

SK Youth Conference 2025 – Session Descriptions

Horseback Riding	There is no better way to explore Dallas Valley than on horseback, led by one of our expert team.
Indoor Climbing Wall	Here's your chance to conquer your fear of heights. The view from the top is definitely worth it!
High Ropes	Take a walk in the tree-tops with our high ropes course. Our nine different elements are sure to get your adrenaline pumping!
Archery	Challenge yourself on our archery range. Whether you're an expert marksman, or you're picking up a bow for the first time, archery is fun for everyone.
Camping Skills Challenge	Practice your shelter building, fire starting, or other camp skills in this friendly competition. Will there be a bear? Only time will tell.
Disc Golf	Challenge yourself on our disc golf course while taking in the sights of the valley.
Car Maintenance 101	Learn to check the oil and tire pressure, where to add fluids, and how to change a tire. Session will use an actual vehicle with opportunities to try everything.
Hiking/Photography	Take a walk. Take some photos. Chat with friends and spend time outdoors.
Camp Sports: Basketball / Volleyball/Gaga Ball	The "sports" area of the camp features a basketball court, beach volleyball court, and gaga ball pit. Come play your favorites!
Square Dancing	Join us for a lively square dancing session where you'll learn the basics of this traditional folk dance, guided by an experienced caller. No prior experience is needed.
Line Dancing	Step into the rhythm with our line dancing session, perfect for beginners and seasoned dancers alike. You'll enjoy learning easy-to-follow steps to popular songs.
Dungeons & Dragons	Embark on an epic adventure in our Dungeons & Dragons session, where your imagination and creativity bring the game to life. Whether you're a seasoned player or new to the world of role-playing games, you'll enjoy crafting characters, exploring fantastical realms, and forging unforgettable stories with fellow adventurers.
How to Play Cribbage / Ticket to Ride	Join our "Learn to Play Cribbage" session, where you'll master the basics of this classic card game through hands-on practice and expert guidance. If you'd rather, you can join the Ticket to Ride table and where you'll embark on a cross-country train adventure!
Self Care for Mental Health	Prioritize your well-being in our "Self-Care for Mental Health" session, designed to equip you with practical tools and techniques for managing stress and enhancing your emotional resilience. Through guided activities and supportive discussions, you'll learn how to nurture your mental health and build a more balanced, fulfilling life.
Mocktail Science	Dive into the fascinating world of "Mocktail Science", where you'll explore the art and chemistry behind creating delicious non-

	alcoholic beverages. Through hands-on experiments, you'll learn about layering density, chemical reactions, and other delicious scientific principles.
Pathfinders/Rangers Awards: Planning and Discussion	Are you interested in earning your Canada Cord, Trailblazer, or other award? Come talk strategy and planning to achieve your goals in Guiding.
Bystander Intervention: The 5 D's	Empower yourself with practical skills in our "Bystander Intervention: The 5 D's" session, where you'll learn effective strategies to safely intervene in harmful situations. Through interactive scenarios and discussions, you'll explore the 5 D's – Direct, Distract, Delegate, Document, and Delay – to become a confident and proactive bystander.
Beyond Your Unit: Opportunities for Youth in Guiding	Explore the exciting possibilities of various programs, events, and leadership roles available to you within the Guiding community. Gain insights and inspiration to expand your involvement and make the most of your Guiding experience.

Paying for Post-Secondary Education

Are you graduating soon and thinking about how to pay for your next steps? Come learn about scholarships, bursaries, and student loans. Emily Lints is the Arts/Science Co-op Coordinator and Indigenous Career Coordinator at the University of Regina and can help you with your post-high school plans.