

F‡REHALL Summer Camp 2025



Program Guide



For more information and to register: oldottawasouth.ca/programs

IMPORTANT INFORMATION

Welcome to Summer Camp in Old Ottawa South! We've been working hard all year to plan an amazing summer camp lineup full of fun and adventure. Firehall Camps are developed by experts in the field with decades of experience in children's programming, and delivered by talented and energetic leaders, many of whom were Firehall Campers themselves. With lots of flexibility and choice, summer camp planning is as easy as 1, 2, 3!

- 1. Look through this guide to see camps that spark your child's interest. Maybe something they're already interested in, or maybe it's something new they've never tried before!
- 2. Check the full schedule (coming soon) for easy camp planning to find programs that work with your family's summer plans.
- 3. Head to <u>oldottawasouth.ca/programs</u> to register! Only 50% of the camp fee is due at the time of registration and since know things can change, refunds are provided no questions asked up to 3 weeks before the camp starts.

CANCELLATIONS AND REFUNDS

To cancel a registration, please email us at info@oldottawasouth.ca or call us at 613-695-6790. Refunds will be processed back to the original form of payment or as an account credit. **Refunds will be provided up to 3 weeks prior to the start date** and subject to a \$25 administrative fee (this fee is waived if the amount is left as an account credit).

Within 3 weeks (21 days) of a program start, refunds will not be issued other than for medical reasons. Documentation may be required.

REGISTRATION & AMILIA ACCOUNT

Camp registration is easy and secure with our Amilia registration software. If you don't have an account, start with your information as the main contact and be sure to include at least one phone number to reach you during the day. Adding alternative and emergency numbers is also recommended. The email address you provide is not only your account log in but will also be used to send you important program information (changes due to weather, things to bring to camp, etc). Once your account is set up, you can add your children to your account. Please make sure their info is complete and correct including date of birth, and allergies.

We ask that clients keep their Amilia account up-to-date with current phone numbers, emails, and emergency contacts. You can make changes and add members to your account at any time. If you have forgotten your password, please reach out to the Amilia team for assistance.

PAYMENT

We accept payment by credit card (Mastercard or Visa) and debit. We **do not accept cash** or cheque payments. An account in our registration system (Amilia) is necessary to sign up for all programs and workshops. If you do not have an account with us, you will be prompted to create one when registering either online or in person.

CAMP LOCATIONS

Most of our camps meet at Windsor Park (1 Windsor Ave), which offers a great outdoor setting with a field, wading pool, play structure, tennis and basketball courts, all by the river in the heart of the city. The park provides convenient access to parking, washrooms, and summer tents. Campers will enjoy activities around the city, including out-trips, OCTranspo rides, and walking or biking. After the day's activities, all campers return to the park for pick-up and After-Camp care. Some camps use the Firehall for indoor activities, but most start and finish at Windsor Park. Contact us for late drop-off or early pick-up arrangements.



IMPORTANT INFORMATION

WAIT LISTS

If a program is full, it is recommended to add your name to the wait list. You can add your name to the wait list online or in person and will be prompted to do so whenever a program is full. We do our best to accommodate by adding spaces when available or adding an additional program if possible.

INCLUSION & INTEGRATION

We are dedicated to ensuring that all of our campers enjoy the best experience possible at camp. To do this, we rely on the partnership of parents. Please take the time to make us aware of any medical, behavioural, or cognitive differences (diagnosed or undiagnosed) your child may have at the time of registration or in the weeks leading up to camp. This might include social anxieties, communication barriers, the tendency to run or wander away from the group, simply requiring additional "body breaks" or a little bit of extra attention. Making us aware early on will help our staff to arrange for any additional supports or strategies that will help your child succeed. Please also remember that our programs take place in a public park so the ability to stay with the group and follow instructions is paramount.

