

# TLAC 2025 Program Descriptions

The Trillium Lakelands Arts Camp (TLAC) is set up as a typical high school day with four periods per day. Referring to the program descriptions on the following pages, students can make session choices during their assigned registration window to create a full 4-period schedule. Up to a maximum of two (2) Health & Wellness sessions may be chosen.



- Junior programs are available to students in Grades 7 to 8
- Senior programs are available to students in Grades 9 to 12

Some workshops have a limited number of openings. Space in these courses is available on a first-come, first-served basis.

Courses marked with an asterisk (\*) are 2-period courses.

* 2 period course		Jr. = Grades 7-8	Sr. = Grades 9-12	
Period 1		Period 2	Period 3	Period 4
Visual Arts	Jr. Watercolour	Jr. Sculpting with Air Dry Clay	Jr. Pottery*	
	Jr. Flat Needle Felting	Jr. Gemstone Bracelet Making	Jr. Cartoons and Comics	Jr. Mixed Media Collage Making
	Silhouette Self-Portrait	Sr. 3D Needle Felting	Jr. Photography	Portraiture Drawing
	Sr. Realistic Painting	Sr Watercolour	Sr. Gemstone Necklace Making	Sr. Acrylic Nature Painting
	Sr. Photography	Sr. Textile Embellishment	Sr. Mixed Media Collage	Sr. Lino Cutting
Sr. Pottery*		Gargoyles, Goblins, and Ghouls (all ages)*		
Dance	Dance Ensemble*		Tap Dancing Level 1	Tap Dancing Level 2
		Hip Hop		Dance Around the World
Music	Int./Adv. Concert Band*	Vocal Music: Singing Together Level 1	Int./Adv. Concert Band*	Int./Adv. Stage Band (Pop Music)
	Ultra Beginner Band	Rock Band*	Vocal Music Level 2	Rock Band*
	Guitar Level 1	Singer/Songwriter	DJ Performance Training	Sr. Taste of Broadway
	Improv Percussion		Ukulele	Jr. Taste of Broadway
Theatre	Musical Theatre *		Jr. Improv	Sr. Games for Actors and Non Actors
	Behind the Scenes*		Young Playwrights	Sr. Movie Monologues
	Sr. Shakespeare Off the Stage			
Students may select a maximum of 2 Health & Wellness Courses				
Health & Wellness	Field Games	Field Games	Sports Medley	Sports Medley
	Waterfront	Waterfront	Waterfront	Waterfront
	Racquet Sports		Racquet Sports	Racquet Sports
	Ropes	Ropes	Ropes	Ropes
	Mountain Biking	Mountain Biking	Mountain Biking	Mountain Biking
	Survival		Survival	Survival
	Sr. Independent Study (Gr. 11-12)	Leadership	Mindfulness/Yoga/Journaling	Sr. Independent Study (Gr. 11-12)

## Visual Arts

Students taking any visual arts program are encouraged to bring a mixed media sketchbook, photos/media inspiration and a pencil. Students taking classes in pottery, sculpture, and painting are asked to bring old clothing and/or an apron.

### General

#### **Gargoyles, Goblins, and**

**Ghouls:** Don't be scared! Face your fears using clay and cathedral-inspired gargoyles, goblins, and ghouls. This class will help you to clearly articulate a fear and shape it with fantasy imagery, strength, and skill in a safe environment to connect with yourself.

#### **Silhouette Self-Portrait:**

Develop a sense of self and voice as an artist. The true power of an artist is having faith in yourself. This project allows you to evoke the power of images and words to show who you really are. This unique and visual cohesive work will be a keepsake time capsule of who you are and who you hope to become.

**Portraiture Drawing:** Using inspiration from [Hans Holbein](#), [Diego Velázquez](#), and other caricature artists you will be creating a series of portraits. Proportion, anatomy, and basic spacing of facial elements will bring your portraits to life.

### Junior (Grades 7-8)

**Jr. Watercolour:** Let the watercolour flow! Using colour mixing and artful tool techniques you will use elements of design to create abstracts and experiment with

your own ideas. Build confidence that can lead to a whole world of artistic expression.

