

# 2010 Summer Camps

## JULY

Sun	Mon	Tue	Wed	Thu	Fri
4	5	6	7	8	9
Gold Rush (Ages 7-12)					
11	12	13	14	15	16
Explorers (Ages 10-15)					
18	19	20	21	22	23
Girls of the West (Ages 7-12)					
25	26	27	28	29	30
New Frontiers (Ages 10-15)					

## AUGUST

Sun	Mon	Tue	Wed	Thu	Fri
1	2	3	4	5	6
Cowboys (Ages 7-12)					
8	9	10	11	12	13
Go Green (Ages 10-15)					
15	16	17	18	19	20
Wild Wild West (Ages 7-12)					
22	23	24	25	26	27
Leadership Development (Ages 13-16)					



### LOCATION & SITE INFO

Camp ArrowFlight is located along Salmon River Road in Armstrong, BC and is easily accessible year round.



The camp is a short distance from Vernon (30 km) and Kelowna (95 km). Situated on 82 acres the camp has camper cabins, a retreat centre, swimming pool, bmx course and rock climbing tower among many other outdoor activities.

### TRANSPORTATION

Transportation is available from Penticton, West Kelowna and Kelowna for \$25 round-trip. If you require transportation from another location, please contact the Camp ArrowFlight office.

### HOW TO REGISTER

Registration forms are available at every Okanagan Boys & Girls Club or online at our website at [www.boysandgirlsclubs.ca](http://www.boysandgirlsclubs.ca). Completed registration forms, along with full payment, can be returned to any Club location. Upon payment, a camper package with more information will be sent to you.

### CONTACT US

For more information contact:  
 (250) 762-3989 ext. 112  
 Toll Free: 1-888-772-7751  
[camps@boysandgirlsclubs.ca](mailto:camps@boysandgirlsclubs.ca)



Okanagan  
Boys & Girls Clubs

A good place to be

[www.boysandgirlsclubs.ca](http://www.boysandgirlsclubs.ca)

# Campers Wanted



2010 SUMMER CAMPS  
FOR CHILDREN & YOUTH AGES 7-17

Reward  
"LEARN THROUGH  
ADVENTURE"



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A good place to be

**Camp ArrowFlight** is the Okanagan Boys & Girls Clubs new outdoor centre offering camping and outdoor programs for children, youth and families.

Campers have the opportunity to learn about the environment, the importance of being part of a team and about themselves through programming based on adventure and active learning.

## CORE ACTIVITIES

Activities campers can participate in include:

- Archery
- BMX Biking
- Geo-caching
- Canoeing
- Mountain Boarding
- Camping Skills
- Rock Climbing
- Hiking
- Orienteering
- Swimming
- Wilderness Survival
- Ecological Studies



## Typical Day Schedule

7:30 am	Rise & Shine
8:15	Breakfast & Cabin Clean up
9:45 –12:15	Morning Programming
12:30 pm	Lunch & Cabin Time
2:00-4:30	Afternoon Programming
5:30	Dinner
7:00	Camp Wide Games
9:00-10:30	Curfew & Lights Out

## 2010 SUMMER CAMP PROGRAMS

All 6 days camps cost \$300 and include all meals, activities and accomodation.

Campers are assigned cabins based on their age and developmental needs. Each camper has the opportunity to grow and learn within their group. Activities are planned uniquely for each group to ensure all campers enjoy the best that Camp ArrowFlight has to offer.

Camps include a variety of the core activities listed previously as well as other specialized skills and events based on the following weekly camp themes:

- **GOLD RUSH July 4-9**  
(Ages 7-12)
- **EXPLORERS July 11-16**  
(Ages 10-15)
- **GIRLS OF THE WEST July 18-23**  
(GIRLS ONLY Ages 7-12)
- **NEW FRONTIERS July 25-30**  
(Ages 10-15)
- **COWBOYS August 1-6**  
(BOYS ONLY Ages 7-12)
- **GO GREEN August 8-13**  
(Ages 10-15)
- **WILD WILD WEST August 15-20**  
(Ages 7-12)



## LEADERSHIP CAMPS

**Leadership Development August 22-27** (Ages 13-16) For teens looking for the next challenge. Campers will experience personal and group development while learning key leadership skills and over coming physical challenges.

**Counsellor in Training** (Ages 14-17) This week-long program happens throughout the summer to assist teens in further development of their leadership skills. An exciting volunteer opportunity this programs is also an excellent resume builder. To register please submit a cover letter and resume to the Camp Director.

## STAFF & SAFETY

Staff have been selected based on their skills, experience and enthusiasm for working with children and youth. Stringent risk management policies and well trained staff help ensure the safest and most enjoyable outdoor experience possible.



## MEALS

Campers receive three nutritious meals a day along with snacks and drinks throughout the day. Meals are prepared by Food Safe certified staff and we can accomodate special dietary needs with prior notice.

## CAMPERSHIPS

At the Okanagan Boys and Girls Clubs no one is ever turned away due to the inability to pay. We believe every child and youth deserves to share the beauty, self-discovery and adventure of an outdoor experience. Financial assistance is available for campers. Contact your local Club or the ArrowFlight office for more information.