

2020-2021 Report

The well-being of youth our priority!



Our mission

To promote and support the development of environments conducive to the adoption of healthy habits among Canadian youth in recreational settings, particularly in disadvantaged communities.

Our vision

To become an influential actor in the ecosystem for the promotion of healthy habits among youth.

Our values

Cooperation

Integrity

Accessibility

Respect

Innovation

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Message from the President and the Executive Director



Henri-Paul Rousseau

President and founder of the Fondation Tremplin Santé



Tania Paracini

Executive Director of the Fondation Tremplin Santé

Dear friends, partners and loyal donors,

Again this year, the Fondation Tremplin Santé placed youth uppermost among its concerns, and this is no time to stop! Because, according to a survey, close to 50% of Quebec youth reported a decrease in physical activity due to the pandemic [1], and numerous media articles also point to a deterioration in youth mental health. **The well-being of our youth must be a priority.**

Our approach to promoting Healthy Habits (HH) pairs fun with an educational component, and more than ever it calls for direct action, without dramatizing the risks entailed. Our hope, for our youth, is that these prevention-driven behaviours, which are good for their physical and mental health, are developed with an emphasis on enjoyment, at their pace, without causing anxiety. For that reason, we've added a new area of action, Well-being (WB), to our two traditional areas of action, notably Physical Activity (PA) and Healthy Eating (HE).

This summer, some 740 members camps across all regions of Quebec and in Ontario, New Brunswick and Prince Edward Island helped us raise awareness among more than 155,000 youth and counselors.

We have observed, first-hand, how dynamic the camps are, in terms of giving campers a voice in connection with HH initiatives that inspire them, making cultural differences a source of richness, and fostering knowledge of gardening and cooking among youth.

The mobilization and generosity of camp managers, coordinators and counselors was also on full display in their creative contributions to our research and development aimed at offering tools that are easy to appropriate, along with services that are even more adapted to their needs. We're very pleased and grateful for all the work achieved by the team and our close collaborators.

We're convinced, more than ever, that youth recreation organizations, including summer camps, are ideal environments in which to help individual campers reach their full potential. Campers discover the many ways that there are to move, individually or with friends, as well as the importance of spending time alone and recognizing personal abilities and qualities.

Thank you to our loyal donors, partners and collaborators, and to our camp managers, coordinators and counselors for helping our youth fulfil their potential alongside us. Let's continue our efforts to give campers a taste for taking a bite out of life!

[1] : Léger survey for the Association pour la santé publique du Québec, conducted with a representative sample of 300 Quebec respondents ages 14 to 17 (June 2020).

Power Up, as seen by actors on the ground

The campers really loved the Let's Get Active activities, learning to dance, and so on. Some of these activities (yoga) were even carried over to other weeks, because the campers wanted more! I should also mention that thanks to you, the Tchin-tchin Challenge has been presented for the past two years. Our campers adore all the activities that you've developed.

Marie-Ève Lamontagne,
Coordinator of the Flic et Flac camp

Our counselors took care of the tomato plants, then designed our camp garden with the campers. They learned a lot over the course of the summer, from seeding to harvesting and daily maintenance. The kids were proud to bring their little treasures home."

Isabelle Deblois, Assistant Coordinator,
Ville de Sainte-Marie camp

These QR codes are super practical!

Virginie Ruel, Saint-Antoine day camp,
about the poster titled "Set your sights on... water", published on Facebook.

The campers loved the activity on cucumbers! We did an interactive activity with them, where they had to guess the cucumber with images, and we had great fun. The campers love to learn!"

Colibrii, Counselor, Saint-Pie X camp in
Trois-Rivières

I LOVED the 2021 Summit! WOW, kudos for being so inspiring and innovative! Keep it up!!!

Émilie Sirois, Kinesiologist,
CIUSSC, Québec

Kristen and I wanted to reach out on behalf of Recreation NB and congratulate you and your team on a job well done. The summit was a neat experience filled with so much creativity! RNB is proud to partner with Foundation Tremplin Santé on such an important program that shares the same values on instilling healthy habits in youth.

Ashtyn Smith,
Recreation NB

Highlights and News

738 camps signed up for the Power Up program in 2021

614 in Quebec

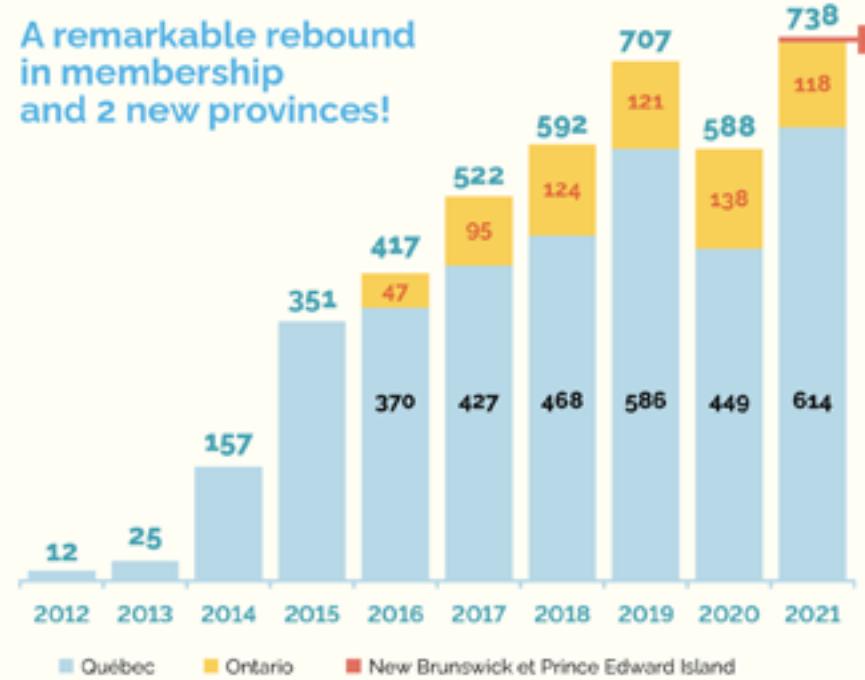
118 in Ontario

6 in New Brunswick and Prince Edward Island

In 2021, some **11 000** counselors helped **144 000** campers become more aware of healthy lifestyle habits!



A remarkable rebound in membership and 2 new provinces!



2021 Virtual Summits

506 participants from five provinces (QC, ON, NB, MB, AB)

The names of our trainings have changed:

ExplorAction

Original

Aims to raise awareness of important messages concerning HLH among counselors, with eight new theme videos to view on our website.

Escape

A game of escape revolving around HLH to reinforce key messages seen in training with a playful activity.

Advanced

Aims to reinforce certain themes during trainings.

Some **1 180** managers, coordinators and counselors trained by the PU team.

Increased participation in the challenges:

- + **198** camps taking part in the Tchin-tchin Challenge in my camp
- + **83** camps taking part in the TOUGO Challenge in my camp
- + **99** camps taking part in the PAUSE Challenge

21 new tools

27 new videos posted online

127 counselors taking part in Let's get active!

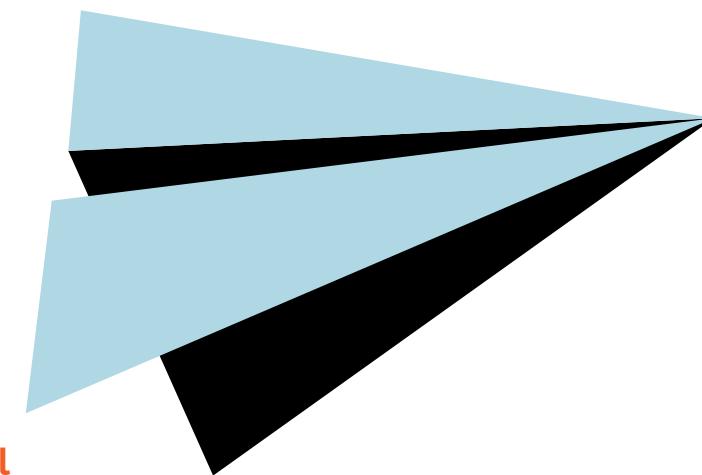
+ **500** participants in the virtual parties held on August 4





Power Up: An ally of the camps

The relationship between Power Up and its participants is based on a mutual commitment to act in favour of the health and well-being of youth.



Power Up offers everyone:

- **Qualitative activity tools** for campers and counselors, which place healthy eating, physical activity and well-being front and center.
- **Training activities for camp managers, coordinators and counselors.**
- **Support for projects on healthy habits.** Our kinesiologist and nutritionist are available at all times to answer questions and help camps promote HH.

Each member camp, based on their development, must follow a few key steps to make the most of their participation:

- Define one simple, measurable and achievable objective during the course of the summer that mobilizes the camp team and allows the campers to benefit from experiences that encourage the adoption of healthy habits.
- Offer the entire camp team training on healthy habits.
- Use tools developed by the Fondation to meet the set objective, but also to ensure that kids have fun at camp.
- Consult the team whenever the need to do so is felt.
- Conduct a post-mortem on the summer so as to recognize the camp team's successes and look ahead to next year.

