



Summer 2024 at a Glance



GNS Camps is a Vancouver Island Health Authority (VIHA) licensed child care program that is offered during school breaks for all students ages 3 to 18. Arts, athletics, kayaking, creativity, magic and more—our programs offer something for everyone! Our camps and activities are open to both GNS and non-GNS children and families.

The cornerstone of GNS Camps is the excellent leaders, teachers and coaches, all of whom are experienced in working with students, certified in First Aid and CPR-C, criminal record checks and vulnerable sector screening. Our leaders combine creative, active and collaborative ideas to deliver a quality program that emphasises truth, courage, caring, individuality and community. For our camp groups who are under 5 years of age the leader-to-student ratio is 1:8. For our camp groups who are over 5 years of age the leader-to-student ratio is 1:12. Before and After Camp Care is available where age appropriate.

## Cancellation Policy

**Regular Refund Policy:** All requests for refunds must be made in writing via email to [ssullivan@mygns.ca](mailto:ssullivan@mygns.ca). Refunds less than a \$50 administrative charge per camp, per child, will be issued for all camp cancellations up to two weeks (14 days) before the first day of the camp. GNS reserves the right to cancel a camp due to insufficient enrolment or unavailability of instructors. If this situation arises, camps will be cancelled by 3:30 p.m. one week before the start date and all fees for a cancelled camp will be refunded.

## Late Pick Up

For any child not picked up by the time reflected in their registration, parents will be charged a \$25 late pick-up fee per child.

## Contact information

For more information about GNS Camps or to register please contact Shannon Sullivan, External Program Manager via email at [camps@mygns.ca](mailto:camps@mygns.ca) or by phone at 250-370-6854 Ext. 4148.

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# GNS Camps Summer 2024 at a Glance

DATE	CAMP NAME	AGES	COST	TIME & LOCATION
June 17-20	Chickadees: Water/Ocean Exploration	3-4	\$320.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	Chipmunks: Under the Sea	5-6	\$290.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	Ravens: Parks & Playgrounds with WildPlay Field Trip	7-9	\$300.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	Gryphons: Local Exploration & WildPlay Field Trip	10-12	\$300.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
June 24-28	Chickadees: Pirates	3-4	\$320.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	Chipmunks: Space	5-6	\$295.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	Chipmunks: Safari	5-6	\$295.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	Chipmunks: Super Hero Training	5-6	\$295.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	Ravens: Witches & Wizards	7-9	\$290.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	Gryphons: Wilderness Explorers	10-12	\$295.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
July 2-5	Chickadees: Sportsball	3-4	\$256.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	Chipmunks: Music & Dance	5-6	\$235.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	Chipmunks: Nature Explorers	5-6	\$235.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	Ravens: Minecraft	7-9	\$235.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	Gryphons: Home Alone Boot Camp with the Canadian Red Cross Society	9-13	\$230.00	9:00 a.m. – 3:00 p.m. 1701 Beach Drive
	Field Hockey	9-13	\$240.00	8:30 a.m. – 3:30 p.m. 781 Richmond Ave.
July 8-12	Chickadees: STEM	3-4	\$320.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	Chipmunks: STEM	5-6	\$290.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	Chipmunks: Music & Dance	5-6	\$290.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	Chipmunks: Parks & Playgrounds	5-6	\$290.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	Ravens: Sport-tastic	7-9	\$290	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	Orton Gillingham Literacy Boost	Grades 1-2	\$355.00	8:30 a.m. – 12:30 p.m. 1701 Beach Drive

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	<b>RISE Flag Football</b>	9-12	\$180.00	9:00 a.m. – 1:00 p.m. 781 Richmond Ave.
	<b>Gryphons: STEM &amp; Video Game Design</b>	10-12	\$290.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Rex Basketball Camp</b>	8-11	\$300.00	9:00 a.m. – 3:00 p.m. 781 Richmond Ave.
	<b>Kayaking Day Camp</b>	10-12	\$365.00	9:00 a.m. – 4:00 p.m. 1701 Beach Drive
<b>July 15-19</b>	<b>Chickadees: Space</b>	3-4	\$320.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Chipmunks: Shakers &amp; Bakers</b>	5-6	\$295.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Chipmunks: Nature Adventures</b>	5-6	\$290.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Ravens: Multi-Sports</b>	7-9	\$290.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Gryphons: Multi-Sports</b>	10-12	\$290.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Kayak Day Camp</b>	10-13	\$365.00	9:00 a.m. to 4:30 p.m. 1701 Beach Drive
	<b>REX Basketball</b>	11-14	\$300.00	9:00 a.m. – 3:00 p.m. 781 Richmond Ave.
<b>July 22-26</b>	<b>Chickadees: Bugs &amp; Critters</b>	3-4	\$320.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Chipmunks: Nature Adventures</b>	5-6	\$290.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Chipmunks: Little Athletes Skills &amp; Drills</b>	5-6	\$290.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Ravens: Eco Adventures</b>	7-9	\$290.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Gryphons: Eco Adventures</b>	10-12	\$290.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Kayak Day Camp</b>	10-13	\$365.00	9:00 a.m. to 4:30 p.m. 1701 Beach Drive
<b>July 29-August 2</b>	<b>Chickadees: Art</b>	3-4	\$320.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Chipmunks: Art &amp; Crafts</b>	5-6	\$290.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Chipmunks: Mini Chemists</b>	5-6	\$290.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Ravens: Track &amp; Field</b>	7-9	\$300.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Creative Writing</b>	11-14	\$140.00	10:00 a.m. to 2:00 p.m. 1701 Beach Drive
	<b>Kayak Day Camp</b>	8-11	\$365.00	9:00 a.m. – 4:30 p.m. 1701 Beach Drive
<b>August 6-9</b>	<b>RISE Flag Football</b>	9-12	\$145.00	9:00 a.m. – 1:00 p.m. 781 Richmond Ave.

