



Summer 2025 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 x7244 or activeu@lakeheadu.ca

Camp at a Glance

Summer 2025 Camp Dates

ActiveU will be running 6 weeks for Summer 2025:

July 7th to 11th

July 14th to 18th

July 21st to July 25th

August 11th to 15th

August 18th to 22nd

August 25th to 29th

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

Returning for 2025: We're Registered with High Five!

High Five is a quality assurance program run through Parks and Rec Ontario! All ActiveU staff go through training on 5 key principles: Caring Leaders, Play, Friends, Mastery, and Participation.



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

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!

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 (we recommend packing a separate swim bag for wet clothes!)
Refillable water bottle

Drop Off & Pick Up

Drop off and pick up takes place at the Lakehead Athletics Facilities.

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.

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 five 30 minute lessons throughout the camp week

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.

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 birth year. 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.