For questions or to discuss your child's participation in camp, or arrange a meeting with our staff team, please contact us at any time at camps@oldottawasouth.ca

EXTENDED DAY CARE

Need to drop off early or pick up late? We have you covered with optional Before-Camp care and/or After-Camp care. There is an additional fee and you can add it on at the time of registration, or at the time of camp. The fee covers the full week and campers will enjoy extra park playtime on the play structure and with quiet activities like crafts and colouring.

FAQS

I have put my child on a waitlist. What is the likelihood that a spot will open up?

Some of our camps will fill early on in the year but we're committed to making sure that there is space for everyone. With registration starting well in advance, we are able to make adjustments and add programs or spaces where there is demand. The waitlists will move and if a spot becomes available we will contact you right away.

Is the full camp fee due at time of registration?

No. You'll have the option to split the payment or pay it in full. 50% of the total registration fee is due at the time of registration, and the outstanding balance will be processed on June 1st with the credit card used for the purchase. After June 1st, the full balance is due at the time of registration.

What happens if my child misplaces belongings at camp?

We first do our best to return the items to you; having each item labelled clearly with your child's first and last name is very helpful. Any items left behind at the end of the day will be kept at the park and put out on display the next day so keep your eyes out for items you recognize. At the end of the summer any items left will be sorted and if labelled, we will contact you to pick it up and if not, will be donated.

My child will require medication while at camp. What should I do?

All prescription medications (including Epi-Pens) must have the drug store label complete with the child's name, doctors's name, dosage, and directions. Medications should be given to the Head Counsellor in the morning, along with a completed Medication Authorization Form. These forms can be found online in the spring, and will be sent by email before camp.

Will the camp continue in the rain?

Yes! A little rain won't stop the fun, So dress for the weather. We will continue outdoor activities as we have large tents for shelter. If weather conditions become dangerous we will move to our in door space at the Firehall, in some cases we may add in a bus trip to a local venue. Parents will be informed as soon as possible of these changes.

Do I need to pack a swimsuit and towel if my child does not want to swim?

Yes, please send their swimsuit every day rain or shine. Many of our activities are best done in swimwear. If they change their mind and want to participate in water play they will be prepared. Towels are also great for sitting under the shade of a tree.

How am contacted if there are changes to my child's camp, such as drop-off in bad weather?

Parents/Guardians will receive both a text message and email if a change to drop off or Pick up location occurs. Since summer weather can change quickly, we keep a close eye and will always contact you in the event of changes as soon as possible. It is important for the account owner to ensure that all contact information is up to date.

BEFORE AND AFTER CAMP CARE

Camps run from 9 AM to 4 PM each day. Need to drop off early or pick up late? We have you covered with optional Before-Camp care and/or After-Camp care. There is an additional fee and you can add it on at the time of registration, or anytime afterward. The fee covers the full week and campers will enjoy extra park playtime on the play structure and with quiet activities like crafts and colouring.

Before Care

Monday-Friday 7:30 AM - 9:00 AM \$46.50 Location: Firehall (260 Sunnyside Ave.)

After Care

Monday-Friday 4:00 PM - 5:30 PM \$46.50 Location: Windsor Park (1 Windsor Ave.)

THEME CAMPS

Theme camps are designed to tap into your child's sense of adventure and imagination. With exciting activities, special events, and out-trips designed to suit the age and interests of our campers, theme camps offer a perfect balance of outdoor activity, creative crafts, and fun and games. Following a structured traditional day-camp routine, weeks are filled with exciting highlights all designed around a theme for the week. There are three age groups and these camps run every week of the summer.

Fabulous and Four (4yr olds) \$371

Designed specifically for our first-time campers, each day is full of new activities and adventures, with a consistent and familiar daily routine. With plenty of outdoor fun and activities designed around the theme for the week, this small-group camp is the perfect place for little ones to make new friends, stay active, and enjoy the wonders of summer in a safe, welcoming environment. Camp leaders for this group are selected specifically for their experience and aptitude for looking after our youngest campers, many pursuing careers in Early Childhood Education.

