



# **COUNSELLOR IN TRAINING PROGRAM**

**GOAL SETTING  
LEADERSHIP  
SELF-ESTEEM  
TEAM WORK  
MENTORSHIP**



**LEARN &  
GROW  
AGES 13 & UP**

**July 4th to  
August 26th**

# COUNSELLOR IN TRAINING (CIT)



## WHEN ARE CAMPS?

MONDAY - FRIDAY 8:00 AM - 4:00 PM  
Starting July 4th - August 26th

## WHAT AGE ARE CITs?

Our CITs are ranging from age 13 & up.

## CAMP ACTIVITIES:

DAILY SWIMMING  
OUTDOOR TIME  
FIELD GAMES  
ARTS & CRAFTS  
INDOOR GAMES  
QUIET TIME  
END OF DAY MOVIE  
THEMED WEEKS

## SPECIAL CAMP DAYS

ICE CREAM DAY  
AMAZING RACE  
TALENT SHOW  
GLOW VIDEO DANCE PARTY  
WILD WATER DAY  
RELAY DAY  
PJ DAY  
COLOUR DAY  
DRESS-UP DAY  
THEMED POOL PARTIES

## WHAT IS THE COST?

The CHP CIT program is completely FREE & in fact comes with MANY perks & learning opportunities for youth for are looking for leadership experience!

# COUNSELLOR IN TRAINING (CIT)



## WHO SHOULD BE A CIT?

A counsellor-in-training program is usually a great fit for youth ages 13 & up who are too young to be staffers or who need experience working with children. Here are a few of the most likely candidates:

### *Connects with kids*

We are looking for CITs who can provide leadership and mentoring to younger camps. CITs should love working with younger children and are interested in learning more about working with kids. It's a bonus if you are considering a career in education!

### *Loves camp*

Did you grow up LOVING camp? It's important that our CITs love all things about camp and want to actively join in and participate in camp activities. CITs should be looking to evolve from being a camper into more of a leadership role and help provide an amazing camp experience to the new generation of CHP campers!

### *Looking for Leadership*

Potential CITs are always looking for ways to learn, help & grow as individuals. They understand the importance of helping younger campers and truly care about their experience at camp. They are ready to get involved and want to learn new skills.

## **What do CHP CITs do?**

During our counsellor-in-training program participants will be learning about kid-management, operational, and leadership skills and putting them into practice. Throughout the summer CITs will observe staff members and work alongside them here are a couple of examples of activities they may help with:

- Assist with open & closing games
- Help during snacks & lunch
- Assist with craft preparation and help campers complete crafts
- Provide extra support to campers who are shy & need a buddy
- Help keep a clean camp space throughout the camp
- Participate in activities such as swimming, skating, crafts & game time to help motivate campers to stay engaged in camp



# COUNSELLOR IN TRAINING (CIT)



## **CITs ARE NOT:**

CITs are not included in our camp ratio and are not Day camp leaders. They will never be left unsupervised with the campers or put in a vulnerable situation. CITs are not responsible for directly talking with parents or providing conflict resolution with campers. CITs are not campers and Cole Harbour Place is not responsible for monitoring their comings & goings.

CITs also get the unique opportunity of seeing camp from a new perspective & observe what it really takes to run different aspects of camp such as camper check-in & out, office organization, talking with camp parents, camp paperwork, and large scale camp events & more.

## **What are some examples of what they do?**

if you've never experienced one or if you have never been to camp here's a look at the activities CITs do in one day at our program.

### *Example 1*

It's 7:50 AM on the first day of camp; camp starts at 8:00 AM. New campers are starting to come into camp for the first time and some are a little nervous. They are greeted at the door by their camp counsellor & are beginning to start the check-in process. There is colouring pages and crafts supplies layout on the table. CITs would begin helping assist in greeting campers by introducing themselves, helping campers pick a chair, colour with them, and introduce them to other campers.