Being a Power Up participant means making a commitment to youth and their families.

I want to thank you for your availability and support throughout this project. You have no idea what a positive impact this project had on the campers, families and even the camp team. We improved our training, which was a great help to the team. In fact, given its success with teens, we plan to offer theme-based cooking workshops during the school year. The Fondation made all of this possible, so THANK YOU.

Jessica Burr,
Director of Development and
Programs, GymnO, Repentigny

Transfer of knowledge with passion and dynamism!

Like a chameleon that adapts to its environment, Power Up innovates each year to offer a fun-filled, rewarding and memorable experience to participants in its events. Whether for a summit or a training event, our team does everything in its power to share its knowledge with as many people as possible.

Virtual summits worthy of a Hollywood production

The summits are training meetings offered to camp managers and coordinators. They take place in May, prior to the summer camp season. The programming from these trainings is renewed each year to integrate innovative themes and present the Fondation's new annual projects. This year, virtual meetings were held during the day and in the evening, and one was offered in English for the provinces of Ontario and New Brunswick.

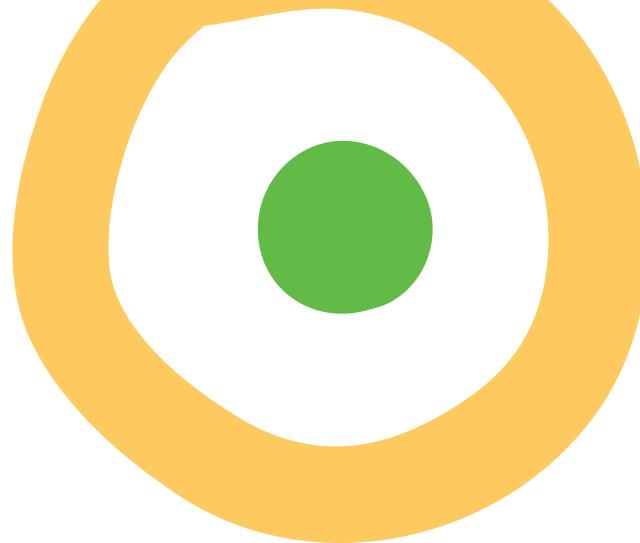
Thanks to an audiovisual partner, the Power Up camp team presented a performance worthy of a popular television show, with video capsules, active and interactive breaks, games and direct exchanges with participants.



I'd like to congratulate you on the new Power Up Summit... I must say, even though Karine told us that this would be an improved edition, complete with a television set and everything, this I did not expect. It was worthy of a Hollywood production.). On a more serious note, you thrill us every year with your willingness to constantly improve your services. A blend of live, recorded capsules, a hiking theme, interactive questions, prizes to win, and active breaks. In short, a truly exciting formula, especially given the technological constraint.

We (mere mortals) have gotten to know Zoom and Teams in the past year or so, and when we separate people into sub-groups or include a questionnaire, we feel like we're breaking new ground; but you really set the bar high with the live television set... Again, bravo!

Julien Pertin,
Director, Kéno day camps



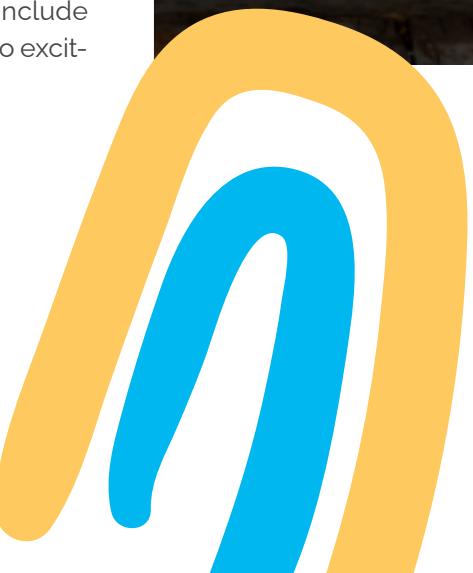
Our training activities have changed names!

The PU Workshop becomes ExplorAction to emphasize hands-on, proactive learning. The training activity features three formulas:

ExplorAction Original is a fast, simple and effective training aimed at mobilizing the camp team around the theme of HH. The objective is to offer camp counselors basic knowledge that encourages them to become more aware of their own lifestyle habits and gives them fun strategies to adopt with the campers so that they can exert a soft, but steady, influence on them.

ExplorAction Advanced is a formula that delves in depth into a subject. We currently have five turnkey training activities that can easily be given again in camps thanks to the associated materials (learning guide, activity, videos).

ExplorAction Escape is a new interactive activity. This online escape game is designed to reinforce key messages concerning HH seen during the trainings, with an original and timely team-building activity. Through this game, counselors learn how easy it is to include notions of healthy eating, physical activity and well-being into exciting activities. This training activity will be launched in 2022.





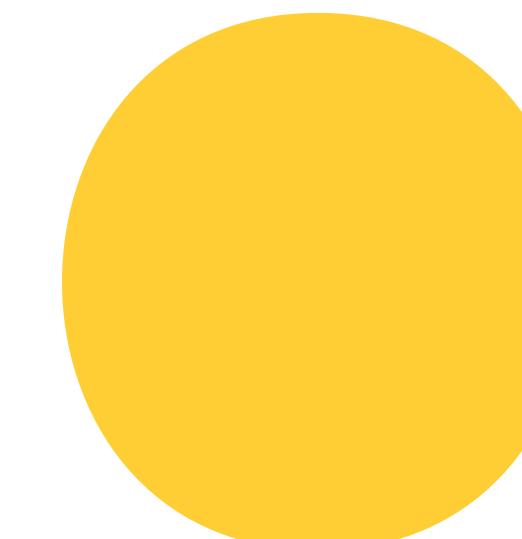
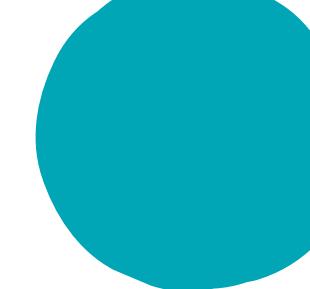
The Accessibility Program

This funding program is geared to member camps with inspiring projects. It aims to give them every chance to successfully complete their projects, with support from the Fondation team. The team selects the camps based on the relevance of the project and the camp's involvement in it.

Key figures: 17 projects financed: three on physical activity, one on well-being, and seven on healthy eating. Some 5,560 campers benefitted.

- Cap-Saint-Ignace playing field: Introduced 134 campers to new physical abilities.
- Centre éducatif La Clémentine: Helped 40 campers and their counselors get active together, at their own pace, and share experiences.
- Colonie Sainte-Jeanne d'Arc: Introduced the 150 kids in the colony to yoga and its mental and physical benefits.
- Bécancour day camp: Promoted well-being among the 266 campers through various activities.
- Ville de Baie-Saint-Paul day camp: Fostered interest in cooking and related skills among the 180 campers.
- Ville de Bedford day camp: Healthy snacks were prepared for everyone, with help from the 115 campers.
- Ozanam: A small farm was developed, and a garden created, to encourage participation in cooking activities among the 600 campers.
- GymnO Lanaudière: Helped 25 campers discover new foods.
- Le Manoir camp: Helped the campers discover and cook with local foods.
- Sainte-Eulalie day camp: Maintained the garden and used its produce to prepare food with the 48 campers.
- Sainte-Marie day camp: Piqued the curiosity of the 250 campers in regards to the vegetable garden.





Nature of the project: Physical activity

La Clémentine Gabrielle-Roy Day Camp, Ottawa

In vulnerable ethnocultural communities, some challenges can be turned into rich and rewarding experiences. Drawing on this conviction, La Clémentine Gabrielle-Roy day camp gave all its campers the opportunity to practice physical activities individually or as a group, while respecting the abilities and personality of each camper.

Through activities such Ready Set Go, Au galop, as well as Let's Get Moving card games and Slackline, educators and campers had fun practicing a physical activity together. This funding made it possible to offer the campers quality equipment so that they could enjoy each activity to the fullest.

This project was a favourite of the Power Up team for two reasons:

- The camp innovated by including the campers in the process of choosing daily activities. The campers' involvement sparked a desire to participate in activities while respecting the equipment.
- The campers provided feedback after each activity, which allowed them to share their experiences and show their fellow campers how they played with the equipment used in their countries.

Campers daring to try something new, learning something about themselves and pushing back their limits—that's what Power Up is all about!

The campers surpassed and surprised themselves. I remember a kid who, after trying slackline, said to me, with a look of pride on his face, 'I didn't think I'd be able to do this!'