**Jr. Flat Needle Felting:** Create whimsical scenes and landscapes inspired by the beautiful setting at camp or out of your imagination. Wool painting, or flat needle felting, creates beautifully textured and layered colours without any need for paint or brushes! Use colourful wool tufts and a needle to imprint your designs into a felt sheet, no drawing skill required.

#### **Jr. Sculpture with Air Clay:**

Learn to sculpt with air dry clay. Using nature and found objects to make impressions in clay, these tools and techniques will allow you to create multiple small projects with intricate details. The clay will be left to air dry and remain unpainted and natural and you will be given options for how you want to display and showcase your creation(s).

#### **Jr. Gemstone Bracelet**

**Making:** Students will learn about the properties and origins of specific gemstone bead offerings, they will learn different techniques to make bracelets, including stretch cord knots, knotted bead bracelets, and metal fittings.

**Jr. Pottery:** Come create with your hands to mould and design with clay. Students will get an introduction to working with kiln-fired clay to create beautiful pottery.

#### **Jr. Cartoons and Comics:**

Using inspiration from Sunday comics, Marvel/DC-style comics, and the Japanese manga style, you will choose a style to create a comic with an original story. Explore a new universe as you draw out various character pages and enjoy creating backstories.

#### **Jr. Mixed Media Collage:**

Experience the therapeutic and mindful experience of building a collage. You will create by layering and piecing together various forms of media such as magazine clippings, paint, and textiles.

**Jr. Photography:** Discover basic photography concepts and foundational skills while infusing your own creative style and ideas to capture the perfect shot! You'll also learn essential editing techniques and create a collection of work to showcase by the end of the week.

### Senior (Grades 9-12)

**Sr. Pottery:** Come create with your hands to mould and design with clay. Students will gain more skills and techniques

to work with kiln-fired clay to create beautiful pottery.

**Sr. Lino Cutting and Printmaking:** Dive into the world of textures and patterns. Explore the art of linoleum printing, where you'll carve intricate designs onto linoleum blocks, creating captivating textures and patterns. With expert guidance, you'll experiment with various printing techniques and unleash your artistic potential.

**Sr. Textile Embellishment:** Create a one-of-a-kind wearable piece of art using textile embellishment techniques such as Batik style, safety pin beading and fabric painting.

**Sr. Realistic Painting:** Inspired by [The Group of Seven](#) and the natural surroundings of camp, this class involves immersing oneself in the vibrant world of nature. Mixing colours, capturing the essence of light and shadow, creating depth and texture—each brushstroke brings the landscape to life, allowing you to express the beauty and serenity of TLAC.

**Sr. 3D Needle Felting:** Create fuzzy figurines and creatures of all kinds using three dimensional needle felting techniques. Learn to create a supportive armature, build up a wool core, and needle on surface colours and textures that bring your creations to life.

**Sr. Watercolour:** Explore the magic of watercolour by connecting our natural world through the wonderful beauty and silky transparency. You will explore watercolour techniques, and work towards creating a final watercolour work of art.

**Sr. Gemstone Necklace Making:** You will learn about the properties and origins of specific gemstone bead offerings with different techniques to make a variety of necklaces, including mala knotted necklaces and metal fittings with clasps.

**Sr. Mixed Media Sculpture:** You are invited to create and interpret your own sculpture canvas using wire, paint and nylon. Choose from a variety of media and textiles to enhance your sculpture. Your imagination becomes the creation.

**Sr. Photography:** Dive into the world of photography, where you'll explore fundamental concepts, organic and natural shapes, and subjects. Develop your unique creative style while focusing on various forms of lighting and angles to enhance your shots. Whether you're refining your skills or experimenting with new ideas, you will elevate your photography to the next level using essential editing techniques and by producing a stunning collection of work to showcase.