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	<b>SIVA Volleyball</b>	11-14	\$240.00	9:00 a.m. – 3:00 p.m. 781 Richmond Ave.
<b>August 12-16</b>	<b>Chickadees: Dinosaurs</b>	3-4	\$320.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Chipmunks: Nature Explorers</b>	5-6	\$290.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Chipmunks: Little Athletes Skills &amp; Drills</b>	5-6	\$290.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Ravens: Board Games</b>	7-9	\$290.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Rex Basketball</b>	7-9	\$300.00	9:00 a.m. – 3:00 p.m. 781 Richmond Ave.
	<b>Culinary Camp</b>	10-14	\$410.00	9:00 a.m. – 3:00 p.m. 781 Richmond Ave.
<b>August 19-23</b>	<b>Chickadees: Around the World</b>	3-4	\$320.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Chipmunks: STEM</b>	5-6	\$295.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Chipmunks: Dinosaurs</b>	5-6	\$290.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Orton Gillingham Literacy Boost</b>	Grades 1-2	\$355.00	8:30 a.m. – 12:30 p.m. 1701 Beach Drive
	<b>Ravens: Adventure Quest</b>	7-9	\$295.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Kayak Day Camp</b>	10-14	\$365.00	9:00 a.m. – 4:30 p.m. 1701 Beach Drive
	<b>SIVA Elite Volleyball</b>	15-18	\$250.00	9:00 a.m. – 3:00 p.m. 781 Richmond Ave.
	<b>Culinary Camp</b>	10-14	\$410.00	9:00 a.m. – 3:00 p.m. 781 Richmond Ave.
<b>August 28-31</b>	<b>Chickadees: Camp Out</b>	3-4	\$320.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Chipmunks: Summer Celebration</b>	5-6	\$290.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Ravens: Beach Hopping</b>	7-9	\$320.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
	<b>Gryphons: Beach Hopping</b>	10-12	\$320.00	8:30 a.m. – 3:30 p.m. 1701 Beach Drive
<b>August 28-30</b>	<b>Field Hockey Pre-Season Training</b>	13-17	\$175	1:00 p.m. – 3:00 p.m. 781 Richmond Ave.

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# Chickadees – Age 3 to 4

Our Chickadee program is specifically designed for children ages 3 to 4, providing a nurturing and stimulating environment that fosters growth and development in all areas. With three dedicated Early Childhood Education (ECE) teachers who are involved in our IB curriculum during the school year, your child will receive personalised attention and guidance as they embark on their journey of discovery. Summer camp routines will mirror classroom routines and will involve time outside, snack, camp activities lunch, rest time followed by afternoon snack and outdoor play. Each program will have a maximum of 16 students per week of camp.

## Water/Ocean Exploration: June 17-20

This camp is designed to introduce our youngest campers to the world through exploring, nature and movement. The daily activities will teach your child about their environment through creativity and play while exploring our private beach at the GNS Campus.

## Pirates: June 24-28

Ahoy, matey! This camp will introduce landlubbers to the science of the seas through pirate-based games and activities for all ages. Camp will be packed with science-based games, experiments, interpretive nature walks and beach explorations.

## Sportsball: July 2 to 5

Welcome to Sportsball Camp, where our youngest athletes aged 3 to 4 will have a ball while learning the fundamentals of sports and teamwork! Throughout the week, our little sports enthusiasts will have the opportunity to explore a variety of sports and activities in a fun and supportive environment. From soccer and basketball to T-ball and relay races, our Sportsballers will have a blast trying out different sports and developing essential motor skills such as running, jumping, and throwing. Through age-appropriate games and drills, they'll learn basic techniques and coordination while building confidence and having fun.

## STEM: July 8-12

This camp will introduce participants to the importance of cooperation, problem-solving and communication. STEM (Science, Technology, Engineering and Math) activities will be geared to age-appropriate concepts to encourage team building while using critical thinking skills to solve challenges. This camp is designed for participants to explore and build upon their natural curiosity of how objects work. Each day we will have a fun mix of classroom time and outdoor play.

## Space: July 15-19

Over the course of the week, your child will train to become a junior astronaut, and venture further out into space each day, learning about what's in our solar system, galaxy and beyond along the way!

## Bugs & Critters: July 22-26

This week we will be learning all about bugs and critters. From crafts to hands-on beach exploration and outdoor play, we will keep your child engaged in learning by using their imagination and through sensory play. Over the course of the week we will have a presentation from the Victoria Bug Zoo on site.

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## **Art: July 29-August 2**

Our camp is designed to ignite imagination, nurture artistic skills, and foster a love for all things creative through a variety of hands-on art activities and explorations. Campers rotate through different art exploration stations such as, messy paint play, themed art projects, and nature crafts.

## **Dinosaurs: August 12-16**

Campers can expect to take a virtual trip to the age of the dinosaurs! They will learn what dinosaurs ate and how they lived. Campers will explore in sensory play, dig up dinosaur bones and create their own fossils.