Ready to Roam (5 & 6yr olds) \$374

This group is for young campers who are used to the daily school routine, may or may not have been to camp before, and are ready to try new things and meet new friends. Ready to Roam campers will enjoy days filled with outdoor games, creative projects, discovery, and adventure with caring and energetic leaders.

Camp Quest (7-9yr olds) \$379

Each day is packed with outdoor adventures, creative activities, team challenges, and plenty of fun, designed specifically with the social, emotional, and physical needs of 7-9yr olds in mind. In addition to themed activities, there are weekly field trips and guest visits that add even more adventure to the mix. Be sure to check the weekly notes for details on our trips and special guests. Camp leaders for this group are selected specifically for their high energy and talent for captivating the imagination of this age group.

Made in Canada June 30-July 4 (4 days)



It's Canada-Day-Week, and we're celebrating all things Canadian. Did you know that Wolverine is Canadian? And so are Smarties and Ketchup Chips! Canada's national animal is the beaver and its national sport is lacrosse. Canadians are known for apologizing and putting milk in bags but also so much more! With a trip to the agriculture museum and other places unique to the Nation's Capital, it'll be a fantastic week, eh!

The Great Outdoors July 7-11



Grab your outdoor gear and get ready for a full week of exploration, discovery, and adventure. With nature scavenger hunts, outdoor obstacle races and challenges, and day trips to Westboro beach and Baxter Conservation area, the week will be filled with learning about the animals, plants, and weather that make our world so interesting.

THEME CAMPS

Secret Spy Academy July 14-18 TOP SECRET

Calling all agents to the secret spy academy! We'll practice the art of being a double agent with laser obstacles, invisible ink, and cracking secret codes to solve the escape room challenge. We'll put our skills to good use with a day at the Saunders Farm navigating mazes and following clues along the way.

H2O July 21-25

Cool off this week with a full schedule of wet-and-wild activities! With lots of time in the outdoor wading pool, water balloon games, slip'n'slide, and a full day at Mont Cascades, this is the perfect week for water-lovers.

Ninja Training July 28-August 1



Embark on a thrilling journey through our obstacle course designed to sharpen your agility and strength. Learn the ancient art of moving unseen and mastering the skills of a true ninja—balance, precision, and fluidity. With each challenge, you'll develop the mental focus and self-confidence necessary to defend others and maintain peace.







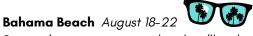
Enchanted Forest August 5-8 (4 Days)

This week, step into a world of adventure where your favorite storybook characters come to life! Journey through enchanted forests, meet mischievous fairies and wise dragons, and explore magical lands filled with ancient legends. Enjoy storytelling, bouncy castles, and a visit to meet daring pirates. Get ready for an unforgettable adventure full of wonder and excitement!

Under the Big Top August 11-15



Camp is a real circus this week! We'll learn to juggle, practice stilt-walking and acrobatics, and learn the art of circusclowning. With some help from the Ottawa Circus School, we'll see what it takes to become a real circus performer.



Summer's coming to an end and we'll make the most of what's left with lots of time in and around the water and under the sun. We'll visit the beach as well as a full day at Mont Cascade to enjoy swimming, water-games, beach volleyball, and sandcastle challenges. We'll learn about the river and water safety, and enjoy extra time in the wading pool.

Grossed Out August 25-29



Get ready for an icky-sticky, ooey-good week that will make you go "eewwwww". We've gathered the most disgusting and fascinating things we can find - bugs, frogs, and slime, to name a few. Enjoy a day trip to Eco-Odyssée Nature Park to learn about animal scat and all about the wild creatures that leave their mark. Get ready to get dirty and dive into the strange side of nature!

BIKING CAMPS

A great way to explore the city, biking gives campers a sense of independence and freedom. With a focus on road and cycling safety as well as basic bike maintenance, these programs offer a unique and fun way to spend the week. With small groups and experienced leaders, biking camps allow campers the opportunity to feel independent while they participate in planning their routes and destinations. Campers must come prepared with a road-ready bike in good condition and a CSA-approved helmet, bike lock, bell/horn and reflectors. Campers must also be capable of biking independently on two wheels (no training wheels) for up to 10km in a day with breaks.



