



A l b e r t a  
**AdaptAbilities**  
A s s o c i a t i o n

**HEARTS IN ACTION** | UNIQUE SUMMER CAMP EXPERIENCE  
**2011**



## HEARTS IN ACTION

Hearts in action provides fun and enjoyable goal-directed activities right at the core of each participant's stage of development. Our small group settings foster growth – socially, physically, mentally and emotionally.

Hearts In Action is a one-of-a-kind camp that offers extra support for individuals with special needs and those who just need a helping hand from our qualified staff members who understand their individual needs.

Knowledgeable staff and smaller group sizes are the key to making sure everyone succeeds and has fun.

Each day a structured routine is offered where children and adults participate in recreation and motor development, essential life skills and expressive arts activities throughout the day within their designated age group.

Facilitated by highly-qualified relief care specialists, Hearts In Action staff are committed to help each participant reach their full potential, within a safe and caring environment.





## AT THE HEART OF RECREATION & MOTOR DEVELOPMENT

Each day, participants will be given plenty of opportunities to practice their skills. We adapt leisure and motor activities to overcome challenges and refine movement so participants can enjoy healthy and active lifestyles. Everyone is encouraged to develop their individual strengths as well as work together in teams to achieve their goals.





## AT THE HEART OF ESSENTIAL LIFE SKILLS

Here participants work on tasks to increase their independence and self-esteem. They build on their life skills through role playing, cooperative games, critical thinking exercises and real life situations. Staff members guide participants to develop and maintain socially acceptable behaviours as they are challenged throughout daily activities.





## AT THE HEART OF EXPRESSIVE ARTS

Another vital piece in the participant's development is their ability to express themselves. They will be working with friends to complete projects designed to encourage their senses through music, arts and crafts and theatre sports. In addition, they continue to learn, solve problems and make decisions.



## CAMP LOCATION

McKernan School  
11330 – 76th Avenue  
Gymnasium

McKernan Centre (Primary)  
11226 – 75th Avenue  
Respite Centre

Meadowlark Centre (Modified Youth)  
8721 – 163rd Street  
Respite Centre

## CAMP DATES

Week 1  
July 4 - 8

Week 2  
July 11 - 15

Week 3  
July 18 - 22

Week 4  
July 25 - 29

Week 5  
Aug 2 - 5\*

Week 6  
Aug 8 - 12

Week 7  
Aug 15 - 19

\*Week 5 is a  
4 day week

All sessions run from 9:00 a.m. to 3:00 p.m.

## FOR MORE INFORMATION

11226 – 75 Avenue Edmonton, Alberta T6G OH3

Phone: (780) 431 – 8446

Fax: (780) 634 – 5518

Web: [www.adaptabilities.ca](http://www.adaptabilities.ca)

Email: [info@adaptabilities.ca](mailto:info@adaptabilities.ca)

## COST

Parent costs depend on government funding (\$160-\$235/wk).

Third Party Billing available (Subsidized rates available for low income families).

AdaptAbilities offers a Bursary Program. Call for more information.



## TEAM WORK

Participants work together in small groups throughout the camp. To ensure the success of each participant, groups are based on the following age groups and developmental ability:

Primary	3 – 6 years	Modified Child	12 and under
Child	7 – 9 years	Modified Youth	13 + years
Pre Teen	10 – 12 years		
Teen	13 – 17 years		
Young Adult	18 + years		

## ADDITIONAL NOTES

- Participants will enjoy at least two field trips per week (i.e. swimming and one community event).
- Lunches and snacks are the responsibility of the Parent/Guardian.
- Before and After Care is available at an additional cost.
- Personal care, medical needs and/or behavioural needs requires additional staffing support.

For transportation inquiries contact the Camp Coordinator at 780-431-8446.

## SUMMER AT A GLANCE

### Week Theme

### Field Trip Description

### Character Traits

Week 1: HIA Safari

Valley Zoo

Fairness

Week 2: Saddles & Spurs Western

OLQP Ranch

Respect

Week 3: Wacky Gymnastics

Ortona Gymnastics Club

Patience

Week 4: HIA Carnival

Capital Ex / Bowling\*

Caring

Week 5: Cartoon Characters

TELUS World of Science

Leadership

Week 6: Under the Sea

Millennium Place Swimming & Indoor Rec.

Cooperation

Week 7: HIA Explorers

Fort Edmonton Park

Positive Attitude

Field Trips are subject to change based on booking availability and weather conditions

\*Children under 12 will attend Monday Morning Magic at Capital X and Youth over 12 years will experience Bowling.

### In Addition

Every Friday – Pool and Playground

One Afternoon/week – Wading Pool and Park

One Afternoon/week – Special Interest Activity (i.e. Jumpy Tent, Slip N' Slide)

# BENEFITS OF RESPITE

Respite prevents caregiver burnout. Need a break, time to run errands, or have coffee with a friend, AdaptAbilities offers goal directed programs in a safe and caring environment that allows each individual to grow, succeed, and belong!

## YEAR AT A GLANCE

### Year-Round Hearts In Action Day Camps

Winter Camp  
Teacher's Convention  
Spring Break

#### Dates

Dec 26th – Dec 30th, 2011  
March 1<sup>st</sup> – 2<sup>nd</sup>, 2012  
March 26<sup>th</sup> – 30<sup>th</sup>, 2012

#### Field Trips

Millennium Place, ACT Pool  
Scona/Jasper Place Swimming Pool  
TELUS World of Science, ACT Pool

### Centre Respite

Out of School Care  
Drop In Respite

#### Dates

September 2011 – June 2012  
September 2011 – August 2012

#### Location

McKernan / Meadowlark Respite Centre  
McKernan / Meadowlark Respite Centre

### Teen Nights

Teen/Young Adult Night (ages 13-18+)  
Pre-Teen Night (ages 9-13)  
Tourette's Teen Night (ages

#### Dates

Fall 2011, Winter 2012, Spring 2012  
Fall 2011, Winter 2012, Spring 2012  
Fall 2011, Winter 2012, Spring 2012

#### Location

McKernan School  
McKernan Respite Centre  
Meadowlark Respite Centre



A l b e r t a  
**AdaptAbilities**  
A s s o c i a t i o n

**Dorward  
& Company**  
Chartered Accountants

**jag**  
printing Ltd

 **ROBERTS-McCLURE**  
INSURANCE

 **Parlee McLaws LLP**  
BARRISTERS & SOLICITORS  
PATENT & TRADEMARK AGENTS