Monique Lanthier



Nature of the project: Healthy eating

Sainte-Marie Day Camp

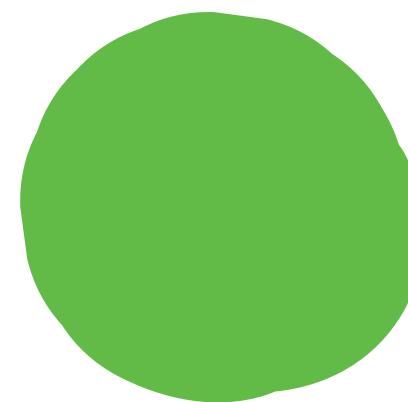
At the Sainte-Marie day camp, the desire to create a garden, where the campers could develop an interest in growing fresh produce, was transformed into one of the summer's central themes. Through the seven weeks of camp, some 300 campers spent an average of three and a half hours a week in the garden. They learned how fruits and vegetables grow and how to maintain the garden and prepare it for the harvest, always in a way that was fun and enjoyable.

This complete program saw the campers learn how to transplant plants and sow seeds, monitor the evolution of each sprout, maintain the garden, create information capsules for purposes of sharing knowledge, a write a recipe book! The funding went towards completing part of the garden and creating the cookbook – a PU team favourite – that all the campers took with them to continue at home.

The counselors and campers had access to Power Up tools for weekly activities: What's your Recipe?, Gardener's Toolbox, and What's Growing? were valuable sources of information.

In one of our information capsules, which followed the Discovering Local Fruits and Vegetables activity, the campers transformed themselves into tomato plants for a short video! A narrator described the life of a tomato plant, from seed to fruit, and there were practical tips on watering and plant maintenance. The campers had great fun making this video!"

Isabelle





Nature du projet · bien-être

Bécancour Day Camp

Well-being was front and center this summer at the Bécancour day camp. Each week, the campers took part in various activities intended to foster greater well-being, including Stretching, Yoga and Meditation, the Talking Lunch, and the I Am Unique and Monster of Emotion activities.

Thanks to the funding for this project, we were able to purchase equipment for our new stretching activity, which was named the kids' favourite activity. Some counselors even added stretching sessions before and after the physical activities.

Ema-Florence Boivert,
Coordinator, Bécancour Day Camp

This full slate of activities helped the campers, from the youngest to the oldest, feel good in their bodies and in their hearts. The I Am Unique activity, whereby the campers are invited to describe their friends' qualities, was much appreciated, as it gave them a chance to appreciate their own qualities through their friends. The Talking Lunch activity gave rise to some lively debates and touching exchanges on the subject of happiness, well-being and emotional management.

The Yoga and Meditation activity did everyone a world of good! Some counselors offered this activity as a way to restore calm or transition to a different activity. But nothing made me prouder than seeing how this activity helped an 11-year-old girl manage her stress. She said that she was able to practice the movements she learned at home as well.

Ema-Florence Boivert,
Coordinator, Bécancour Day Camp

Challenges and Popular Contests

Each summer, the Fondation Tremplin Santé offers three challenges in collaboration with its partners, Coalition Poids and Capsana: The Tchin-tchin Challenge in my camp, the TOUGO Challenge in my camp, and the PAUSE Challenge. All these challenges are featured in the summer camp programming, and all are highly anticipated, whether or not the camps are members Power Up camps.



July 5 to 9

Tchin-tchin Challenge in my camp

The Centre de plein air l'Estacade is extremely pleased to participate in annual Tchin-tchin Challenge. This summer, we felt more comfortable with its content, which led to the development of activities on this theme. We even had a counselor play the H2O mascot. The campers and counselors were proud to win this award, and it was a real source of motivation.

Marc-André Paquette-Champagne,
Assistant Director, Centre de plein air l'Estacade,
Winner of the 2021 Hall of Fame contest

400

participating camps

26 977

participating campers

4 080

participating counselors

The Tchin-tchin Challenge in my camp aims to raise awareness about the importance of proper hydration at camp by encouraging, normalizing and highlighting the value of water consumption throughout the day. This challenge is already available in Quebec and in Ontario, and this year there were participants from New Brunswick for the first time.

New in 2021: An activity book designed for teens, and the Tchin-tchin Hall of Fame contest, which saw counselors report on their initiatives as part of the Tchin-tchin Challenge. This new contest was a resounding success!



July 12 to 16

TOUGO Challenge in my summer camp

The TOUGO summer camps have a mission to encourage the adoption of healthy habits at camp with exciting challenges on healthy eating, physical activity and well-being. Participating camps undertake to meet daily challenges, which are to eat more fruits and vegetables, exercise for at least 60 minutes, and relax. To help the counselors with their tasks, several fun activities are offered each year.

Three new activities for meeting the TOUGO Challenge in my summer camp were introduced in 2021: Hop le pas!, Recharge-toi, and Tour de magie.

271

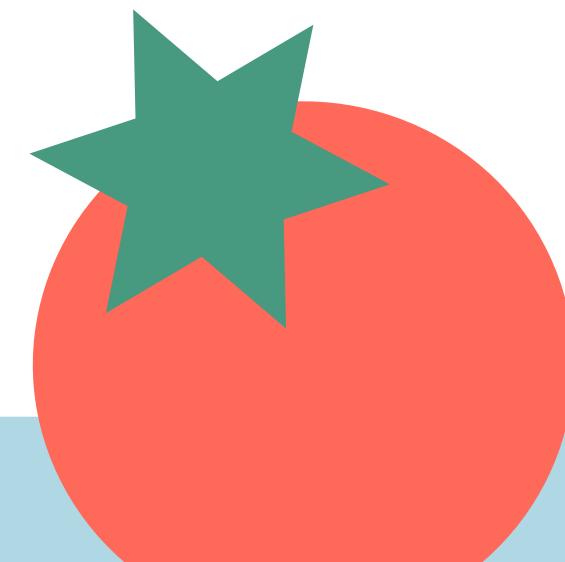
participating camps

18 888

participating campers

2780

participating counselors





Flexible dates

PAUSE Challenge

The PAUSE Challenge aims to promote the balanced use of the Internet and screens by youth so as to prevent the risks associated with screen addiction. When a camp participates in the PAUSE Challenge, it undertakes to encourage youth to better understand their relationship with screens and look carefully at the way they consume technology. Each counselor chooses a challenge and has access to several activities that will help them meet it.

New in 2021: An activity book with eight turnkey activities, and family challenges to meet at home.



185

participating camps

12 252

participating campers

1950

participating counselors



Secrétariat
à la jeunesse
Québec

June 28 to July 31

Let's Get Active: A pilot project financed by the Secrétariat à la jeunesse du Québec

This new Power Up contest was geared to counselors at PU camps. Its aim was to help them "get active" by adopting HH in their group at camp.

For five weeks, the counselors were invited to meet a specific challenge on healthy habits with their campers and to send proof that they rose to the challenge by email or via social media for a chance to win one of the Let's Get Active prizes.

The most motivated counselors were given a bonus challenge created by the Rockwell Family: The Let's Get Active choreography. This allowed them to learn an HH-inspired dance with their campers. The winners were honoured at a virtual and physical party held in conjunction with the Semaine de l'animation, held from August 2 to 6, 2021. The event drew some 280 people to Lavaltrie, and hundreds more from the other 15 Quebec-based camps.

62

participating camps

17

regions of Quebec

127

participating counselors

We established a special activity with each group of campers to show the kids that it's possible to be creative and to have fun without technology, by creating a society game.

Alex-Ann Lachance, Saint-Paul day camp

The kids loved this! Doing activities and learning the dance, and some of the activities, like yoga, were even carried over to other weeks. They asked to do it again!

Marie-Ève, Flic et Flac camp

We laughed like crazy doing this challenge! It was so much fun and so entertaining. My campers just loved it!

Alycia Brière, Saint-Pie X camp, commenting on week four of the challenge, which was on motor skills and active mobility



Power Up Contest

This contest for all Power Up camps aims to recognize actions undertaken by camps to promote HH. Camp teams can thus present initiatives developed by their teams in HE, PA or WB. A volunteer jury names the six Power Up winners, and each winner is awarded a \$1,000 prize. This year, we would like to thank the following people for their contributions: Dietitians Fédérique Nolin, Évelyne Telmosse and Laurence Labrée; Hugo Filiatrault of the ACQ; kinesiologists Émilie Gauthier and Camille Lamontagne; Ashtyn Smith of Recreation NB; and Emma Kennedy, former summer camp manager.