Out and About (8-10 year olds) \$373

For younger or less experienced cyclists, this programs offers shorter routes with destinations at local parks or attractions in and close to Old Ottawa South, Old Ottawa East, and the Glebe. Bike trips will be balanced with other games, activities and crafts.

Nomads (11-15 year olds) \$373

For more experienced cyclists, this programs offers longer routes with destinations around the Ottawa-Gatineau area.

Destinations can include parks or beaches where the group will take breaks and enjoy some shade.

July 7-11, July 21-25, August 5-8, August 18-22 (both age groups)

Bike Overnight Camping (8-10 and 11-15 year olds)
\$524

For those ready for next-level adventure, this week includes a bike trip to Wesley-Clover park where the group will set up for two nights of camping adventure. Participants will leave Wednesday with plenty of stops along the way, including a swim at Britannia Beach. The group will be joined by supervisors and other staff with all of the equipment and supplies needed for the camping adventure.

July 14-18 August 11-15

OVERNIGHT CAMPS

(8-10 and 11-15 year olds) \$534

The only thing better than day camp is camping camp! Monday and Tuesday are spent getting to know one another, enjoying typical day camp activities, and working together to plan an overnight camping trip. On Wednesday, campers will bus over to Wesley Clover Parks Campground to stay for 2 nights, and return home on Friday afternoon. We will be camping in tents so you'll need personal camping gear (sleeping bags, pillows, etc.) Tents provided and all food is included for Wed-Fri. For campers unsure about being away from home, this is the perfect close-to-home program for beginner campers, and a great step for future camping experiences.

Campers can expect to participate in camp cooking, tent set up and take down, general camp skills, outdoor games, water fun, and campfires.

July 14-18 August 11-15



ADVENTURE CAMPS

Adventure camps are designed to tap into your child's sense of discovery and exploration. With exciting activities planned to get some of our older campers out of the neighbourhood, these programs are perfect for experienced campers who have outgrown typical day-camp games in the park, and are ready to explore the city. With a focus on teamwork and friendship, campers will build self-confidence and independence by stepping out of their comfort zone, and trying new things together.

Ultimate Staycation (10-13 year olds) \$425

Become a hometown tourist and enjoy a full week of vacation right here in Ottawa. The week starts with making our own Canada Day shirts and visiting historical sites. There's no camp on Tuesday but the rest of the week will make up for it with visits to some of the top tourist attractions in the city.

June 30-July 4

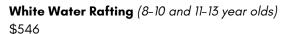




Adventure: City Race (8-10 and 11-13 year olds) \$496

Test your skills with cooking challenges, navigate Dow's Lake by pedal boat, and join in a fun-filled OC Transpo bus scavenger hunt around the city. The excitement peaks with an adrenaline-pumping intro to White Water Rafting with Ottawa City Rafting.

July 7-11 August 18-22



We've partnered with Ottawa City Rafting, operated by Wilderness Tours, to offer an action-packed week that combines the thrill of white water rapids and outdoor education. Campers will explore the Ottawa River, discovering hidden swimming and jumping spots, and play areas along the way. Water and weather safety, plant identification, shoreline ecology, and nature preservation are key components of this program.





POTTERY CAMPS

Spend half the day in the Firehall Pottery Studio with a talented and experienced instructor. Mornings will be spent in the pottery studio, where campers will explore various techniques to create both functional and sculptural projects and will learn about applying underglazes and food-safe glazes. In the afternoons, the park becomes a haven for crafts, games, and water play, providing a perfect balance between artistic expression and outdoor fun. All projects will be fired in the kiln and ready for pick up about a month after camp is done. **Drop off and Pick up at the Firehall, 260 Sunnyside Ave.**

Half-Day Youth Pottery (11-15 years old)

\$679, two weeks

This program runs mornings only for those who want dedicated focused time in the pottery studio and more days to work on their projects. This program takes place from 9:00am-12:00pm with an outdoor snack break halfway through the morning.