**Sr. Acrylic Nature Painting:** Take in the surrounding beauty at TLAC and hone your painting skills with acrylic nature painting. We will work on layering colours and reproducing natural textures to create scenes and landscapes with depth and authenticity

## Dance

**Dance Ensemble:** This class is for everyone who wants to dance. From experienced dancers to students who have never taken a dance class, everyone is guaranteed to leave as a stronger dance artist. Students will learn contemporary dance choreography, along with other fun styles and skills. Students will also use the tools of composition to create their own dance pieces, with support from the instructor, in groups of similar age and skill level. Students taking this course will perform in the final culminating performance at camp. You will not regret signing up for this course if you want to explore your abilities as a dance artist! Please bring black clothing that you can comfortably move in.

**Dance Around the World:** In this course students will learn different dance styles from around the world! Highland dance from Scotland was originally danced by soldiers. It is sure to challenge your agility, strength and stamina with dances such as the highland Fling and the Sword dance. Saman dance from Indonesia consists of complex clapping patterns and body percussion. Finally, the CanCan is a French style of dance that is full of energy, kicks, and even has some cartwheels! No dance experience necessary! Please bring black clothing that you can comfortably move in.

**Hip Hop:** This class is open to all skill levels! Throughout the week, you'll practice and prepare for an exciting stage performance at the end of the week. Be sure to wear comfy clothes for dancing and bring clean running shoes. Get ready to have fun!

**Tap Dancing Level 1:** This class is ideal for beginners or students new to tap who want to give it a try! You'll learn about tap shoes, basic steps, and smaller combinations as you work toward a final performance at the end of the week. If you have tap shoes, please bring them. If not, your instructor will reach out to find your size and provide shoes. For the performance, bring an all-black outfit. Please note, if tap shoes in your size aren't available, you may need to choose a different class.

**Tap Dancing Level 2:** This class is designed for intermediate tap dancers, and previous tap experience is required. Participants should already have a solid foundation in tap and be comfortable with tap choreography. Throughout the week, you'll prepare for a final performance. Please bring an all-black outfit for the show. You must have your own tap shoes to participate.

## Music

With the exception of drums and keyboard/piano, students must provide their own instruments from home, or borrow them from their home school.

**Ultra Beginner Band:** Have you always wanted to learn an instrument? Ultra Beginner Band is the course for you! Throughout the week, you will learn how to play an instrument of your choice and how to play basic tunes! You can choose from the following instruments: flute, clarinet, alto saxophone, tenor saxophone, trumpet, trombone, or euphonium. Please indicate what instrument you would like to learn!

**Rock Band:** Do you have dreams of being a rockstar? Rock Band is the place for you! Students will work in a small group to choose, practice and perform songs. Sound equipment will be provided, such as amps, microphones, keyboards, drums, and patch cords. Please bring your own acoustic/electric guitar, bass guitar, drum sticks, and voice!

**Vocal Music Level 1: The Joy of Singing Together:** Find the joy of singing together with new friends. In this course, you will be introduced to different vocal warm-ups and techniques while blending your voice with others in a chorus. This vocal course is designed for students of varying abilities who enjoy singing. Music will focus on modern pop songs as well as some classic choral numbers. No previous experience required, but a willingness to put your best voice forward,

perform as a member of a group and meet new people.

**Vocal Music Level 2: Mastering Techniques and Harmonies:** Sing out! This vocal course is designed for students who have enjoyed previously singing in a choir and want to continue to build skills for singing harmonies, acapella arrangements and vocal abilities. Music will range from modern arrangements found in social media and classic tunes as well. A performance is scheduled for the end of the week on Friday evening. 1-2 years choral experience is recommended.

**Improv Percussion:** Inspired by the musical culture of Newfoundland kitchen parties, Improv Percussion will teach students enough basics of percussion to improvise their own percussion parts and play along with a group. We'll discuss how percussion can encompass a wide range of instruments, including everyday objects that can be repurposed as instruments. We'll go over keeping time, drum rudiments, and the basics of learning by ear as well as how to be a percussionist without the need for sheet music or advanced theory. No percussion experience is required and all are welcome to join.

**Int/Adv Stage Band (Pop Music):** Come be a part of something awesome! Using famous tunes from across the eras, instrumentalists will grow from this experience! This course is open to students who play flute, oboe, clarinet, bassoon, saxophone, trumpet, French horn, trombone, baritone/euphonium, tuba, bass guitar (must be able to read staff notation—not TAB), bells, keyboard, and percussion. Minimum 2 years playing experience is recommended.