The following camps took part in the 2021 edition:

- Camp Amy Molson and its local salad bar
- Flic et Flac day camp and its olympiads
- Saint-Damien day camp and its mystery nutritional discoveries – 2021 winner
- De la Vallée camp and its cooking workshops
- Montmagny day camp and its body diversity activities – 2021 winner
- Explos-Nature camp and its initiatives on healthy eating and well-being – 2021 winner
- Jean-Noël Trudel camp and its garden – 2021 winner
- Kinéactif camp and its active games – 2021 winner
- Le Manoir des Éboulements camp and its Découverte alimentaire (food discovery) offer – 2021 winner
- La Clémentine Jonathan-Pitre camp and its promotion of physical activity
- La Clémentine Michel-Dupuis camp and its exploratory neighbourhood walks
- La Colonie Sainte-Jeanne d'Arc camp and its al fresco meals

The activities led to lively discussions in every age group. In each group, discussing the subjects had a positive effect on group spirit and chemistry. Each activity was adapted to the age of the participants, and special needs workers also adapted the activities to campers with special needs, based on the individual. I also commend the camp's effort to create a video! Kudos

Hugo Filiatrault, Association des Camps du Québec (ACQ)



Spotlight on the Montmagny day camp, 2021 winner

Body diversity was among the themes put forward by the Montmagny day camp this summer, and all the campers were involved. To address this theme, the camp team viewed Power Up and ÉquiLibre training videos on body diversity, then created a three-week program featuring one activity per week. Each activity was adapted to the campers' age group and their abilities, while favouring inclusion for everyone.

Week 1

Each person has their place in the group

Using an artistic activity revolving around the human body, the campers learned that all parts of the body, regardless of their features or shapes, make up a whole, and all are equal in importance. Thus, the campers were able to draw a parallel with individuals and become more aware of how important it is to take proper care of body and mind.



Week 2

Pool our qualities to be even stronger

Through various activities, the campers were asked to pool their strengths to win challenges or complete a project. They learned to recognize each camper's abilities, to pool those abilities and put them together, to trust one another, and to communicate. In short, they learned to work as a team and to combine their strengths.

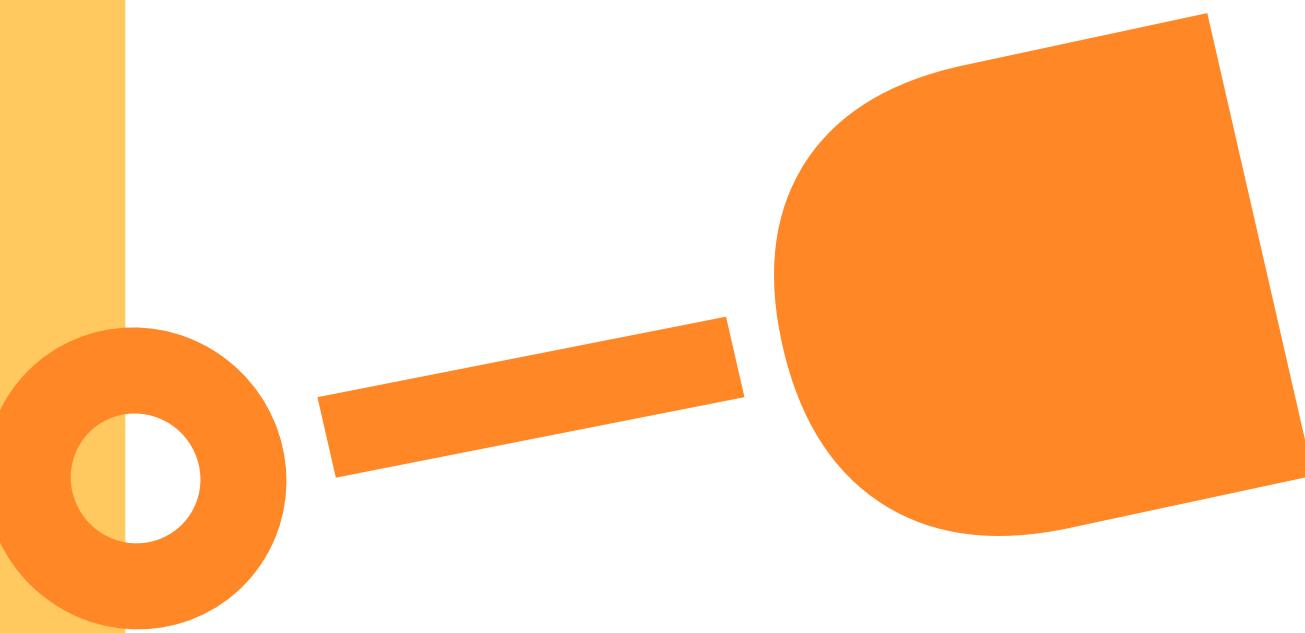
Previously, we won in the 'Physical Activity' and 'Healthy Eating' categories. But we wanted to explore the new theme of body diversity. At camp, we welcome children from various communities and children with special needs. Each child is different, and that's what makes them unique. We look beyond our differences and teach them to love one another as they are, and we encourage self-esteem and openness to others. This project led to some rewarding discussions between the campers and the counselors, in addition to having a positive impact on the camp. The campers improved their listening and communication skills, and they learned to cooperate and forge friendships, which also reinforced their sense of belonging to the camp.

Week 3

Looking beyond physical appearance with kindness

A large mural of self-portraits was unveiled at camp, allowing the campers to recognize and distinguish between their qualities, strengths, physical characteristics, and skills.

Manon Garant, Coordinator, Community Activities, Service des loisirs, de la culture et de la vie communautaire, Ville de Montmagny



Research and development at the heart of actions

In the fall of 2020, focus groups were held with managers, coordinators, and counselors. These discussion periods are invaluable for the entire Tremplin Santé team, which is dedicated to developing useful, playful and exciting activities that meet the needs of camps and open campers' minds to healthy habits.

The focus groups had the following objectives:

- With the participants, review the challenges, contests and activities carried out in 2020.
- Work together to come up with improvements, where required.
- Identify the needs of camps on specific subjects in order to create adapted tools and validate strategic decisions.
- Learn more about the people's preferences so as to better communicate with them.

Each discussion is not only inspiring, but it also provides a unique opportunity to confirm or invalidate the analyses arising from the evaluations carried out.

This year, 10 focus groups were held. Each was facilitated by our team.

For example, 2020 focus groups raised the following points:

Creation of Let's Get Active

An activity, challenge or contest geared to counselors and created, ideally, by counselors.

Booklet for teens participating in the Tchin-tchin Challenge

Ideas for camp activities geared to teens

Gardener's toolbox

A game to play at a counselor training activity

Make the portal available to everyone, so that counselors, in just a few clicks, can easily view content, and create posters with QR codes.

A solution that makes it easier for counselors to view Power Up activities.

ExplorAction, Escape

A game to play at a counselor training activity

ExplorAction, Advanced

Short, dynamic trainings on specific subjects

The 2022 program will feature promising projects intended to offer camps:

- More personalized support geared to the needs of each camp.
- New tools.
- A squad to support counselors-influencers who want to do more.
- Evermore exciting challenges and contests.



List of Participating Camps in 2021

List of Participating Camps in Quebec

Centre sportif
Métis-sur-Mer
Municipalité de Biencourt
Municipalité de Lac-des-Aigles
Municipalité de Les Méchins
Municipalité de Squatèc
Municipalité Saint-Alexandre-de-Kamouraska
Terrain de jeu de L'Isle-Verte
Terrain de jeux de Saint-Clément
Terrain de Jeux Dégelis
Terrain de jeux municipalité St-Jean-de-Dieu

Abitibi-Témiscamingue

Camp de jour de la Ville de Malartic
Camp de jour municipale
CJ VM 21
Les petits castors rusés

Bas-Saint-Laurent

Aréna de Saint-Fabien
Baie-des-Sables
Camp ado Témiscouata-sur-le-Lac
Camp de jour d'Amqui
Camp de jour de Causapscal
Camp de jour de Kamouraska
Camp de jour de la Maison des Familles de La Matanie
Camp de jour de la Ville de La Pocatière
Camp de jour de Mont-Carmel
Camp de jour de Rimouski
Camp de jour de Rivière-Ouelle
Camp de jour de Sainte-Flavie
Camp de jour de Sainte-Hélène-de-Kamouraska
Camp de jour de Saint-Épiphanie
Camp de jour de Saint-Mathieu-de-Rioux
Camp de jour de St-Narcisse-de-Rimouski
Camp de jour Sainte-Florence
Camp de jour Saint-Honoré
Camp de jour Saint-Louis-du-Ha! Ha!
Camp de jour Saint-Philippe-de-Néri
Camp de jour Saint-Ulric
Camp de jour Témiscouata-sur-le-Lac
Camp municipal d'Hébertville
Camp Musical Saint-Alexandre-de-Kamouraska
Camp Saint-Eusèbe
Centre communautaire Michel-Desrosiers

Capitale-Nationale

Arbrisseau
Bocages
Camp de jour de Donnacona
Camp de jour de Saint-Ferréol-les-Neiges
Camp de jour DECLIC
Camp de jour en environnement
Camp de jour Lac-Sergent
Camp de la Vallée
camp de pont-rouge
Camp le Manoir - CJ
Camp Le Manoir - CV
Camp le Manoir - English Camp
Camp le Manoir - Isle-aux-Coudres
Camp le Manoir - Notre-Dame-des-Monts
Camp le Manoir - Saint-Hilarion
Camp le Manoir - Saint-Urbain
Camp le manoir- Petite Rivière St François
Camp le manoir- Sait Aimé Des Lacs
centre communautaire des Chutes
Centre de loisirs Le pavillon Royal
Centre de loisirs Ulric-Turcotte
Centre de repas Cité Joie
Centre écologique de Port-au-Saumon
Claude Allard
Cœur Vaillant
École de la Ribambelle
École des Cimes
École du Sous-Bois
École secondaire Samuel-de-Champlain
Etincelle

