

Children age 7+ & teenagers (BOULDERSHIP™ Leadership)

Changes to pricing due to Covid-19
We will accept only 10 kids per week to follow the Covid-19 Public Safety guidelines.

Camp starts at 9 am and finishes at 4:30 pm.

If the bike has a bottle cage option, please invest in a cage and water bottle. We have a bike shop on site to accommodate last minute repairs and basic accessories.

Very important: to encourage and support car-pooling amongst parents, **we accept bikes on the Saturday, prior to camp from 9 am to 2 pm. Or call to make a rendez-vous here on the site.**

[Learn To Mountain Bike - pdf](#)

NEW: Daycare services from 8 am to 9 am and 4:30 pm to 5:30 pm | **\$10 per day | \$30 per week per family. GST|QST included.**

NEW: Drop in option FROM WEDNESDAY TO FRIDAY ***Must be a 2019 and/or 2020 graduate.** Must RSVP via email. | **\$45 per day per rider. GST|QST included.**

1st week \$350 + taxes (\$402.40)

Any additional week per child is 20% off \$280 + taxes \$321.93

RPS#1 (Week of June 22)

RPS#2 (Week of June 29)

RPS#3 (Week of July 6)

~~RPS#4 (Week of July 13)~~

RPS#5 (Week of July 20)

RPS#6 (Week of July 27)

No camp during the week of August 3rd to August 7th Trails will be open | Coaching available.

RPS#7 (Week of August 10)

RPS#8 (Week of August 17)

- Basics skills are taught, repeated and reinforced with a focus on safety.
- The mastery of basic skills is evaluated before progressing to the next level.
- Coaches reinforce in each athlete the importance of being patient with one's progress.
- Coach's trail selection respects the natural progression of each rider.
- Innovative "fartlek" workouts (fun intervals) translates into getting fit the natural way.
- Gentle introduction to mental training skills (focus, visualisation, breathing and reframing).
- The perfect balance between mountain biking, art & crafts, forest teachings and cooperative games.
- The focus is to play outside and to learn from each other in a collaborative atmosphere.

*****WE ARE ON A MISSION! Parents are welcome to ride with their child every Thursday or Friday, from 1 pm to closing of camp. Come hike, bike or "crash" in the Amik Lodge and do some wifi forest work. WE ACCEPT DONATIONS*****