### *Example 2*

It's time for the pool! CITs help slow-moving campers pack up their swimming gear and get ready to learn up, maybe they buddy up with a shy camper and walk beside them in a line down to the changerooms. In the changerooms, after they are changed themselves, they would assist other campers in lining up by the pool deck door to wait. In the pool, they swim with the campers, play games, socialize with shy campers, and make sure everyone is having a great time!

### *Personal Development*

Throughout the summer CITs will have opportunities to not only mentor campers but receive mentorship from Camp counselors, supervisors & camp managers. They will also receive feedback, learn about settings and achieve goals, resolve conflict, speak to a large group and lead small activities under supervision.



# COUNSELLOR IN TRAINING (CIT)



## **Why should kids participate in a CIT program?**

### *Experience*

Our CITs program aims to teach kids how to work efficiently and effectively—to show up every day, work as a team and accomplish things, to set goals, and see them through. CITs provide a service to CHP camps, however, it is less about work and more about working towards teaching them life & work skills.

### *Exploration*

Our CHP CIT program is a great way for youth to try out different roles, and learn more about their strength and what their interests are while gaining experience, before fully entering the workforce.

### *Leadership*

CITs are given the opportunity to observe and grow their personal leadership skills and help foster leadership development in campers offering them a unique way to consider what true leadership is.

### *Confidence*

By using the vehicle of camp for personal development it is a great way for CITs to boost self-esteem. It is our hope that CITs will gain independence in accepting and seeking responsibilities, in a supportive and safe environment.

## **Process of applying for a CHP CIT**

- Email the Recreation Coordinator at [agirard@coleharbourplace.com](mailto:agirard@coleharbourplace.com)
- Successfully complete CIT interview with Recreation Coordinator & Guardian
- Guardian & applicant sign CIT Agreement Contract
- Attend all CIT training sessions



## **Training Sessions:**

June 2nd & 9th 5:00 PM – 6:30 PM

## **CIT BONUSES**

- Gain valuable work experience to help build your resume
- Enjoy fun activities all summer
- Free CHP membership (3 months)

**fun &  
creative**  
**AGES 5-12**

# **KIDS** *Summer* **CAMP**



## **GENERAL CAMP ITINERARY**

### **Check-ins**

8:00-8:30 AM

### **Daily Intros**

Introductions, ice breaker games, go over the schedule for the day, any other daily announcements.

8:30-9:00 AM

### **Wash hands & snack time**

9:00-9:30 AM

### **Daily themed craft**

9:30-10:30 AM

### **Outdoor games**

10:30-11:15 AM

### **Lunch**

11:15-12:00 PM

### **Pool**

12:00-12:45 PM

### **Indoor games**

1:00-1:45 PM

### **Wash hands & snack time**

1:45- 2:15 PM

### **Camp theme block**

2:15-3:30 PM

### **Movie/Quite Time Activities**

Cleanup lost and found checks, end of the day game

3:30-4:00 PM



**fun &  
creative**  
**AGES 5-12**

**\$195.00/NON-MEMBER**  
**\$165.75/MEMBERS**

# **KIDS** *Summer* **CAMP**



AGES 5-12

## **2022 SUMMER CAMP THEMES**

**July: 4th - 8th**

**July 11th - 15th**

**July 18th - 22nd**

**July 25th - 29th**

**SPORTS CAMP**

**OCEAN EXPEDITION**

**HOLIDAY ADVENTURE**

**CIRCUS**

**August: 1st - 5th**

**August: 8th - 12th**

**August: 15th - 19th**

**August: 22nd - 26th**

**WALK OF FAME**

**OLYMPICS**

**THE GREAT OUTDOORS**

**BACK IN TIME**

Camp themes are subject to change before registration dates



# Summer FUN Starts HERE

## STILL HAVE QUESTIONS?

Please feel free to reach out to our Recreation Coordinator:  
Abbey Girard at [agirard@coleharbourplace.com](mailto:agirard@coleharbourplace.com).



*"I am looking forward to our BEST SUMMER yet at Cole Harbour Place. We have the most amazing staff lined up this season who are truly passionate about providing a memorable & safe camp experience."*



**JULY  
AUG**



**51 Forest Hills Parkway  
Dartmouth, NS**

