP PROGRAM

The program offered at Ponacka consists of two parts, a Course Program and a Choice program.

## COURSE PROGRAM

Courses are offered for five days each week. Sunday is a special day and Thursday is a cookout day. All courses consist of 5 one-hour lessons, except **sailing** lessons which last two hours.

**Canoeing:** Every camper is required to take a five day course each year until he has earned his ORCA Basic C. He may enrol for additional lessons on the course enrolment sheet or sign up through the daily choice program.

**Sailing:** A one week course (10 hours of instruction) is recommended for a boy with no previous experience or a camper taking his White Sail 1 or 2. The keen sailor planning to earn White Sail 3, Bronze 4 or 5 must enrol for 3 weeks. Sailing cookouts and 5th period racing provide more opportunities to sail. For boys enrolled in Bronze 4 or 5, please order his manual so that he can read it prior to his arrival at camp. You can purchase the manuals from the Ontario Sailing Association at [www.sailon.org](http://www.sailon.org), click on "The Store" and download the order form for Advanced Sailing Skills (Bronze Sail Manual) A3003

**Riding:** A camper who wishes to learn the basics of riding should take 5 lessons. A camper who enjoys riding should be enrolled for 10 lessons. Only an experienced, very keen rider should be enrolled for 15 lessons.

## CHOICE PROGRAM

Activities chosen by the camper on a daily basis.

Crafts	Woodworking	Lapidary	Pottery	Climbing Wall (age 10+)
Bushcraft	Windsurfing	Nature	Archery	Aerial Rope Course (age 11+)
Kayaking	Water Skiing	Fitness		Mountain Biking (age 12+)
Basketball	Canoeing	Sail Racing	Land Sports (hockey & soccer etc)	

- **Kayaking** is available to boys in the oldest ten groups.
- **Windsurfing** is available to boys in the oldest eight groups.
- **Rock Climbing Cookouts** (age 11+)
- All interested four week campers may participate in the **Drama Production** at the end of each month.

## Ponacka Swim Program

Every boy takes a swimming lesson on the five instructional days each week. There are two optional "free swim" periods before lunch and dinner and usually prior to bed. Courses from both Red Cross (RC) and the Life Saving Society of Canada (LSSC) are offered. Please complete the enclosed swim form using the chart below as a reference guide. If you can find your son's records from his last swim class, please enclose a copy.

SWIM AWARD	PREREQUISITE
Red Cross Swim Kids Levels 3-8	N/A
LSSC ROOKIE PATROL	None
Red Cross Swim Kids 9	N/A
LSSC RANGER PATROL	None
Red Cross Swim Kids Level 10 (highest award)	N/A
LSSC STAR PATROL	Rookie & Ranger Patrol
LSSC BRONZE STAR	Swim Kids 10
LSSC BRONZE MEDALLION & Emergency First Aid (EFA)	Age 13 or Bronze Star
LSSC BRONZE CROSS	Bronze Med & EFA
Red Cross Assistant Water Safety Instructors	Age 15