Fernand-Séguin
Filteau
Jouvente
Les Sources
Loisirs Duberger Les Saules
Municipalité de Boischatell
Neo
Noël-Brûlart
Parc de l'Escabelle
Parc Ferland
Parc Marchand
Parc Prévert
Parc Saint-Louis-de-Gonzague
Parc St-André
Patro-Vacances
Pionniers
Programme Animation Vacances
Sainte-Geneviève
Saint-Louis-de-France
Saisonnier
YMCA Saint-Roch

Centre-du-Québec

Assomption
Bécancour
Camp de jour Daveluyville
Camp de jour de la municipalité de la Paroisse de Plessisville
Camp de jour de la municipalité de Saint-Edmond-de-Grantham
Camp de jour de la municipalité de Saint-Félix-de-kingsey
Camp de jour de Laurierville et Inverness
Camp de jour de Nicolet
Camp de jour de Sainte-Eulalie, ICI pour S'AMUSER!
Camp de jour de Saint-Norbert-d'Arthabaska
Camp de jour de Saint-Wenceslas
Camp de jour de St-Ferdinand
Camp de jour L'Avenir
Camp de jour Lyster
Camp de jour Odanak
Camp de jour Parisville
Camp de jour Saint-Albert
Camp de jour Saint-Célestin
Camp de jour Saint-Guillaume
Camp de jour Saint-Majorique
Camp de jour Saint-Rosaire
Camp de jour Saint-Samuel
Camp de jour Saint-Valère
Camp de jour Wickham
Camp NDH
Camp Saint-Germain-de-Grantham

Carré-Versailles
CCRSJB
CDJ St-leo
Centre Communautaire d'Arthabaska
Club Ados
CPA Élites sur glace Drummond St-Cyrille
Des Goélands
Gentilly
Les aventuriers de Chester
Mgr. Grenier
Mgr. Milot
Notre-Dame-Du-bon-Conseil
OTJ de Ham-Nord
Pie X
Sainte-Angèle
Sainte-Famille
Sainte-Gertrude
Saint-Grégoire 1
Saint-Gregoire 2
Suzor-Côté

Chaudière-Appalaches

Breakeyville
Camp de jour 2021 Saint-Odilon
Camp de jour de Berthier-sur-Mer
Camp de jour de L'Islet
Camp de jour de la Ville de Sainte-Marie
Camp de jour de Montmagny
Camp de jour de Saint-Anselme
Camp de jour de Saint-Elzéar
Camp de jour Sainte-Henedine
Camp de jour Sainte-Marguerite
Camp de jour Saint-Joseph-de-Beauce
Camp de jour Saint-Joseph-de-Coleraine
Camp de jour st-charles
Camp de jour Ste-Claire
Camp de jour Vallée-Jonction
Camp Lac-Etchemin
Centre communautaire La Sorbonne
Centre communautaire Le Carrefour
Centre des Loisirs
Centre Raymond Blais
Charny
Domaine de Gaspé
École du Grand-Voilier Pavillon Saint-Laurent
École Envol
École Rose-des-Vents

Évasion jeunesse
Ferme Pédagogique Marichel
Les apprentissages ludiques de Montmagny-Sud
Les camps municipaux ludiques et pédagogiques de Montmagny-Sud
Municipalité de Joly
Municipalité de La Guadeloupe
Municipalité de Saint-Honoré
Municipalité de St-Henri
OSQ Lévis-Beauce
Quatre-Saisons
Saint-Étienne
Saint-Romuald
Société Grand Village
TDJ Saint-Agapit
Terrain de jeu de Notre-Dame-du-Rosaire
Terrain de jeu de Saint Fabien de Panet
Terrain de jeu de Sainte-Apoline-de-Patton
Terrain de jeu Lotbinière/Leclercville
Terrain de Jeux de Beaumont
Terrain de jeux de Cap-Saint-Ignace
Terrain de jeux de Saint-Édouard-de-Lotbinière
Terrain de jeux de Sainte-Euphémie-de-la-Rivière-du-Sud
terrain de jeux de Sainte-Lucie-de-Beauregard
Terrain de Jeux de Saint-Isidore de Beauce
Terrain de Jeux de Saint-Paul-de-Montminy
Terrain de Jeux de St-Pamphile
Terrain de jeux la Rigole
Terrain de jeux Ste-Agathe-de-Lotbinière
Terrain de jeux St-Ephrem
Terrain de jeux unifié Saint-Camille, Saint-Magloire, Sainte-Sabine
Ville de Dosquet
Ville de Joly
Woodoolicamp

Côte-Nord

Bande estivale
Camp de jour
Camp de jour de la Municipalité du village de Tadoussac
Camp de jour de Pointe-aux-Outardes
Camp de jour de Sacré-Coeur
Camp de Jour d'Explos-Nature
Écolo-Jour
Le camps de Les Escoumins
Ville de Fermont

Estrie

camp cats
Camp de jour de Sutton
Camp de Jour Eastman
école Quatre-Vent Union
Loisirs Act-Famille
OTJ Lac-Mégantic
OTJ Lac-Mégantic
OTJ Saint-Adrien
SAE
SAE de Ste-cecile-de-whitton
Service d'animation estival de Dudswell
Service d'animation estivale de la municipalité de Saint-Claude
Viens t'amuser j'ai une place pour toi

Gaspésie-Îles-de-la-Madeleine

Base de plein air de Bellefeuille
Boute-en-train
Camp Chanson
Camp de jour de Matapedia
Camp de jour de Pointe-à -la-Croix
Camp de jour de Saint-Alexis-de-Matapedia
Camp de jour de Saint-François-d'Assise
Camp de jour Intermunicipal AJHC (Mont-Louis)
Camp de jour Lions
Été Jeunesse Gaspé
Le Camplinôt
Les petits Samouraïs
Nouvelle Gaspésie
Shigawake Day Camp
Terrain de jeux de St-Maurice de l'Échouerie

Lanaudière

Camp Mariste
Camp de jour Bosco
Camp de jour Cirkana
Camp de jour de Crabtree
Camp de jour de la Municipalité de Saint-Calixte
Camp de jour de Lavaltrie
Camp de jour de Notre-Dame-des-Prairies
Camp de jour de Saint-Thomas
Camp de jour de Saint-Zénon
Camp de jour estival du Service de Loisirs St-Sulpice
Camp de jour Saint-Ambroise
Camp de jour Saint-Damien

Camp de jour Saint-Gabriel
Camp de jour Saint-Norbert
Camp de jour Sainte-Béatrix
Camp de jour Ste-Marcelline
Camp de jour ville de l'Assomption
Camp de jour Ville de Mascouche
Camp Héron
Camp musical Père Lindsay
GymnO Lanaudière
Les amis de la déficience intellegence
Camp de la municipalité Saint-Didace
Camp Saint-Félix-de-Valois
Camp Saint-Pau

Laurentides

Base de Plein Air - Bon départ - Camp de jour
Base de Plein Air - Bon départ - Camp de vacances
Base de plein air Le P'tit Bonheur
Camp de vacances Base de Plein Air Jean-Jeune
Base de Plein Air Mont-Tremblant
Camp Amy Molson
Camp de jour ville de Saint-Colomban
Camp de jour - Ville de Sainte-Thérèse
Camp de Jour Saint-Aimé-du-Lac-des-Îles
Campuces de Piedmont
CAPRDN - Camp Je bouge (Bouvrette)
CAPRDN - Camp Je bouge (ND)
CAPRDN - Camp Je bouge (poly)
Camp de jour de Mont-Laurier
Centre Notre-Dame de la Rouge
Camp de jour de Chute-Saint-Philippe
Evolution - Camp trilingue et innovation
Camp de jour de Saint-Rémi-d'Amherst
Camp Les aventuriers de Brébeuf
Camp de jour de Ferme-Neuve
Camp de jour Lac-des-Écorces
Camp de jour Saint-Donat
Camp de jour Magicoparc
Camp de la municipalité d'Oka (camp de jour d'Oka)
SOS Intégration
Camp de jour YMCA Kanawana
Camp de jour de Blainville - Centre RécreoAquatique
Camp de jour de Blainville - École de l'Envolée
Camp de jour de Blainville - École de la Renaissance
Camp de jour de Blainville - École Henri-Dunant
Camp de jour de Blainville - Parc Équestre
Camp de jour de Prévost