## **Around the World: August 19-23**

Curious adventurers ages 3 to 4 embark on an exciting journey across the globe! Our camp is designed to introduce young children to diverse cultures, traditions, and landmarks from around the world through interactive activities, games, and explorations. Campers can expect lots of outdoor and beach play when not in the classroom.

## **Camp Out: August 26-30**

Over the course of the week campers will engage in traditional outdoor camping activities that will be modified for indoor and backyard play. They will be making indoor forts, nature crafts and bonfire crafts. Campers will be engaging in lots of outdoor and beach play over the course of the week.

# Chipmunks – Age 5 to 6

## Under the Sea: June 17-20

Welcome to Under the Sea Camp, where our youngest ocean explorers aged 5 to 6 dive into a world of wonder beneath the waves! At Under the Sea Adventure Camp, we believe in the magic of marine life and the endless possibilities of underwater exploration. From hunting for treasure on the beach to imaginary play of a sunken world our campers will engage in a variety of age-appropriate activities and games designed to ignite their curiosity and imagination. They'll have the opportunity to create sea-themed crafts, sing ocean songs, and participate in sensory experiences that bring the wonders of the sea to life.

## Space: June 24-28

Welcome to Space Explorers Camp, where young adventurers aged 5 to 6 embark on an out-of-this-world journey through the cosmos! Blast off into a week of discovery as we introduce your little ones to the wonders of outer space. Our Space Explorers will engage in a variety of hands-on activities, games, and crafts designed to ignite their curiosity and imagination. From learning about the planets in our solar system to discovering the mysteries of the stars and galaxies, every day will be filled with awe and wonder. Our budding astronauts will have the chance to build their own rockets, create their own constellations, and even take part in simulated space missions! At the end of the week, there will be a field trip to Gyro Park.

## Safari: June 24-28

Get ready for an unforgettable week filled with adventure, discovery, and animal encounters as we explore the wonders of the safari. Our little explorers will have the opportunity to learn about the fascinating wildlife found in savannahs, jungles, and grasslands around the world. So, grab your binoculars and safari hat, because this week is going to be a wild adventure! At the end of the week, there will be a field trip to Gyro Park.

## Superhero Training: June 24-28

At Superhero Training Camp, we believe that every child has the potential to be a hero, and we're here to help them unleash their superpowers. Throughout the week, our young recruits will engage in a series of thrilling challenges, games, and activities designed to develop their strength, agility, and courage. From mastering obstacle courses to testing their superhero reflexes, our little heroes will train like never before as they prepare to defend justice and fight for what's right. They'll have the chance to create their own superhero identities, complete with capes and masks, and embark on daring missions to save the world from imaginary villains. So grab your cape and get ready to soar to new heights!

## Music & Dance: July 2-5, July 8-12

At Music and Dance Camp, we believe in the transformative power of music and dance to ignite the imagination and nurture the soul. Throughout the week, our little performers will have the opportunity to explore a variety of musical styles and dance genres in a supportive and encouraging environment. From learning basic dance steps to discovering the joy of making music with instruments, our campers will develop their rhythm, coordination, and self-expression through fun and engaging activities. Whether it's tapping their feet to a catchy beat or singing along to their favourite songs, every moment is an opportunity to shine.

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## **Nature Explorers: July 2-5, July 15-19, July 22-26, August 12-26**

At Nature Explorers Camp, we believe that the natural world is the perfect classroom for young learners. Throughout the week, our little adventurers will engage in hands-on outdoor education activities designed to spark their curiosity, inspire creativity, and foster a deep connection with nature. From discovering local flora and fauna to learning about the importance of environmental stewardship, every day will be an exciting opportunity for exploration and discovery. Our campers will enjoy nature walks at Uplands Park, scavenger hunts, exploring local tide pools and sensory experiences that will awaken their senses and deepen their appreciation for the world around them.

## **STEM: July 8-12, August 19-23**

This camp will introduce participants to the importance of cooperation, problem-solving, and communication. STEM (Science, Technology, Engineering and Math) activities will be geared to age-appropriate concepts to encourage team building while using critical thinking skills to solve challenges. This camp is designed for participants to explore and build upon their natural curiosity about how objects work. Each day we will have a fun mix of classroom time and outdoor play along with beach play.

## **Parks & Playgrounds: July 8-12**

Our campers, aged 5-6, are in for a treat as we get ready for a week filled with adventure, laughter, and endless fun as we explore the great outdoors right in our own backyard. Each day will be a new journey off-site, where campers will discover the wonders of nature, unleash their creativity, and engage in exciting activities designed just for them. From scavenger hunts and nature walks to outdoor games and crafts, there's something for everyone to enjoy. But the fun doesn't stop there! Each day we will visit a new local park in the area including Windsor Park, Firefighters Park, Willow's Beach, Uplands Park and Gyro Park.

## **Shakers & Bakers: July 15-19**

Our mini bakers will learn how to whip up their own "no bake" treat. Each mini baker will be given their own ingredients, under the supervision of the camp leaders, to hand mix and mould onto a tray and then place in the freezer. All treats will be sent home to be enjoyed with a list of ingredients. When students are not baking they will explore the community and campus. Camp leaders will lead students through a variety of games, imaginary play, crafts and physical activities.

## **Little Athletes Skills & Drills: July 22-26, August 12-16**

Little Athletes Skills and Drills Camp, where the excitement of sports meets the joy of learning for our energetic 5-6 year-olds! Our camp is designed to introduce young athletes to the fundamentals of various sports through engaging activities, skills-building drills and most importantly, lots of fun! Campers will also explore nearby beaches and parks.

