



office@campvalaqua.com 403-637-2510
Box 339 Water Valley AB T0M 2E0

Welcome to Camp Valaqua!





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Camp Valaqua Schools/Outdoor Education Handbook

Who We Are

Camp Valaqua provides summer camp programs for kids ages 7-17 throughout July and August. The rest of the year, we offer rental facilities for churches, small groups, scout groups, and schools. Camp Valaqua's School Programs offer hands-on, experiential learning in the heart of nature. Students participate in fun and exciting hands-on activities directly related to curricular outcomes. Our programs specialize in elementary science and junior high outdoor education, providing students the opportunity to explore, discover, and connect classroom concepts with the natural world. Each visit is designed and customized to meet individual class needs and learning goals while fostering curiosity, teamwork, and a love for the outdoors.

Staff Led Field Trips

Valaqua offers single and multi day field trips for students from Kindergarten to Grade 12. All activities, lessons, and games are tailored to specific grade levels. We also guarantee that **at least one lesson** for each field trip be directly tied to an Alberta Government Curricular Outcome if desired. For students **kindergarten to Grade 3 we offer full day curriculum based lessons** and field trips. Most often this includes lessons tied to hands-on science curriculum learning. We are happy to explore other subjects as desired.

Rental Facilities

Valaqua offers space for outdoor education groups and schools to book and use the facility with their own programming. This includes access to camp facilities and buildings, backcountry 3 sided lean two's, bear hangs, fire pits, and hiking trails. Please inquire for more information!

Why Outdoor Education?

Outdoor and Environmental education are defined as any learning that takes place in an outdoor setting. Research has shown how beneficial it is for students learning, emotional regulation, and collaborative work to be outdoors. When children have the opportunity to put their knowledge to work they deepen their understanding and go beyond curricular standards. Students are encouraged to push themselves outside of their comfort zones through challenge by choice activities. They evaluate their own limits and boundaries, becoming more aware of their personal learning needs and abilities.





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Valaqua Field Trip Sample Schedules

Single Day Field Trips

We are happy to customize schedules to meet individual school/classroom needs and requests. Please contact the camp office for more information: office@campvalaqua.com

Sample Schedule Grade 4 - 12

09:30 am	Arrival / Orientation
10:00 am	Activity 1 - Archery
11:00 am	Activity 2 - Campskills
12:00 pm	Packed Lunch in the Lodge / On the Lawn
12:30 pm	Activity 3 - Direct Curriculum Lesson
01:30 pm	Activity 4 - Climbing Wall
02:30 pm	Goodbye / Drive Safe!

Sample Schedule Kindergarten to Grade 3 (Activity Examples)

10:00 am	Arrival / Orientation / Snack
10:30 am	Activity 1 - Plant Identification
11:15 am	Activity 2 - Animal Habitats
12:00 pm	Packed Lunch in the Lodge / On the Lawn
12:30 pm	Activity 3 - Plant Scavenger Hunt
01:15 pm	Activity 4 - Animal Identification and Game
02:00 pm	Goodbye / Drive Safe!





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Multi Day Field Trips

Sample Schedule - 3 Day / 2 Night Field Trip

Day 1

10:00 am Arrival / Orientation
10:30 am Team Building / Intro Games
11:30 am Initiative Tasks
12:30 pm Lunch
01:30 pm Activity 1
02:30 pm Activity 2
03:30 pm Free time / School Session
05:00 pm Dinner
06:00 pm Wide Games
07:00 pm Snack
07:30 pm Campfire

Day 2

08:30 am Breakfast
10:30 am Activity 3
11:30 am Activity 4
12:30 pm Lunch
01:30 pm Activity 5
02:30 pm Activity 6
03:30 pm Free time / School Session
05:00 pm Dinner
06:00 pm Wide Game
07:00 pm Snack
07:30 pm Campfire
09:00 pm Late Night Game

Day 3

08:30 am Breakfast
09:30 am Activity 7
10:30 am Activity 8
11:00 am Activity 9
12:30 pm Lunch
01:30 pm School Session / Clean Up
02:30 pm Goodbye / Drive Safe!