Camp Soleil
Club des Aventuriers

Laval

Camp de jour cycliste Espoirs
Camp de jour Bouffe-Nature
Camp de jour de Laval - Accès
Camp de jour de Laval - Alfred-Pellan
Camp de jour de Laval - Arc-en-ciel
Camp de jour de Laval - Campeau
Camp de jour de Laval - Coeur-Soleil
Camp de jour de Laval - De l'Avenir
Camp de jour de Laval - De la Cime
Camp de jour de Laval - Demers
Camp de jour de Laval - Des Cardinaux
Camp de jour de Laval - Des Cèdres
Camp de jour de Laval - Des Ormeaux
Camp de jour de Laval - Du Boisé
Camp de jour de Laval - Fleur-de-Vie
Camp de jour de Laval - Fleur-Soleil
Camp de jour de Laval - L'Harmonie
Camp de jour de Laval - L'Orée-des-Bois
Camp de jour de Laval - Le Tandem
Camp de jour de Laval - Léon-Guilbault
Camp de jour de Laval - Les Explorateurs
Camp de jour de Laval - Paul-IV
Camp de jour de Laval - Père Vimont
Camp de jour de Laval - Petit-Prince
Camp de jour de Laval - Pie-X
Camp de jour de Laval - Pierre-Laporte
Camp de jour de Laval - Raymond
Camp de jour de Laval - Roi-du-Nord
Camp de jour de Laval - Saint-Gilles
Camp de jour de Laval - Saint-Julien
Camp de jour de Laval - Saint-Paul
Camp de jour de Laval - Sainte-Dorothée
Camp de jour de Laval - Val-des-Ruisseaux
Camp LRC en Folies
CampTrois-Soleils
Concentration Sportive
GymnO Laval
Initiation Sportive
Jean-Lemonde
La Halte de l'Orchidbleue
Loisirs Ste-Dorothée
Maison de la Famille de St-François
Terrain de jeux Sainte-Hénédine

Mauricie

Association pour la déficience intellectuelle et du trouble du spectre de l'autisme Centre-Mauricie/Mékinac
Camp de jour de Grandes-Piles
Camp de jour de la municipalité de Champlain
Camp de jour de la municipalité de Grandes-Piles
Camp de jour de la Municipalité de Saint-Élie-de-Caxton
Camp de jour de la Ville de Shawinigan
Camp de jour de St-Adelphe
Camp de jour de Ste-Thècle
Camp de jour Le Sablotin
Camp de jour Mont-Carmel
Camp de jour Saint-Alexis-des-Monts
Camp de jour Saint-Narcisse
Camp de jour Saint-Tite
Camp de jour Saint-Séverin
Camp de jour Ste-Geneviève-de-Batiscan
Camp des Mini Pats
Camp Maison coup de pouce
Camp SAE La Pérade
Camp St-Pie X
Camp Val Notre-Dame
Centre Jean-Noël Trudel
Centre Landry (Parc Jean Béliveau) - Béliveau
Domaine scout St-Louis-de-France
Loisirs ISQ - île aux mille sourires
OTJ Charrette - L'œuvre des terrains de jeux de Charette inc.
Regroupement des centres d'amitié autochtones du Québec - Migrateurs
Ressource Parent-Ailes - Boucamp

Montréal

Camp Adrénaline
AES Rive-Sud- Candiac
AES Rive-Sud- École nationale d'aérotechnique
AES Rive-Sud- Longueuil (André-Laurendeau)
AES Rive-Sud- Longueuil (Bienville)
AES Rive-Sud- Longueuil (Boisvert)
AES Rive-Sud- Longueuil (École Charles-LeMoyne)
AES Rive-Sud- Longueuil (Immaculée-Conception)
AES Rive-Sud- Longueuil (Labrosse)
AES Rive-Sud- Longueuil (Meunier)
AES Rive-Sud- Longueuil (Mgr-A.-M.-Parent)
AES Rive-Sud- Longueuil (René-Villet)
AES Rive-Sud- Longueuil (Saint-Edmond)
AES Rive-Sud- Longueuil (Sainte-Agnès)

AES Rive-Sud- Longueuil (St-Thomas-de-Villeneuve)
AES Rive-Sud- Otterburn Park
AES Rive-Sud- Récréofun (Saint-Bruno)
AES Rive-Sud- St-Amable
AES Rive-Sud- St-Antoine-sur-Richelieu
AES Rive-Sud- St-Charles-sur-Richelieu
AES Rive-Sud- St-Denis-sur-Richelieu
AES Rive-Sud- St-Mathias-sur-Richelieu
AES Rive-Sud- St-Roch-sur-Richelieu
AES Rive-Sud- Varennes
AES Rive-Sud- Waterloo
Association PAUSE
Base de Plein Air Jean-Jeune - Ecole primaire de Normandie
Base de Plein Air Jean-Jeune - L'École des Petits Explorateurs
Base de Plein Air Jean-Jeune - Parc Michel-Chartrand
Camp Amis et Oméga
Camp Crouch
Camp de jour du Chêne-Bleu
Camp de jour - Centre Plein Air Notre-Dame-de-Fatima
Camp de jour Alextra
Camp de jour Anima-Jeunes
Camp de jour Assumption
Camp de jour Bedford
Camp de jour de Bromont - Le Nature
Camp de jour de Bromont - Le Sportif
Camp de jour de Bromont - Les Énergiques
Camp de jour de Châteauguay - École Billings
Camp de jour de Châteauguay - École Centennial Park
Camp de jour de Châteauguay - École de la Rive
Camp de jour de Châteauguay - École des Trois-Sources
Camp de jour de Châteauguay - École Gabrielle-Roy
Camp de jour de Châteauguay - École Harmony
Camp de jour de Châteauguay - École Laberge
Camp de jour de Châteauguay - École Marc-André-Fortier
Camp de jour de Châteauguay - École Marguerite-Bourgeois
Camp de jour de Châteauguay - École Notre-Dame-de-l'assomption
Camp de jour de Châteauguay - École Saint-Jean-Baptiste
Camp de jour de Châteauguay - École Saint-Jude
Camp de jour de Châteauguay - Gérin-Lajoie
Camp de jour de Châteauguay - Louis-Philippe-Paré
Camp de jour de Contrecoeur
Camp de jour de Granby - Aréna Léonard-Grondin
Camp de jour de Granby - Assumption
Camp de jour de Granby - Avé Maria
Camp de jour de Granby - Bâtisseurs
Camp de jour de Granby - Du Phénix
Camp de jour de Granby - Envolée
Camp de jour de Granby - Escale
Camp de jour de Granby - Étincelle

Camp de jour de Granby - Euréka
Camp de jour de Granby - Joseph-Poitevin
Camp de jour de Granby - St-André
Camp de jour de Granby - St-Jean
Camp de jour de Granby - Ste-Famille
Camp de jour de la Ville de l'Île-Perrot
Camp de jour de Marieville

Camp de jour de Sorel-Tracy - Plaisirs d'Été
Camp de jour de Sorel-Tracy - Plaisirs d'été

Camp de jour de Ste-Victoire

Camp de jour des Quatre-Vents

Camp de jour du Domaine naturel du lac Gale

Camp de jour EAU CAMP

Camp de jour les Coteaux

Camp de jour Multisports et plein air

Camp de jour Napierville & Saint-Cyprien

Camp de jour Rivière-Beaudette

Camp de jour Saint-Marc

Camp de jour Saint-Zotique

Camp de jour Sainte-Angèle-de-Mornoir

Camp de Jour Sainte-Cécile-de-Milton

Camp de jour Sainte-Marie-Madeleine

Camp de jour St-Joseph

Camp de jour St-Stan

Camp de jour Ste-Hélène

Camp de jour Ste-Martine

Camp de jour ville de Saint-Césaire

Camp de jour Yamaska

Camp de la ville de Chambley

Camp de Vacances - Centre Plein Air Notre-Dame-de-Fatima

Camp de Vaudreuil - Camp Harwood

Camp de Vaudreuil - Camp Hymne-au-printemps

Camp de Vaudreuil - Camp Ste-Madeleine

Camp de Vaudreuil - Camp Ste-Trinité

Camp de Vaudreuil - Camps sportifs

Camp de Vaudreuil - Club Ados

Camp de Vaudreuil - Terrains de jeux

Camp du Club

Camp Folies d'Été

Camp Jeux d'été Roxton Falls

Camp l'Adrén'ado

Camp Le Blaisir Fou (Complexe sportif)

Camp Les Barbaparents

Camp Loisirs La Providence

Camp Plein Soleil

Camp POUF !