## **Arts & Crafts: July 29-August 2**

Young artists ages 5 to 6 embark on a colourful adventure of creativity and self-expression! Our camp is designed to spark imagination, foster artistic skills, and cultivate a love for all things crafty through a variety of hands-on projects and activities. Each day, campers will have the opportunity to dive into a new and exciting craft project. From painting and drawing to nature crafts and sculpting, there's something for every budding artist to explore. Our experienced instructors will provide guidance and encouragement as campers unleash their creativity and bring their ideas to life.

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## **Mini Chemists: August 21- 25**

Welcome to Mini Chemist Camp, where young scientists ages 5 to 6 embark on an exciting journey of discovery and experimentation! Our camp is designed to introduce children to the wonders of chemistry in a fun, hands-on environment that stimulates curiosity and fosters a love for science. Campers can expect hands-on experiments, an introduction to the basic principles of chemistry and STEM activities. When your child is outside of the classroom they can expect to explore the changing beach tides.

## **Dinosaurs: August 19-23**

Our camp is designed to ignite curiosity, inspire imagination, and foster a love for dinosaurs through hands-on exploration and interactive learning experiences. Here's a glimpse into what Camp might look like: dino dig, fossil identification, dinosaur crafts, dino science experiments, and walks to local beaches and playgrounds

## **Summer Celebrations: August 26-30**

Over the course of the week we will play games and explore our private beach. Your child can expect to make lots of crafts, spend time outside, and engage in sensory and imaginative play. Camp leaders will lead students through a variety of games, imaginary play, crafts and physical activities. The majority of the camp will take place outside. Please dress accordingly.

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# Orton Gillingham Literacy Boost Camp – Grade 1-2

**July 8-12 and August 19-23**

This camp is aimed at students entering Grades 1 or 2 who are not yet reading at grade level. Using the Orton Gillingham method for reading intervention, we will provide students with targeted, systematic and structured reading, spelling and writing support. Students will receive instruction in small groups. Each day will include a focused lesson, interactive games and small group guided support. In addition, children will have the opportunity to get outside for some free play. The end of the week will culminate in the students reading and performing a short play. Another aim of this camp is to provide parents with the knowledge and tools needed to support their child's reading at home. Each day, parents and caregivers will have the opportunity to participate in a literacy game with their child during the last 10 minutes of camp and will receive further information, reading passages and games for practice at home.

## **A Little About Your Teacher:**



Caitlin is an educator and tutor who has worked in public and private school settings for over 10 years. She has provided small group and one-on-one literacy support to children as an Inclusive Education Teacher and now works as a private tutor. Caitlin holds a B.A. in Applied Linguistics, an M.Ed. in Educational Psychology (Special Education), and completed her Orton-Gillingham training in 2020.

## **Orton Gillingham**

The Orton Gillingham approach combines best practices in literacy intervention and is considered the gold standard for supporting struggling readers. Through its multisensory approach, children learn by hearing, touching, seeing, and saying the concepts being learned. Information is presented in a structured, systematic, and sequential manner, with new concepts building on prior knowledge. Instruction is personalised and progresses at the child's pace. New concepts are not introduced until previously learned concepts have been mastered.

In this one-week half-day camp, your child will have an opportunity to work on reading, writing and spelling in a small-group setting. The Orton-Gillingham approach will allow us to target specific early literacy skills in a very structured and systematic way, and at the end of the camp, parents will leave with fun and helpful tools and resources for supporting literacy at home.

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# Ravens – Age 7 to 9

## Parks & Playgrounds: June 17-20

Our campers, aged 7 to 9, are in for a treat as we get ready for a week filled with adventure, laughter, and endless fun as we explore the great outdoors right in our own backyard. Each day will be a new journey off-site, where campers will discover the wonders of nature, unleash their creativity, and engage in exciting activities designed just for them. From scavenger hunts and nature walks at Uplands Park to outdoor games and crafts, there's something for everyone to enjoy. But the fun doesn't stop there! Our campers will also have the chance to participate in a Wildplay Field Trip at the end of the week.

## Witches & Wizards: June 24-28

Welcome to the School of Witchcraft and Wizardry Camp, where young witches and wizards aged 7 to 9 will embark on a magical adventure like no other! Prepare to be spellbound as you enter the enchanting world of magic and mystery. At our camp, budding sorcerers will discover the secrets of spellcasting, potion brewing, and mystical creatures as they immerse themselves in the wonders of the wizarding world. Throughout the week, our students will attend classes taught by seasoned witches and wizards, where they'll learn the fundamentals of magic and hone their skills in wandwork and incantations. From mastering levitation charms to decoding ancient runes, there's always something new and exciting to discover. At the end of the week, there will be a field trip to Gyro Park.

## Minecraft: July 2-5

This camp will be taking the traditional video game of Minecraft to a whole new interactive level with the opportunity to incorporate real-life building activities in a group setting. Our hands-on take on Minecraft will focus on developing campers' skills such as critical thinking, problem-solving, communication, creativity, confidence and resilience to create their own Minecraft World. (Please note there will not be actual video game playing in this camp. Instead, we will bring Minecraft to life through crafts and activities.)

## Sport-Tastic: July 8-12

Over the course of the week, our campers will participate in a variety of age-appropriate fitness activities, games, and challenges designed to promote teamwork, sportsmanship, and positive self-esteem. Some of the games and sports your child will play are dodgeball, floor hockey, line tag and various problem-solving and critical-thinking games. When students are not playing in the gym, they will be exploring local parks and beaches.

