



Summer 2023 Information Guide

ActiveU is excited for another fun-filled summer of camps! Below you will find some important details for attending camps this summer. Families are welcome to contact us for more information at:

807-343-8010 x8950 or activeu@lakeheadu.ca

Camp at a Glance

Summer 2023 Camp Dates

ActiveU will be running 5 weeks for Summer 2023:

Week 1 - July 3 to 7

Week 2 - July 10 to 14

Week 3 - July 17 to 21

Week 4 - August 14 to 18

Week 5 - August 21 to 25

Summer 2023 Themes

Our themes for each week this year are:

Week 1 - Happy Holidays!

Week 2 - Game Show Week

Week 3 - Ooey, Goopy, & Messy

Week 4 - Calling all Gamers

Week 5 - Superhero Showdown

What to bring to camp

Campers should be prepared for activities both inside and outside each day! Some key items to pack:

- Lunch, Morning Snack, & Afternoon Snack (PEANUT-FREE)
- Shoes appropriate for sports/running
- Sunscreen & hat
- Bathing suit & towel
- Refillable water bottle

A typical day at ActiveU

Our ActiveU camp day is filled with 4-6 different activity blocks that will include sports, crafts, and academic-related activities such as visits to the chemistry lab! All camp groups get 1 hour of swimming in the afternoon

Camp Age Groups

ActiveU camps are available for campers who will be between the ages of 6 and 12 during camp sessions.

Wolf Pups Division - Ages 6&7

Lightning Division - Ages 8&9

Thunder Division - Ages 10, 11, & 12

Based on child's age as of July 1, 2023

T-Shirts & Tie-Dye

ActiveU has a fun tradition of weekly tie-dye! All campers will receive a white ActiveU shirt as a part of their registration for tie-dyeing. Campers who return for multiple weeks are welcome to bring alternative items no larger than a pillow case for tie-dye.

Drop Off & Pick Up

Drop off and pick up takes place at the Wolf Den Gymnasium

Drop Off Time: 8:30 am - 9:00 am*

Pick Up Time: 4:00 pm to 5:00 pm.

Identification is required at pick-up

*Early Drop-Off is available from 8:00 am to 8:30 am for an additional fee.

ActiveU Camp Location

ActiveU runs out of the Athletic Facilities at Lakehead University - 955 Sanders Drive. Campers will get to experience activities in all of our indoor facilities as well as our outdoor fields and beach volleyball courts, and will have visits to Main Campus!

Optional Add-On:

Swimming Lessons

ActiveU partners with Learn to Swim Thunder Bay to deliver swimming lessons during afternoon swim blocks. For an additional fee, campers can sign up and will receive 30 minute lessons each day of camp, for a total of 150 minutes

Frequently Asked Questions

Q: Why do I need identification at pick-up?

ActiveU required identification of any parent/guardian/authorized pick-up individual to release campers at the end of the day - this is to ensure the safety of your child! Please ensure that any person listed on the authorized pick-up list for your child is aware that identification is required for pick-up.

Q: My children are in different age divisions, but want to be together - how should I register them?

We ask that you register your child in the appropriate division based on their age as of July 1, 2023. Having our camp groups divided by age allows for our staff to facilitate the most developmentally appropriate activities, particularly when it comes to sport and physical activity. Our camp day will include lots of times for the groups to participate in activities together!

Q: My child is not a strong swimmer, will they still be able to participate in swim time? Can they sit out?

All campers will participate in a swim test during their first session at camp. The swim test is conducted by the Aquatic Staff team. If campers are not able to pass or do not wish to attempt the test, they can still swim with a lifejacket. Should a camper need or want to sit out of swim time, alternative craft activities will be made available.

Q: What are your anti-Bullying and Behaviour policies?

ActiveU Staff are all trained in High Five Principles of Health Child Development or High Five Sport, and receive in-depth training on supporting positive interactions between campers and staff. ActiveU has a strict no-bullying policy and campers will be removed from camp should they be unable to contribute to a positive group environment.

Campers will develop their own "camper agreement" alongside their counselors on the first day of each week that will help ensure all campers are aware of what behaviour is considered appropriate and safe at camp.

Q: My child can no longer attend camp, what is your cancellation/refund policy?

Cancellations made at least 10 business days prior to the program start date will receive a refund in full. Cancellations made within 1-9 business days prior to the program start date will receive a refund less a \$25 administrative fee.

Cancellations made after the program start date will not receive a refund.

No refund will be given if a child leaves ActiveU on their own accord, is a "no show", or is expelled.

Q: What happens if my child is sick, or gets sick while at camp?

We ask that campers who are still please stay home from camp. Should a camper fall ill while at camp, we will contact that campers Emergency Contacts to coordinate an early pick-up for the day.

Q: My child requires to have medication with them at all times, what should I do?

During registration, you will be asked to list any medical information that staff need to know as well as list any medications your child will need to have at camp. Families will be contacted by our office to complete additional medication forms in these situations to ensure our staff are fully able to support your campers medical needs during camp. Camp staff are not permitted or responsible for administering medications outside of emergency situations.