Camp Ribonjeux

Camp Therrien

Camps de jour St-Marcel-de-Richelieu

Centre de Plein Air l'Estacade (CJ)

Centre de plein air L'Estacade (CV) Fermé 2021
Colonie des Grèves
La Colonie Sainte-Jeanne d'Arc
Les camps de jour de la Ville de Carignan
Maison des Jeunes Le Break

Montréal

ADMI-Montréal - Pavillon des voyageurs
Association sportive et communautaire du Centre-Sud
Camp Centre Communautaire Walkley
Camp Centre du Plateau
Camp Centre Père-Marquette
Camp Centre Sablon
Camp Chemins du Soleil
Camp de jour d'été de La Maisonnette des parents
Camp de jour de Bois-de-Boulogne - Collège de Bois-de-Boulogne
Camp de jour de Bois-de-Boulogne - Parc-Soleil
Camp de jour de Bois-de-Boulogne - Paul-Comtois
Camp de jour Jardin William
Camp de jour Loisirs Saint-Henri
Camp de jour Notre-Dame-de-l'Île-Perrot
Camp de jour Sainte-Catherine d'Alexandrie
Camp Flic et Flac
Camp HitFit
Camp Kinkora
Camp Le Phoenix de Lachine
Camp Les Amis du Parc
Camp Les Snorows
Camp Les Stoukises
Camp Loisirs St-Justin
Camp NDV
Camp Patro Villeray
Camp Re-crea
Camp SALEM
Camp Sportif et Camp Académique
Centre Communautaire Hochelaga - Les Enfants D'abord
Centre Plein Air l'Étincelle
Chrysalis camps
Les camps d'été LBI
Loisirs counutaires Relais du Bout
Loisirs et Culture du SudOuest - Exploration
Loisirs et Culture du SudOuest - Touche-à-tout
Loisirs LD
Loisirs Récréatifs et Communautaires de Rosemont - Alphonse-Desjardins
Loisirs Récréatifs et Communautaires de Rosemont - Camp de jour Masson
Loisirs Récréatifs et Communautaires de Rosemont - Sainte-Barnadette
Sport Québec - Mes Premiers Jeux
YMCA - Cartierville

YMCA - Centre-Ville
YmCA - Concordia-Camp Beaux-Arts
YMCA - Notre-Dame-de-Grâce
YMCA - Ouest-de-l'île
YMCA - Parc
YMCA - Pointe-Saint-Charles
YMCA - Westmount

Outaouais

Altitude Gym - Gatineau
Altitude Gym - Kanata
Camp Ozanam
Camp de jour de la municipalité de Val-des-Monts
Camp de jour de la municipalité de Val-des-Monts 2
Camp de jour de la municipalité de Val-des-Monts 3
FC Gatineau - stage avancé
FC Gatineau - camp de jour
Camp le Terrier
Camp de jour Kinéactif
Clémentine Jonathan Pitre
Camp Le camp de l'Amitié
Camp de jour Saint-André-Avellin
Relais des Jeunes Gatinois - Camp de quartier
Relais des Jeunes Gatinois - Camps de jour du Relais
Camp SAJO
Camp de jour Ville de Gatineau - Vieux Verger
Camp de jour Ville de Gatineau - De la Forêt
Camp de jour Ville de Gatineau - Des Cavaliers
Camp de jour Ville de Gatineau - Des Tournesols
Camp de jour Ville de Gatineau - Du Marais
Camp de jour Ville de Gatineau - Du Village - Limoges
Camp de jour Ville de Gatineau - South Hull
Camp de jour Ville de Gatineau - Petite Ourse
Camp de jour Ville de Gatineau - Trois Portages
Camp de jour Ville de Gatineau - École du Boisé
Camp de jour Ville de Gatineau - École du Sacré-coeur
Camp de jour Ville de Gatineau - École Saint-Jean-de-Bréboeuf
Camp de jour Ville de Gatineau - École Saint-Laurent
Camp de jour Ville de Gatineau - École St-Michel
Camp de jour Ville de Gatineau - Écoles aux Quatre-Vents
Camp de jour Ville de Gatineau - Cépages (Enfex)
Camp de jour Ville de Gatineau - Cheval Blanc 1
Camp de jour Ville de Gatineau - Cheval Blanc 2
Camp de jour Ville de Gatineau - École primaire de Touraine (GEC)
Camp de jour Ville de Gatineau - Édifice Jean-René-Monette
Camp de jour Ville de Gatineau - Envolée 1 (ENFEX)
Camp de jour Ville de Gatineau - Envolée 2
Camp de jour Ville de Gatineau - Sablonnière 1

Camp de jour Ville de Gatineau - Sablonnière 2 (Enfex)
Camp de jour Ville de Gatineau - École de l'Amérique française
Camp de jour Ville de Gatineau - École des Deux-Ruisseaux 1, ENFEX
Camp de jour Ville de Gatineau - École des Deux-Ruisseaux 2
Camp de jour Ville de Gatineau - École Internationale du Mont-Bleu
Camp de jour Ville de Gatineau - École Lac-des-Fées
Camp de jour Ville de Gatineau - École primaire du Dôme
Camp de jour Ville de Gatineau - École Saint-Rédemptror
Camp de jour Ville de Gatineau - Écoles du Marai

Saguenay-Lac-Saint-Jean

Camp de jour d'Hébertville-Station
Camp de Jour de Métabetchouan-Lac-à-la-Croix
Centre communautaire LA PETITE ÉCOLE
Centre d'Amitié Autochtone du Lac-St-Jean - Mamo Metwatan CAALSJ Roberval
Centre d'Amitié Autochtone du Lac-St-Jean - Mamo Metwatan CAALSJ Alma
Camp de jour contact Nature
Camp de jour contact nature 10-12 ans
Camp Chef actif
Camp de jour Chicoutimi
Camp de jour Jonquière
Camp de jour municipal de l'Ascension-de-Notre-Seigneur
Camp Les Minis-Loups
Camp de jour de Larouche
Camp de jour l'Ascension
Camp de jour Rivière-Éternité
Camp de jour la Grande aventure
Camp de jour de Sainte-Rose-du-Nord
Camp de jour Saint-François-de-Sales
Camp de jour de la municipalité de Saint-Gédéon
Camp de jour de Saint-Nazaire
Camp de jour de Saint-Prime
Camp de jour municipal Saint-Thomas-Didyme
Camp de jour de Petit-Saguenay
Camp Patro-Été
Camp de l'Université de Québec à Chicoutimi
Camp des Débrouillards
Camp de jour Roberval
Camps de jour Chicoutimi-Nord
Camps de jour Chicoutimi-Sud
Camps de jour Jonquière
Camps de jour La Baie
Camp de jour du service des Loisirs de Saint-Félicien

List of Participating Camps in Ontario and other Provinces

Hamilton - Niagara Peninsula

Camp Jeunesse en mouvement
 Royal Soccer City Club - RSCC-11-Niagara Falls
 Royal Soccer City Club - RSCC-12-St. Catharines
 Royal Soccer City Club - RSCC-13-Brantford
 Royal Soccer City Club - RSCC-14-Hamilton-MacNab
 Royal Soccer City Club - RSCC-15-Hamilton-Valley Park

Kitchener - Waterloo - Barrie

Royal Soccer City Club - RSCC-5-Kitchener-Wilson Park
 Royal Soccer City Club - RSCC-10-Cambridge
 Royal Soccer City Club - RSCC-34-Bradford
 Royal Soccer City Club - RSCC-35-Barrie
 Royal Soccer City Club - RSCC-4-Guelph
 Royal Soccer City Club - RSCC-6-Kitchener-Forest Heights
 Royal Soccer City Club - RSCC-7-Kitchener-Idlewood Park
 Royal Soccer City Club - RSCC-8-Waterloo-Moses Springer
 Royal Soccer City Club - RSCC-9-Waterloo-Waterloo Park

London

Royal Soccer City Club - RSCC-1-London-Evelyn Harrison
 Royal Soccer City Club - RSCC-2-London-White Oaks
 Royal Soccer City Club - RSCC-3-London-Banting

Ottawa

Centre Éducatif les petits trésors - Les Petits Trésors
 Centre Éducatif les petits trésors - Pavillon Limoges
 Centre Parascalaire Alpha 3-12
 Camp Pierre-Elliott-Trudeau
 La Cité de Clarence-Rockland - Garderie Carrefour Jeunesse

La Cité de Clarence-Rockland - Garderie Rockland Public
 La Cité de Clarence-Rockland - Garderie Sacré-Coeur
 La Cité de Clarence-Rockland - Garderie St-Mathieu
 La Cité de Clarence-Rockland - Garderie St-Patrick
 La Cité de Clarence-Rockland - Garderie Ste-Félicite
 La Cité de Clarence-Rockland - Garderie Ste-Trinité
 La Clémentine - Clémentine BGM
 La Clémentine - Clémentine Gabrielle Roy
 La Clémentine - Clémentine Marie-Curie
 La Clémentine - Clémentine Michel-Dupuis
 La Coccinelle Saint-Guillaume - Camp STG
 La Coccinelle Saint-Guillaume - site De La Découverte
 La Coccinelle Saint-Guillaume - Camp d'été Alain Fortin
 St-Isidore Summer Camp
 Camp de la municipalité de Russell - Garderie St-Jean
 Camp de la municipalité de Russell - Garderie St-Jean 5-6ans
 Camp de la municipalité de Russell - Pavillon La croisée
 Patro d'Ottawa
 Royal Soccer City Club - RSCC-47-Nepean
 Royal Soccer City Club - RSCC-48-Ottawa - Brewer Park
 Royal Soccer City Club - RSCC-49-Ottawa-Pinecrest Park
 Camp d'été L'Orignal
 Champlain Day Camp VH