## Multi-Sports: July 15-19

Get ready for a thrilling journey throughout the world of sports! Our Multi-Sports Camp is the perfect blend of athleticism, teamwork, and enjoyment. Whether your child is a budding athlete or just discovering the joy of sports, our program caters to all skill levels and interests. Each day campers will focus on a new sport.

## Eco Adventures: July 24 to 28

Welcome to Eco Adventure Camp, where nature becomes the ultimate playground for young explorers! Our camp offers an immersive outdoor experience designed to ignite curiosity, foster environmental stewardship, and create lasting memories for campers. Set amidst the breathtaking beauty of Victoria, BC, Eco Adventure Camp provides the perfect

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backdrop for children to connect with the natural world and embark on exciting outdoor adventures. We will be exploring Uplands Park, Mystic Vale, local beaches and tidal pools, Environmental education and nature-inspired crafts.

## **Track & Field: July 29-August 2**

It's time to lace up your sneakers and join Mr. Colin Adamson for a week full of track and field and afternoons of adventure! Mr. Adamson is currently teaching Grade 11 Math, Grade 11 Science and Grade 6 Physical Health Education and has many years of coaching the track team at GNS and Junior Vikings.

From the moment your child arrives at camp till lunchtime, they will be developing their skills in various track and field events such as relay races, sprints and long jumps. The GNS Junior School will be the home base for camp and students will travel in the GNS bus to local tracks to practise each day. In the afternoon campers will take a break from track and field and engage in more leisure activities. This will include two hikes at PKOLS (Mount Doug), an excursion to Cadboro Bay, a nature walk in Mystic Vale and a hike at Elk/Beaver Lake. Campers will not be swimming at these locations but will need to dress accordingly for the activity and the weather.

## **Board Game Cafe: August 12-16**

Are you ready for an unforgettable camp of strategy, camaraderie, and endless board game excitement? Look no further than the Board Game Café Camp. Here, kids will experience the thrill of board gaming like never before, making new friends and creating lasting memories in a welcoming, fun-filled atmosphere.

## **Adventure Quest: August 19-23**

Welcome to Adventure Quest, a thrilling local scavenger hunt through the charming streets and iconic landmarks of Oak Bay! This scavenger hunt promises excitement, discovery, and plenty of fun. Staff will have interactive challenges that test campers' creativity, problem-solving skills, and knowledge of the city. Campers will explore local sites for geocaching activities, beach days and a day hike at Uplands Park.

## **Beach Hopping: August 28 to September 1**

Welcome to Beach Hopping Camp, where campers will explore a new local beach each day of the week! Our camp is designed to ignite curiosity, promote outdoor exploration, and create lasting memories through a series of fun-filled beach-hopping adventures. Each day campers will travel off-site to participate in either a hike, beach play or both! We will be visiting nearby locations such as Gonzales Beach, Willows Beach, Gyro Park, Elk Lake and Beaver Lake. Transportation will be provided to and from the GNS Junior School to farther daily destinations via GNS/SMUS Transportation Services. When it is appropriate students will walk to the daily destination.

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# Gryphons – Age 10 to 12

## Local Exploration: June 17-20

Welcome to the Local Explorer Camp, where adventure awaits just beyond your doorstep! This immersive experience is designed for young adventurers eager to delve into the wonders of their local environment. From hiking PKOLS (Mount Doug) and nature walks at Uplands Park to taking the city bus downtown to learn about Victoria's rich history, we'll embark on a journey to uncover the treasures right in our own backyard. At the end of the week, campers will go to Wildplay.

## Wilderness Explorers: June 24-28

Welcome to Wilderness Explorers Camp, where adventurous souls aged 10 to 12 embark on an exhilarating journey into the great outdoors! We'll dive into a week packed with thrilling outdoor activities, team challenges, and unforgettable experiences. Our campers will have the chance to explore the natural wonders of the wilderness while learning valuable skills and fostering a deep appreciation for nature. At the end of the week, we will be taking a trip to the UVic Indoor Climbing Centre, where both the bouldering wall and climbing tower will be used.

## Home Alone Boot Camp with the Canadian Red Cross Society: July 2-5

We will be offering the Stay Safe course from the Red Cross Society on the first day of camp. A certified instructor will come in to teach campers this program.

### Course Details

Real-world scenarios often call on children to respond to challenges. The Stay Safe! program teaches applicable and age-appropriate skills while increasing and reinforcing a youth's capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations.

### Course Content

- Importance of responsibility and respect while being accountable for yourself
- Importance of setting and following rules around safety when staying on your own
- How to stay safe at home and within the community
- How to prepare, recognize and respond to unexpected situations, (i.e. inclement weather, strangers, unanticipated visits)

### First Aid Content

Check, Call, Care (includes phoning EMS/911), recovery position, conscious choking (adult/child/alone), feeling unwell, asthma (includes use of inhaler and spacer), anaphylaxis (includes use of EpiPen), poisoning, insect stings, wound care (i.e., minor cuts and scrapes, splinters, nosebleeds, bumps and bruises, life-threatening bleeding, burns).

### Life Skills

The last three days of camp will be teaching your child the life skills they need to cook basic meals, kitchen safety, and how to be safe on the internet.

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## **STEM and Video Game Design: July 8-12**

This camp will introduce participants to the importance of cooperation, problem-solving, and communication. STEM (Science, Technology, Engineering and Math) activities will be geared to age-appropriate concepts to encourage team building, communication and critical thinking skills to solve challenges. Over the course of the week, campers will be using Google CS to code and design their own video game. Each day we will have a fun mix of classroom time and outdoor play. (On average, students will be on screens for one hour for two daily sessions to code, and the rest of the day will be STEM activities and play.)

