



CTS YOUTH SOCIETY

SUMMER PROGRAM GUIDE

FREE OUTDOOR PROGRAMS FOR YOUTH AND TEENS

BURNABY • SURREY • VANCOUVER • NORTH VANCOUVER



SCAN ME

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WHO WE ARE

For over 20 years, CTS Youth Society has been connecting Metro Vancouver youth with their natural environment, their community, and each other through life-changing outdoor experiences. We offer a unique opportunity for youth and teens aged 12-18 to discover the beautiful forests, fields, streams, and meadows of Regional Parks throughout the Lower Mainland. Free and open to all participants, we believe every youth deserves the opportunity to attend summer camp, regardless of their circumstances.



WHAT WE DO

In partnership with Metro Vancouver Regional Parks, we offer Weekday Excursion Camps and Overnight Adventure Camps with a focus on developing meaningful relationships, not only with the natural world, but also with other youth. CTS has special access to Regional Parks, offering educational one-of-a-kind experiences of multi-day overnight activities and a chance to camp under the stars, while staying close to home.

HOW TO JOIN

You can register on our website (ctsyouthsociety.com) or by scanning the QR Code on the front page of this guide. Our summer camps are open to all youth ages 12-18, we also have Volunteer Peer Leader positions, focused on leadership for youth ages 15-18. Limited spaces are available for our campers, so please only register for camp dates where you can confirm your attendance. Join us this summer and get out there with CTS!



COSTS

NONE! Thanks to generous contributions from our sponsors and a special partnership with Metro Vancouver Regional Parks, all current CTS Youth Society programs are completely free of charge. Our mission is for all youth to experience their natural world without barriers. A \$10 administrative fee for late-cancellations is the only cost that may apply.



LOCATIONS

CTS runs programs and camps in four amazing Regional Parks throughout Metro Vancouver. Each camp has its own charm, ecosystem, park projects, and experience. Pick-up and drop-off takes place at the camps. Choose a favourite or try them all, you're invited all summer long!

BURNABY LAKE REGIONAL PARK | DAY CAMPS

Based out of historic Aintree and Piper Nature House, CTS day camps make use of the trails and wetlands in a convenient central place.

TYNEHEAD REGIONAL PARK | TENT CAMPING

On the north side of Surrey, Raven's Nest Campground offers a unique mix of dense woodland, tranquil streams, and open fields. Campers can expect tent pads, a cooking station, and an on-site campfire pit.

PACIFIC SPIRIT REGIONAL PARK | TENT CAMPING

Near the western edge of Vancouver, where the city meets the sea, Pacific Spirit Campground is deep in the beautiful forest near Camosun Bog. Campers can expect tent pads, an on-site campfire pit, endless trails to explore, a nearby athletic field with recreational activities, and an occasional walk to the beach.

CAPILANO RIVER REGIONAL PARK | CABIN CAMPING

At the foot of North Vancouver's iconic mountains, Camp Capilano offers all the fun of CTS camps with the comfort of an indoor cabin. Below the tree tops of an ancient forest, campers can expect bunkbeds, a full kitchen, a fireplace, and an outdoor pool.

WEEKDAY EXCURSION CAMPS

TUESDAY–FRIDAY

WHAT TO EXPECT

CTS day camps take place every week at Burnaby Lake Regional Park. Each day is packed full with exciting activities planned and led by our staff and Peer Leaders. Explore the park, help out in the community garden, practice stewardship by working on park projects, and have a ton of fun along the way. All you need is some sunscreen, good shoes, a hat, and a bagged lunch- we'll take care of the rest.



SAMPLE SCHEDULE

- 9:00-9:30:** Arrive/Drop-off at Burnaby Lake
- 9:30-10:30:** Games & Goofiness
- 10:30-11:00:** Snack
- 11:00-12:00:** Eco-learning
- 12:00-12:30:** Lunch
- 12:30-2:00:** Nature Walk and Park Projects
- 2:00-3:00:** Games & Goofiness
- 3:00-3:30:** Leave/Pick-up



OVERNIGHT ADVENTURE CAMPS

FRIDAY–SUNDAY



WHAT TO EXPECT

For the full CTS experience, we offer a truly unique opportunity to explore our natural world while camping close to home. Enjoy 3 days and 2 nights of exciting discovery, fun activities, eco-learning, and cooking. Programs are led by a group of experienced staff and passionate Peer Leaders. Each camp has its own charms and opportunities, whether you prefer camping or glamping. Snacks, breakfast, lunch, and dinner is provided!

WHAT TO BRING

CTS can loan sleeping bags and foam pads to those who do not have their own. Please request at time of registration.