Toronto

Camps d'été de l'AFRY
 Camps d'été de l'AFRY : campus Holland-Landing
 camps d'été de l'AFRY : campus Richmond Hill
 Camps d'été de l'AFRY campus Maple
 Alliance Française Toronto - Mississauga Campus
 Camp de la Relâche
 Cercle de l'amitié - Gaderie La Flambeau- Mississauga
 Cercle de l'amitié - Gaderie Saint-Noel-Chabanel-Toronto
 Cercle de l'amitié - Garderie Carrefour des jeunes-Brampton
 Little Champ Camp
 MFC - Hamilton
 MFC - Mississauga - Site principal
 Royal Soccer City Club - RSCC-16-Burlington-Central
 Royal Soccer City Club - RSCC-17-Burlington - Nelson
 Royal Soccer City Club - RSCC-18-Oakville
 Royal Soccer City Club - RSCC-19-Milton
 Royal Soccer City Club - RSCC-20-Mississauga-Cawthra
 Royal Soccer City Club - RSCC-21-Mississauga- Iroquois Flats
 Royal Soccer City Club - RSCC-22-Mississauga-River Grove

Royal Soccer City Club - RSCC-23-Mississauga- Lake Aquitaine
 Royal Soccer City Club - RSCC-24-Brampton-Earnscliffe
 Royal Soccer City Club - RSCC-25-Brampton-Century Gardens
 Royal Soccer City Club - RSCC-26-Maple
 Royal Soccer City Club - RSCC-27-Woodbridge
 Royal Soccer City Club - RSCC-28-Thornhill
 Royal Soccer City Club - RSCC-29-Richmond Hill-Trillium Woods
 Royal Soccer City Club - RSCC-30-Richmond Hill-Ross Doan
 Royal Soccer City Club - RSCC-31-Markham
 Royal Soccer City Club - RSCC-32-Aurora
 Royal Soccer City Club - RSCC-33-Newmarket
 Royal Soccer City Club - RSCC-36-Etobicoke-Parkfield
 Royal Soccer City Club - RSCC-37-Etobicoke-Westmount
 Royal Soccer City Club - RSCC-38-North York-Irving Chapley
 Royal Soccer City Club - RSCC-39-North York- Van Horne
 Royal Soccer City Club - RSCC-40-North York- Cummer
 Royal Soccer City Club - RSCC-41-Scarborough
 Royal Soccer City Club - RSCC-42-Pickering
 Royal Soccer City Club - RSCC-43-Ajax
 Royal Soccer City Club - RSCC-44-Whitby
 Royal Soccer City Club - RSCC-45-Oshawa
 Royal Soccer City Club - RSCC-46-Kanata
 Royal Soccer City Club - RSCC-50-Orléans
 YMCA GTA-11-Marham_Rudy_Bratty
 YMCA GTA-12-Markham Fairgrounds YMCA
 YMCA GTA-19-Mississauga Burnhamthorpe YMCA
 YMCA GTA-5-Brampton Union St. YMCA
 YMCA GTA-14-Markham YMCA
 YMCA GTA-31-Toronto Central YMCA
 YMCA GTA-32-Toronto Cooper Koo YMCA
 YMCA GTA-40-Toronto West End College St. YMCA
 YMCA GTA-50-YMCA-Oshawa-Mary-Street
 YMCA GTA-1-Acton_Park_Avenue
 YMCA GTA-10-Brampton Heart Lake YMCA
 YMCA GTA-16-Milton E.C. Drury Y
 YMCA GTA-17-Milton Hetherfield YMCA
 YMCA GTA-23-Oshawa Maxwell Heights YMCA
 YMCA GTA-24-Pickering Petticoat Creek YMCA
 YMCA GTA-25-Richmond Hill Lake St. George YMCA
 YMCA GTA-26-North York
 YMCA GTA-28-Stouffville Bruce's Mill YMCA
 YMCA GTA-30-Cedar Glen Outdoor Centre
 YMCA GTA-33-Toronto Island East YMCA
 YMCA GTA-34-Toronto Beaches YMCA
 YMCA GTA-36-Toronto Scarborough Town YMCA
 YMCA GTA-37-Toronto Shaw Street YMCA
 YMCA GTA-38-Toronto Leslie Street YMCA

YMCA GTA-39-Toronto Roxborough Drive
 YMCA GTA-41-Toronto Island West YMCA
 YMCA GTA-43-Toronto Fieldstone
 YMCA GTA-44-Toronto_Broadview Avenue
 YMCA GTA-48-YMCA-Brooklyn-Chris-Hadfield
 YMCA GTA-9-Georgetown Silvercreek YMCA

Prince Edward Island

Camp Phoenix

New Brunswick

Camp Canak
 Shiktehawk Bible Camp
 NBRU Rookie Rugby Day Camps
 Abony Family Tennis Center
 Camp Dragonfly



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Québec à Trois-Rivières (UQTR)



Benoit Tremblay

Director
Executive Assistant, Réseau des
unités régionales loisir et sport
du Québec (RURLS)

Advisory Committee

The Advisory Committee, created in the fall of 2020, has a mandate to report to the board of directors of the Fondation concerning issues encountered at summer camps, and to issue recommendations to the Fondation aimed at facilitating the dissemination of its program, services and tools.

André Thibault – Director – Professor Emiritus, Université du Québec à Trois-Rivières (UQTR)

Éric Beauchemin – Executive Director, Association des camps du Québec (ACQ)

Diane Gosselin – Recreation consultant, Loisir et Sport Montérégie (LSM)

Mélanie Sanschagrin – Executive Director,
Fédération québécoise des centres communautaires de loisir (FQCL)

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Marie-Claude Beaumont – Development Agent, Direction des centres des services loisirs,
sport et développement des communautés, Centre de services de Gatineau

Tania Paracini – Executive Director, Fondation Tremplin Santé

Team



Tania Paracini

Executive Director



Guillaume Aird

Coordinator,
Ontario



Karine Chamberland

Nutritionist,
Coordinator



Rebecca Uhland

Kinesiologist
Coordinator

Our Interns

Interns in kinesiology

Dama-Rosalie Fonséca (Université Laval)
Camille Lamontagne (Université Laval)
Émilie Gauthier (Université Laval)

Students contributing to the program evaluation in 2021

Melvin Chen (University of Waterloo)
David Larose (Université Laval)
Simon Prince (Université Laval)
Essoninam Banakinao (Université d'Ottawa)

Interns in nutrition

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Marianne Legault (Université Laval)
Marie-Ève Desrosiers (Université Laval)
Elie Touma (Université de Montréal)
Toni Tra (University of Prince Edward Island)
Anykim Boucher (Université Laval)
Kyala St-Georges (Université de Montréal)
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Marie-Ève Bernard (Université Laval)
Rose Thivierge-Abel (University of Ottawa)
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Mallory Roy (Universit   Laval)
  l  onore Dessureault, b  n  vole (University of Ottawa)
Marc-Antoine Simard (Universit   Laval)



Facult   de m  decine
D  partement de nutrition
Universit   de Montr  al



uOttawa

Our heartfelt thanks go out to our invaluable collaborators for their contribution to Power Up initiatives this year!

Consultants and Trainers

Emma Kennedy, Kate Bradley, Marie-Douce Guay, Meri Makaryan, Guillaume Roberge, Yan D'Amours, Philippe Dupr  -Deslande, Bastien Beauchesne et Julien Pertin

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Summary of financial statements 2020-2021

Income Statement

	2021	2020
PRODUCTS		
Grants	705 665 \$	429 478 \$
Donations	242 500 \$	417 500 \$
Other	10 914 \$	10 724 \$
	959 079 \$	857 700 \$
EXPENSES		
Operating Expenses	682 704 \$	492 494 \$
Evaluation Fees	68 669 \$	42 412 \$
Administrative Expenses	112 438 \$	124 842 \$
	863 811 \$	659 748 \$
SURPLUS	95 268 \$	197 952 \$

Report as of September 30

	2021	2020
ASSETS		
Current Assets		
Treasury	245 866 \$	696 898 \$
Deposit At Term	-	-
Accounts receivable	540 092 \$	51 427 \$
Prepaid Expenses	-	-
	785 958 \$	748 325 \$
Fixed assets	7 801 \$	9 751 \$
ASSETS TOTAL	793 759 \$	758 076 \$
LIABILITIES		
Current Liabilities		
Accounts Payable	42 864 \$	27 493 \$
Deferred Revenues	-	74 956 \$
	42 864 \$	102 449 \$
NET ASSETS		
Unrestricted Net Assets	750 895 \$	655 627 \$
TOTAL LIABILITIES AND UNRESTRICTED NET ASSETS	793 759 \$	758 076 \$

Thank You to our Donors

The Fondation Tremplin Santé extends a warm thanks to its financial partners, who each year allow it to fulfil its mission with the camps, counselors, and of course the campers.



Agence de la santé publique du Canada

Public Health Agency of Canada

Secrétariat à la jeunesse Québec



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DU CANADA

Saputo

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