## **Multi-Sports: July 15-19**

Get ready for a thrilling journey through the world of sports! Our Multi-Sports Camp is the perfect blend of athleticism, teamwork, and enjoyment. Whether your child is a budding athlete or just discovering the joy of sports, our program caters to all skill levels and interests. Each day campers will focus on a new sport.

## **Eco Adventures: July 22-26**

Welcome to Eco Adventure Camp, where nature becomes the ultimate playground for young explorers! Our camp offers an immersive outdoor experience designed to ignite curiosity, foster environmental stewardship, and create lasting memories for campers. Set amidst the breathtaking beauty of Victoria, BC, Eco Adventure Camp provides the perfect backdrop for children to connect with the natural world and embark on exciting outdoor adventures. We will be exploring Uplands Park, nature walks, local beaches and tidal pools, Environmental education and nature inspired crafts.

## **Creative Writing: July 22-August 2**

The focus of this camp is to provide a space for campers to express themselves in creating various forms of literature. Over the course of camp our Junior School's Ms. Sandy Mac will share her favourite tips and tricks to connect to your readers' emotions. When campers are not in the classroom they will be playing games and looking for inspiration from the world around them. This may include walking trips to nearby parks and beaches.

## **Beach Hopping: August 26-30**

Welcome to Beach Hopping Camp, where campers will explore a new local beach each day of the week! Our camp is designed to ignite curiosity, promote outdoor exploration, and create lasting memories through a series of fun-filled beach-hopping adventures. Each day campers will travel off-site to participate in either a hike, beach play or both! We will be visiting nearby locations such as Gonzales Beach, Willows Beach, Gyro Park, Elk Lake and Beaver Lake. Transportation will be provided to and from the GNS Junior School to farther daily destinations via GNS/SMUS Transportation Services, and when it is appropriate students will walk to the daily destination.

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# Kayaking Day Camps

## Kayak Day Camp: July 8-12, July 15-19, July 22-26

These Kayak Day Camps are for ages 10 to 13 and welcome kayakers of all skill levels. This camp covers all the basics of sea kayaking for the younger paddler while exploring many of Victoria's best paddling areas. There will be plenty of rest stops to snack, run around, and re-energize. The camp comprises ocean and lake kayak travel, outdoor skill-building, teamwork, and leadership activities. Participants may also have the opportunity to use our voyager canoes for a day trip.

## Kayak Day Camp: August 6-9

This Kayak Day Camp for ages 8 to 11. The Kayak Day Camp welcomes kayakers of all levels. This camp covers all the basics of sea kayaking for the younger paddler while exploring many of Victoria's best paddling areas. There will be plenty of rest stops to snack, run around, and re-energize. The camp comprises ocean and lake kayak travel, outdoor skill-building, teamwork, and leadership activities. Participants may also have the opportunity to use our voyager canoes for a day trip.

## Kayak Day Camp: August 19-23

This Kayak Day Camp is for ages 10 to 14 and welcomes kayakers of all skill levels. This camp covers all the basics of sea kayaking for the younger paddler while exploring many of Victoria's best paddling areas. There will be plenty of rest stops to snack, run around, and re-energize. The camp comprises ocean and lake kayak travel, outdoor skill-building, teamwork, and leadership activities. Participants may also have the opportunity to use our voyager canoes for a day trip.

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# Rex Sports

## **Rex Sports Basketball: July 15-19**

Join us for Rex Sports Basketball Camp, a dynamic co-ed youth basketball experience for students ages 11 to 14. You can expect to elevate your skills, teamwork, and passion for the game in a supportive and fun environment. Don't miss this opportunity to learn, grow, and hoop it up with our amazing coaches of former and current college players and coaches! Free shirt included with registration and opportunities to win tons of prizes!

## **Rex Sports Basketball (Younger Years): July 8-12**

Join us for Rex Sports Basketball Camp, a dynamic co-ed basketball experience for students ages 8 to 11. This week will be worth the challenge to develop your skills such as dribbling, shooting, passing defence and rebounding. Don't miss this opportunity to learn, grow and hoop it up with our amazing coaches of former and current college players and coaches! They have designed this program for students of all levels whether your child is a seasoned player or just starting out, the week is well-balanced between fun and skill development. A free shirt is included with registration along with opportunities to win tons of prizes!

## **Rex Sports Basketball (Younger Years): August 12-16**

Join us for Rex Sports Basketball Camp, a dynamic co-ed basketball experience for students ages 7 to 9. This week will be worth the challenge to develop your skills such as dribbling, shooting, passing defence and rebounding. Don't miss this opportunity to learn, grow, and hoop it up with our amazing coaches of former and current College players and coaches! They have designed this program for students of all levels whether your child is a seasoned player or just starting out, the week is well-balanced between fun and skill development. A free shirt is included with registration along with opportunities to win tons of prizes!

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# South Island Volleyball Association

## SIVA Volleyball: August 6-9

Calling all aspiring volleyball stars aged 11 to 14! Get ready to bump, set and spike your way to greatness at the South Island Volleyball Camp. This is a co-ed program open to everyone. This action-packed camp is the ultimate destination for young athletes who want to level up their game while having a ton of fun!

