



This calendar is subject to change

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	June 29	June 30	July 1	July 2	July 3	July 4	July 5
12:30pm to 4:30pm	Cooking 	Cooking 	Cooking 	Cooking 	Cooking 	Whale Watching 	Time with host family or at residence
Host Family from 4:30pm	Time with Host Family 	Time with Host Family 	Time with Host Family 	Time with Host Family 	Time with Host Family 		
Residence 4:30pm to 9:30pm	Outdoor Group Game 	 	Games & Activities with the counsellors	Sports  Board Game 	Games & Activities with the counsellors		

Teens 2026  
Cooking



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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 6	July 7	July 8	July 9	July 10	July 11	July 12
12:30pm to 4:30pm	Cooking 	Cooking 	Cooking 	Cooking 	Cooking 	Valcartier Water Park 	Time with Host Family or at Residence 
Host Family from 4:30pm	Time with Host Family 	Time with Host Family 	Time with Host Family 	Time with Host Family 	Time with Host Family 		
Residence 4:30pm to 9:30pm	Outdoor Group Game 	Game Room  Arts & Crafts 	Games & Activities with the counsellors	Sports  Board Game 	Games & Activities with the counsellors		

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 13	July 14	July 15	July 16	July 17	July 18	July 19
12:30pm to 4:30pm	Cooking 	Cooking 	Cooking 	Cooking 	Cooking 	Water Excursion 	Time with Host Family or at Residence 
Host Family from 4:30pm	Time with Host Family 	Time with Host Family 		Time with Host Family 	Time with Host Family 		
Residence 4:30pm to 9:30pm	Outdoor Group Game 	Game Room  Arts & Crafts 	Games & Activities with the counsellors	Sports  Board Game 	Games & Activities with the counsellors		

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WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 20	July 21	July 22	July 23	July 24	July 25	July 26
12:30pm to 4:30pm	Cooking 	Cooking 	Cooking 	Cooking 	Cooking 	<b>MONTREAL WEEKEND</b> 	<b>MONTREAL WEEKEND</b>
Host Family from 4:30pm	Time with Host Family 	Time with Host Family 	Time with Host family 	Time with Host family 	Time with Host Family 		
Residence 4:30pm to 9:30pm	Outdoor Group Game 	Game Room  Arts & Crafts 		Sports  Board Game 	Games & Activities with the counsellors		

Teens 2026  
Cooking