June 30-July 11 (except July 1) July 21-August 1

Kids Clay

\$428

This program includes a full day of fun with dedicated pottery instruction in the mornings, and afternoons outside at the park.

July 14-18 (7-9 years old) August 18-22 (7-9 years old) August 11-15 (8-10 years old) August 25-29 (8-10 years old)



ART CAMPS

Art Camps

\$398

Unleash your creativity and try some new techniques and challenges with guidance from experienced instructors. With lots of hands-on projects through the week, artists will explore a variety of mediums, from painting and drawing to sculpture and textiles, while creating one-of-a-kind masterpieces. Days will be balanced with outdoor activities and group games at the park.

July 14-18 (7-8 and 9-10 years old)

July 21-25 (4-6 years old)

July 28-August 1 (7-8, 9-10, and 12-15 years old)

August 5-8 (4-6 years old)

August 11-15 (4-6 years old)

August 25-29 (7-8, 9-10, and 10-13 years old)



FANTASY GAMES

Dungeons & Dragons (D&D) Camps

Join experienced Dungeon Masters for a week of adventure and mystery in the classic tabletop role-playing game, "Dungeons and Dragons". During the week's campaign, participants will explore dark dungeons, ruined cities, and lost temples through the use of models, paper, and their imaginations.

Full-Day D&D

\$446

Mornings will be dedicated to the role-playing game with a short outdoor snack break mid-morning. Afternoons will be spent enjoying fresh air and classic camp games & activities at the park and with other camp groups in the same age group.

June 30-July 4 (except July 1, 11-13 years old)

July 7-11 (8-10 years old)

July 14-18 (10-12 years old)

July 21-25 (11-13 years old)

July 28-August 1 (8-10 years old)

August 5-8 (10-12 years old)

August 11-15 (11-13 years old)

August 18-22 (10-12 years old)

August 25-29 (11-13 years old)

Half-Day D&D (13 years and older)

\$246

For those not interested in the full-camp day, enjoy just the morning, with three hours dedicated to D&D role play. This program takes place from 1:00pm to 4:00pm.

June 30-July 4 (except July 1) July 28-August 1 August 11-15 August 25-29



Venture across the multiverse and discover new spells and creatures to add to your endless collection. Instructors will teach the basics of Magic the Gathering for new players and challenge experienced players to improve upon their skills. During this program, players will be able to draft their own decks and go head-to-head in a tournament showdown.





STEM CAMPS

LEGO® Robotics & Engineering Camps (7-8 and 9-12 years old)

\$424

This program runs in partnership with Orange STEM Education, owned and operated by local Mechanical Engineering Technologist, Ian Dudley ("the LEGO® Guy"). Orange STEM Education offers a unique, hands-on program that teaches engineering and coding basics using LEGO® machines and motors. Half the day will be spent in focused instruction, while the rest of the day will be balanced with outdoor games, and other fun camp activities. For more information about the program, visit orangestem.ca.

July 21-25 August 18-22 August 25-29

Science Camps

\$399

Hands-on learning activities are designed to ignite curiosity, foster problem-solving skills, and help campers learn and explore the world around them. Age appropriate projects will include the basics of chemical reactions, aerodynamics, structures, and engineering and design. Every day includes exciting science experiments and activities, balanced with outdoor activities, play, and water games in the park..

July 7-11 (6-8 years old) July 14-18 (6-8 years old) July 21-25 (6-8 and 8-10 years old) August 5-8 (6-8 and 8-10 years old) August 11-15 (6-8 years old)



DANCE CAMPS

Dance in the City

\$405

Move and groove all week long in the Firehall Dance Studio. Spend at least half the day working on new routines, learning the basics and more complex movements, then balance the rest of the day with outdoor activities and games at the park. Our younger dancer will focus on the basics in the style of dance highlight ei Hip Hop, Jazz. For our Dance in the City program instructors will focus on a mix of dance styles including ballet, jazz and hip hop, all in preparation for an end-of-week show for family and friends.