From Tuesday, August 6 to Friday, August 9 from 9 a.m. to 3 p.m., you'll dive headfirst into the world of volleyball, guided by a team of exceptional coaches. These pros aren't just any coaches—they are current and former collegiate players who know the game inside out. Learn from the best as they share their expert knowledge, tips, and tricks to help you become a volleyball superstar.

But that's not all! Throughout the camp, you'll have the chance to win awesome prizes and daily awards with tons of games and specific game scenario drills. It's not just about the competition, though, it's about fostering a positive and supportive environment where everyone can grow and shine.

At South Island Volleyball, we've created a nurturing space where you can challenge yourself, make new friends, and build lifelong memories. So bring your energy, your enthusiasm and your A-game, and we'll take care of the rest. Our programs have been selling out within hours so don't wait to sign up!

## SIVA Elite Volleyball: August 19-23

Calling all elite volleyball stars aged 15 to 18! Get ready to bump, set, and spike your way to greatness at the South Island Volleyball Camp held at GNS. This action-packed camp is the ultimate destination for athletes who want to level up their game while having a ton of fun!

From Monday - Friday 9:00 a.m. to 3:00 p.m., you'll dive headfirst into the world of volleyball, guided by a team of exceptional coaches. These pros aren't just any coaches—they are current and former collegiate players who know the game inside out. Learn from the best as they share their expert knowledge, tips, and tricks to help you become a volleyball superstar.

But that's not all! Throughout the camp, you'll have the chance to win awesome prizes and daily awards with tons of games and specific game scenario drills. It's not just about the competition, though. It's about fostering a positive and supportive environment where everyone can grow and shine.

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# Field Hockey

## Field Hockey: July 2-5

Field Hockey Camp is designed for athletes between 9 and 13 years old. The training sessions will focus on teaching the technical and tactical styles of play. Open to GNS and non-GNS athletes.

## Pre-season Field Hockey Training: August 26-29

The four-day Pre-season Field Hockey Training is designed for athletes between Grades 9 and 12 with previous Field Hockey experience. The training sessions will focus on teaching the technical and tactical styles of play. Open to GNS and non-GNS athletes.

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## Rise Flag Football: July 8-12, August 6-9

Welcome to Rise Flag Football at GNS! This is the newest and most exciting youth flag football experience in Victoria for boys and girls ages 9 to 12. We are excited to offer our players the best in fun, competition, and football skills to build confidence and leadership for young athletes. With Rise Flag Football, your child will have the opportunity to learn the game of football, make new friends, and compete in a safe and positive environment. We can't wait to see you on the field, sign up now and be a part of the Rise Flag Football experience!

## Track and Field: July 29-August 2

It's time to lace up your sneakers and join Mr. Colin Adamson for a week full of track and field and afternoons of adventure! Mr. Adamson is currently teaching Grade 11 Math, Grade 11 Science and Grade 6 Physical Health Education and has many years of coaching the track team at GNS and Junior Vikes.

From the moment your child arrives at camp till lunchtime, they will be developing their skills in various track and field events such as relay races, sprints and long jumps. The GNS Junior School will be the home base for camp and students will travel in the GNS bus to local tracks to practise each day. In the afternoon campers will take a break from track and field and engage in more leisure activities. This will include two hikes at PKOLS (Mount Doug), an excursion to Cadboro Bay, a nature walk in Mystic Vale and a hike at Elk/Beaver Lake. Campers will not be swimming at these locations but will need to dress accordingly for the activity and the weather.

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# Culinary

## **Brazil & South America: August 12-16**

This week in Culinary Camp our professional Chef Pedro, who has been in the industry for several years will be leading campers on a food journey through Brazil and South America. Our Junior Chefs will learn how to make classic dishes from the regions. At the end of the week, our chefs will create their own recipes with mystery ingredients.

Campers can expect to make their own lunch and two snacks. This camp will be a very hands-on experience. Each camper will have their own personal kitchen utensils, induction stove top and individual ingredients that they will be using for the duration of the week. In this camp we can accommodate most food allergies. For more questions please contact the External Program Manager at, [camps@mygns.ca](mailto:camps@mygns.ca).

## **Asian Fusion: August 19-23**

This week in Culinary Camp our professional Chef Pedro, who has been in the industry for several years, will be leading campers who are ages 10 to 14 on a food journey of Asian Fusion. Our Junior Chefs will learn how to make classic dishes from the region. At the end of the week, our chefs will create their own recipes with mystery ingredients.

Campers can expect to make their own lunch and two snacks. This camp will be a very hands-on experience. Each camper will have their own personal kitchen utensils, induction stove top and individual ingredients that they will be using for the duration of the week. In this camp we can accommodate most food allergies. For more questions please contact the External Program Manager at, [camps@mygns.ca](mailto:camps@mygns.ca).

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# Tech & Special Interest

## **STEM & Video Game Design:**

This camp will introduce participants to the importance of cooperation, problem-solving and communication. STEM (Science, Technology, Engineering and Math) activities will be geared to age-appropriate concepts to encourage team building, communication and critical thinking skills to solve challenges. Over the course of the week, campers will be using Google CS to code and design their own video game. Each day we will have a fun mix of classroom time and outdoor play. (Students will be on screen for an average of 1 hour for two daily sessions to code, and the rest of the day will be STEM activities and play.)

## **Creative Writing: August 14 to 18**

The focus of this camp is to provide a space for campers to express themselves in creating various forms of literature. Over the course of camp our Junior School's Ms. Sandy Mac will share her favourite tips and tricks to connect to your readers' emotions. When campers are not in the classroom they will be playing games and looking for inspiration from the world around them. This may include walking trips to nearby parks and beaches.