HAT



FLASHLIGHT



WATER BOTTLE



CHANGE OF CLOTHES



BACKPACK



TOOTHBRUSH



SLEEPING BAG & FOAM PAD



BUG SPRAY & SUNSCREEN



EXTRA LAYERS



STURDY FOOTWEAR

OVERNIGHT ADVENTURE CAMPS

SAMPLE SCHEDULE

FRIDAY

- 5:00-5:30:** Arrive/Drop-off at Camp
- 5:30-6:00:** Camp Expectations & Huddle
- 6:00-7:30:** Prepare and Eat Dinner
- 7:30-9:30:** Games & Goofiness
- 9:30-10:00:** Sleep Prep
- 10:00:** Lights Out



SATURDAY

- 8:00-8:30:** Wake Up
- 8:30-10:00:** Breakfast
- 11:00-11:45:** Huddle & Eco-learning
- 11:45-1:00:** Prepare and Eat Lunch
- 1:00-4:30:** Nature Projects & Eco-Learning
- 4:30-6:00:** Prepare and Eat Dinner
- 6:00-10:30:** Games & Goofiness
- 10:30-11:00:** Sleep Prep
- 11:00:** Lights Out



SUNDAY

- 8:00-8:30:** Wake Up
- 8:30-10:00:** Prepare and Eat Breakfast
- 10:00-11:00:** Nature Walk
- 11:00-12:00:** Huddle & Group Activities
- 12:00-12:30:** Leave/Pick-up at Camp





Mishkoopitum

YOUTH SUMMER CAMP

MISH-KOOP-I-TUM means discover!

Join CTS Youth Society this summer for exciting overnight camping excursions into the forests and meadows of Metro Vancouver's Regional Parks

Local Métis leaders will guide us in:

- Cedar weaving
- Outdoor cooking
- Eco-learning
- Star gazing
- Storytelling
- Connecting with nature
- Beads & crafts
- Group games

Open to all youth ages 12 & Up



In partnership with Stream of Dreams and North Fraser Métis Association



PEER LEADER PROGRAM

Our Peer Leader Program equips CTS youth members (age 15-18) with training to become volunteer Peer Leaders. Peer Leaders are trained in leadership, program development, outdoor recreation and outdoor safety to plan and lead camp excursions in Metro Vancouver's Regional Parks (with support from experienced Camp Supervisors). A great way to have fun while boosting your career and academic resume, volunteer Peer Leaders make our "for youth, by youth" programs the best they can be!



WHAT WE OFFER

- Volunteer service hours (for school or other programs)
- Exposure to career and community opportunities
- Lifelong skills such as meal prep, cooking, scheduling, time management, program development and facilitation, outdoor recreation and camping skills
- Gain confidence and practice personal development
- A reference letter and certificate of completion at the end of the summer if you complete the requirements
- A head start to becoming a paid CTS Camp Supervisor in the future
- A shot at the "Stellar's Jay Award," an annual excellence award that commemorates those leaders that go above and beyond what is required of them

WHAT TO EXPECT

- Participating in Leadership Bootcamp and In-Park training to learn outdoor recreation safety and camping skills
- Inspiring, planning and delivering camp program activities (with support from trained Camp Supervisors)
- Organizing and executing menu plans for overnight camps
- Collaborating with other Peer Leaders in a team environment
- Practicing mentorship to CTS Youth participants

"CTS pushed me out of my comfort zone and taught me how to be independent and brave in my first time away from home. This program connected me with youth from all over Metro Vancouver, gave me the opportunity to make a difference in the parks around me, and so much more!"

-Patricia Ho, Peer Leader & CTS Participant

APPLICATIONS OPEN
IN SPRING ON
CTSYOUTHSOCIETY.COM

ANNUAL SUMMER BBQ

Every year CTS hosts an annual BBQ at the end of our summer season. This BBQ is free to all CTS Participants and their families. It is a chance to celebrate the success of the summer, and see one another once again before the school year starts. The CTS BBQ also recognizes the leadership of our Peer Leader team. There are awards, fun games, and great food. Stay tuned on our social media, for the link to register for the BBQ.



YOUTH COUNCIL

The CTS Youth Council consists of a group of youth, aged 15-18, who dedicate time beyond leading camps in the summer to keep CTS thriving throughout the school year! These passionate youth help plan events and outreach to keep the CTS community connected in the off season. All Youth Council events are open for those who want to attend.

Youth Council discusses pertinent youth issues, gets involved in local projects, and participate in the CTS community (and beyond!) This is a space where young people develop their interpersonal skills, hang with awesome people, and make a positive impact on their community.



OUR SUPPORTERS



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ARC'TERYX



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STORMTECH®

CTS Youth Society would not be possible without the support of Metro Vancouver Regional Parks.

Each year our programs are generously held in four beautiful Metro Vancouver Regional Parks. We are grateful for their financial support, guidance and passion in working alongside us and with our youth.

"CTS helped me discover what I was capable of as a person, a friend, and a leader."

-Sean Chung, Peer Leader & CTS Participant





CTS YOUTH SOCIETY GET OUT THERE!

www.ctsyouthsociety.com

info@ctsyouthsociety.com

604-562-0583

6825 Cariboo Rd, Burnaby, BC V3N 4A3



@CTSYOUTHSOCIETY