July 7-11 (4-6, 6-8, and 9-11 years old) **July 21-25** (5-7 and 8-10 years old) **August 11-15** (5-7, 8-10, and 11-13 years old) **August 18-22** (4-6, and 7-9 years old)

Acro (4-6, and 6-8 years old) \$405

Tumble into the fun and learn basic moves like rolls, somersaults, and cartwheels while building strength, coordination, and balance. With a focus on developing body awareness, and confidence in movement, sessions are designed to be playful and full of fun with talented instructors.

July 14-18 July 28-August 1



SPORTS CAMPS

Sports Camps (6-8, and 9-11 years old)

\$405

Stay active all week with a variety of activities and games learning the basic skills of a variety of sports. From basketball to soccer, and flag football and frisbee, campers will be on the move while practicing sport skills like teamwork, cooperation and strategy. Instruction from experienced athletes and coaches as well as special guests and local sport organizations make it a fast-paced and busy week!

July 28-August 1 August 11-15



LEADERSHIP CAMPS

Counsellor-in-Training (CIT)

\$529, two weeks

Minimum age of 14 years old as of December 31, 2025 (completion of Grade 8)

Brand new for 2025, this program is designed specifically for young leaders who are ready to take the next step in becoming a camp counselor. With two full weeks of hands-on learning and group activities, participants will complete all of the training and certification necessary to secure employment in summer camps, including Standard First Aid, and HIGH FIVE: Principles of Healthy Child Development. CITs will also receive training in behaviour management, safety and supervision, and inclusion and accessibility. This program includes a two-night overnight camping trip (July 16-18), with opportunity to build on developing leadership and teamwork skills around the campfire. Those who successfully complete the CIT program will be offered a job for the remainder of the summer as a Junior Camp Counselor, and opportunities for employment throughout the school year.

July 7-18 (two weeks)

Community Leaders

\$395, one week

Minimum age of 13 years old as of December 31, 2025 (completion of Grade 7)

This camp offers a unique opportunity to make a positive impact in the community while developing leadership skills. During the program, participants will engage in hands-on activities such as organizing and running a lemonade stand to raise funds for local charities. They'll also visit important community organizations like the Humane Society and the local food bank, learning about their missions and volunteering to make a difference. These experiences will empower campers to become active, compassionate leaders who understand the importance of giving back and being an active member of the community. With a focus on teamwork, social responsibility, and leadership, this program provides a great transition step out of traditional daycamps.

July 21-25 (one week)









IMPORTANT DATES

January 7: SUMMER CAMP REGISTRATION

February 17: FACILITY CLOSED (FAMILY DAY)

March 4: SPRING REGISTRATION

March 10-14: MARCH BREAK

June 30: SUMMER CAMP STARTS

Old Ottawa South Community Centre Centre communautaire d'Ottawa-Sud Hours of Operation/Horaires d'ouvertures

| Monday/Lundi | 08:00 - 21:00 |
|-------------------|---------------|
| Tuesday/Mardi | 08:00 - 21:00 |
| Wednesday/Mecredi | 08:00 - 21:00 |
| Thursday/Jeudi | 08:00 - 21:00 |
| Friday/Vendredi | 08:00 - 18:00 |
| Saturday/Samedi | 08:00 - 18:00 |
| Sunday/Dimanche | 08:00 - 17:00 |

F‡REHALL —CAMPS—

MARCH BREAK

Firehall's Guide to the Galaxy

JK - Grade 6

Art Camp Grades 1-3

Sports Camp
Grade 2-4

Cooking Camp



F†REHALL





COMMUNITY ASSOCIATION

260 SUNNYSIDE AVE

OLDOTTAWASOUTH.CA

FAREHALL Registration

Tuesday, March 4th at8am