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## Meet a Few Members of the Team



My name is Zak Klein! I am a GNS Beach Drive Campus Junior School alumnus and I also attended the GNS Senior School from Grade 6 to Grade 9 and then completed the rest of my secondary school career at St. Michaels University School from Grade 10 to Grade 12. I recently graduated from my Master's program and I have returned to GNS to work in the After School Care and Camp program. Although I was planning to go on to my doctoral program, I decided to postpone and instead pursue a career as a teacher. I love teaching students and having the opportunity to give back as an alumnus is the greatest honor and privilege I could have as a rising educator. I am a natural communicator and educator and the ability to connect with students of all ages has always been my calling. I plan to teach political science, classics, history and philosophy in the near future. I am so happy to be back in Victoria and look forward to meeting all of you and making a positive impact on campers in the program.



Maia Copley is a recent graduate of the University of Victoria where she majored in music education. Originally from the Cowichan Valley, she has enjoyed performing, teaching children music, leading summer camps and volunteering in the community. She is currently a music teacher with Tapestry Music where she has been teaching trumpet, French horn, and trombone lessons for three years. After this year she will go on to pursue a teaching certificate and a career in schools. In her free time, she enjoys reading, spending time outdoors, and making music.



Hello! My name is Tanisa (pronouns: she/her/hers) and this will be my second year working at GNS. I was born and raised on Vancouver Island in lək'wəŋəŋ and W̱SÁNEĆ Territories with my three siblings. I have two rescue cats named Frankie and Whisper who celebrate their seventh birthday this year. I am an avid hiker, runner and swimmer and greatly value time spent outdoors. I have always been passionate about teaching, mental health, and working with people of all ages. This year I completed my Bachelor of Education, Elementary Curriculum, at the University of Victoria and am very excited to pursue a career in teaching in the near future. I look forward to working with the GNS community again this year!

My name is Jasmine and I am thrilled to be a part of this year's summer camp staff! Upon receiving my Early Childhood Education Certificate from Camosun College, I began employment at Storyyoga Preschool in North Saanich. Recently, I have moved into town becoming a substitute Early Childhood Educator for GNS and multiple preschools around Victoria.

I foster a deep appreciation for the natural world and hold a great respect for the W̱SÁNEĆ territory I grew up on. The philosophy of the preschool I have held employment with over the past years is rooted in nature-based and mindful practices. My outdoor play certification allowed me to cultivate a beautiful naturescape for the children to grow both developmentally and literally with the garden we created together.

My passion for the outdoors is closely tied to playing premiere-level soccer for many years as a goalie. This dedication contributes to a strong work ethic and a keen sense of team building. Some of the values I hold as an early childhood educator include having a connection to the land we live upon, respectful mindfulness in our interactions, and creating joy through laughter. These values transcend into kindness and a positive outlook, which I believe is an amazing foundation for any child to build upon.

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Hi! My name is Sandy and I am a Camp Leader/Assistant with GNS. I have my bachelor's degree in English Language and Literature from Queen's University and am currently completing my degree in Teacher Education with the University of Victoria. During the school year I work at GNS as an Educational Assistant. My hobbies and passions include reading, cooking, adventuring with my dog, Louie, and swimming in the ocean. If you see me around campus, please don't hesitate and say hello.



My name is Nadia and I work with our youngest students, including First Steps, Junior Kindergarten, Kindergarten and Grade 1, as well as working with our After School Care and school break camp programs. One of my favourite parts of working at GNS is working in the different programs and interacting with different children and staff at different times. I also enjoy going to nature school.

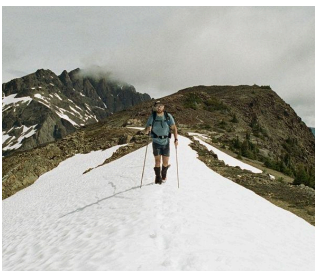
I am looking forward to summer camp this year! Camps tend to be quite easy going with lots of different things to do. Each week there's a different theme with arts and crafts, science experiments, different places to go, adventures and more that is related to the theme! Tag is always a go-to game for me to play as well as, "What time is it Mr Wolf?". However, since each week there are different themes I try to incorporate different games and ones related to the theme. When I'm not at work my interests are hiking, swimming, reading and journaling.



Bunny teaches Math and PHE in the Middle and Senior Schools at GNS. She also coaches both the middle school and senior field hockey teams. Growing up in Victoria playing field hockey since she was ten years old and went on to play for the University of Alberta Pandas in Edmonton while at University.



Hi! My name is Polina. I am from Victoria but have lived in Montreal for the past four years. While in Montreal I got a degree in Russian Studies and worked in theatre so I am a big bookworm and have a flair for the theatrical! In my free time, I love to run, knit, cook, craft, and of course dance. I can't wait to spend my summer adventuring around Oak Bay and meeting all you lovely kids!



Hi, my name is Clayton Webb, I am the Director of Outdoor Education at GNS. Being in nature is a passion of mine and probably no surprise but I love all outdoor activities. I love paddling, trail running, especially long distances. I love mountaineering, rock climbing, riding bikes, surfing—I'm into most things that get you out into nature and challenge yourself. I like the unknown, so you always have 'what's going to be around the next corner?' You never know what you're going to see, whether it's an encounter or experience with an animal, or what the weather is going to give you. It's always different and every day is exciting, so it keeps it fresh. It provides you an opportunity to challenge yourself, learn to work effectively as a team

and, most importantly, to have fun.

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