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Camp Valaqua Activities

Staff Led Activities

- Archery
- Climbing Wall
- Canoeing
- Crafts
- Campskills
- Nature
- Gardening
- Hiking
- Orienteering
- Team Building
- Wide Games
- Low Ropes
- Wood carving
- River dipping
- Government of Alberta Curriculum Connections



Self - Led Activities

- Basketball
- Frisbee Golf
- Gaga ball
- Volleyball
- Baseball Dimond
- Trail Exploration / Hiking
- Low Ropes Course





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Supervision and Safety

All staff at Valaqua are trained to meet proper Alberta Camping Association safety protocols and guidelines for all staff led activities. All activities requiring Valaqua staff led supervision are off limits without scheduled programming and trained instructor/staff present. Supervision of students and groups is expected to be accompanied by at least one parent, teacher or volunteer provided by the booking group when students are at activities. This member is responsible for care of the group, known whereabouts and discipline. They are also responsible for the group when Valaqua led programming is not taking place. All Valaqua staff are trained with First Aid and child care practices to safely lead activities. Staff are also trained to ensure students meet learning curriculum outcomes and have fun while doing their activities.

Schools are responsible to bring their own trained staff and first aid materials for times when Valaqua programming is not taking place.

Scheduling

Scheduling will occur during the booking process and be adequately followed while the group is at Valaqua. Any changes to the schedule will be shared with the manager at the earliest convenience - prior to arrival.

Food Services & Meals

Food Service options to consider

- We cook for smaller groups
- We purchase food for your group to cook
- You cook and arrange meal services

Important note: Valaqua does not provide food services.

However, we have a few options to help make this work.

1. We have a full industrial kitchen that would allow volunteers or chaperons to cook for your group. We are happy to order and supply the food if this was of interest.
2. We can inquire with our local cooks and connections to have them cook for your trip - this would be availability dependent.

Meal services are considered an extra cost.





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Accreditation

Camp Valaqua is a long-time member in good standing of the Alberta Camping Association (ACA). The ACA sets standards for camp operation that must be met or exceeded by accredited camps. Valaqua works hard to exceed these standards to ensure our programs are as safe as possible. For more information on ACA Standards, visit albertacamping.com.

Rates

Day Field Trip Rate (School/Program)	Overnight Field Trip Rate (School/Program)	Rental Rate Weekends	Rental Rate Midweek	Climbing Wall + Archery
Per person/Per day	Per person/Per night	Per person (No Programming)	Per person (No Programming)	Per Group
Day: \$35 (student/participant) Includes any activities (e.g: climbing wall, archery, canoeing, etc.)	Overnight: \$50 Includes any activities (e.g: climbing wall, archery, canoeing, etc.)	Overnight: \$35	Overnight: \$32	\$53/hour/activity
Chaperone Rate: \$20	Chaperone Rate: \$35	Day: \$24	Day: \$20	Additional Instructor/belayer \$16/hour





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Group Size

Renting the Main Camp includes access to the main lodge and our 10 small cabins. The Main lodge sleeps up to 60 people in mostly dorm style rooms and has dining hall capacity for 120. You will have access to our full equipped professional kitchen. Facility Rental does not include meal service. Bedding, towels, and toiletries are not provided, please plan accordingly.

The small cabins sleep 8 people on 4 bunk beds and are equipped with a wood stove and an electric heater.

Our day program capacity is 120 in the main lodge. We can make accommodations for larger groups in warmer months that plan to just be outside.

Faith Statement

Valaqua was founded in 1958 with the simple mission of helping people discover God in Creation. Since then, Valaqua has worked hard to live up to this mission, creating a place where people can experience God together under the tall, tall trees. Camp Valaqua serves as a ministry of Mennonite Church Alberta (MCA) and adheres to their mission to keep Jesus at the centre of our faith, community at the centre of our lives, and reconciliation at the centre of our work. While we are a part of MCA, Camp Valaqua welcomes all groups who wish to retreat with us and visit the site.

If you have any questions regarding this work please give us a call!





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Valaqua Field Trip Packing List

Single Day Field trip

- Packed lunch for the day - no microwaves available
- Water bottle
- Hat
- Sunscreen and Bug Spray
- Rain Jacket
- Change of clothes
- Warm sweater and jacket
- Running shoes (rain boots dependent on weather)
- Winter gear during colder months

Come prepared for all kinds of weather, including sun, rain, cold, and heat. Please label items with your child's name!





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Valaqua Field Trip Packing List

Multi Day Field Trip

- Water bottle
- Hat
- Sunscreen and Bug Spray
- Rain Jacket
- Number of days change of clothes - plus an extra
- Warm sweater and jacket
- Running shoes (rain boots dependent on weather)
- Sleeping bag, Pillow, Pajamas
- Extra blanket (nights can get cold)
- Toiletries: Toothbrush, Soap, Shampoo
- Towel
- Flashlight or Headlamp
- Camera – optional
- Winter gear during colder months

Come prepared for all kinds of weather, including sun, rain, cold, and heat. Please label items with your child's name!