**Int/Adv Concert Band:** Do you enjoy playing in concert band? If yes, this ensemble is perfect for you! We'll explore a range of contemporary and popular music to enhance both individual and group playing skills. Instrumentalists who play flute, oboe, clarinet, bassoon, saxophone, trumpet, French horn, trombone, baritone/euphonium, tuba, bass guitar (must be able to read staff notation, not TAB), bells, and percussion are welcome to join this course!



**Guitar Level 1:** A fabulous opportunity to make 6 strings sing! This course is for students with little or no experience on guitar. Learn the basics of guitar, a number of common chords and strum out a few tunes. Students must provide their own acoustic guitar. No experience necessary.

**Guitar Level 2:** Love playing guitar and want to take your performance to the next level? Explore solo, small group, and ensemble settings. The course is for players who have mastered a handful of chords (C,G,D,Am,Em) and can strum a few basic strumming patterns. Players can look forward to expanding their chord repertoire, refining strumming techniques and learning TAB notation. Sight reading notes is an asset but not required as the melodies you love to play

will also be in TAB. Students must provide their own acoustic guitar. If bringing from school, please confirm the instrument use with the teacher.

**Singer/Songwriter:** Do you have dreams of being a campfire-playing, coffee house-performing singer/songwriter guru? This is the course for you! In singer/songwriter students are introduced to proven song writing strategies and basic song structures. They then work collaboratively with a partner or individually (with some guidance) creating new songs they can share. Bringing an acoustic guitar, portable piano or ukulele and having basic skills on the instrument is highly recommended. Students must provide their own instrument, a notebook and writing tool.

**DJ Performance Training:** Get ready to cue up and get the songs pumping! Students will get hands-on training with how to set up and manage sound and lighting equipment, as well as familiarizing themselves with industry standard software and mixing techniques. Students will learn live mixing and DJ skills with the goal of performing during lunch, dance parties or camp events during the week. A great introduction to and how to spin a great night of music.

**Ukulele:** Become everyone's campfire hero! With this intro to ukulele, you will learn the 4 chords to unlock and play about 100 pop songs you hear on the radio. Perfect your playing technique while singing along and strumming your way to musical mastery! Students are required to bring their own ukulele.

## Theatre

### General

**Musical Theatre:** Looking to ignite your passion for the stage or hone your already shining star? Musical Theatre is for you! In this class, students learn the music, choreography and short scenes from contemporary and classical musicals to create a fully costumed performance connected by this year's theme of: "Once upon a Story..."

**Acting Minor:** This engaging class introduces students to the fundamentals of acting, focusing on the essential skills needed to perform monologues, dialogues, and group scenes with confidence and creativity. Students will gain a solid understanding of the unique contributions of each actor on stage while exploring the nuances of physical acting and the key differences between theatrical and film performances. Through dynamic exercises and collaborative performances, participants will cultivate their expressive abilities and develop a deeper appreciation for the art of acting, preparing them for future theatrical endeavours.

**Young Playwrights:** Students will learn the art of writing a short play, culminating with a workshop read with a live audience.

**Behind the Scenes:** Students will learn everything it takes to run a successful stage production! You will study and assist in sound and lighting, costume and prop design and stage management. This course runs alongside the Musical Theatre class. No previous experience required. Please bring comfortable black clothing.

**Clowning:** Take this workshop to meet your clown. It's not about face paint and circus tricks: you won't even have to cram into a car. We put on the red nose to explore the world with big eyes and a fresh perspective. The clown's humour comes from the simple idea that there are no wrong answers. Fill your heart with innocence and wonder, and you will find a hundred different ways to eat a pie. Most of them are messy—and there's the fun!

**Puppeteering:** Participants will start the week by crafting colourful characters out of felt, foam, and hot glue. Watch as you transform household items into real personalities! Later in the week, we will meet our creations by performing short plays with our puppets as characters. New this year: choose your puppet's shape from several models. All you need to bring is a full-length sock. Could be plain, or something fun that inspires you. We have all the necessities for the creative process, but if

there's anything around your home that lights a creative spark, you can bring that: swatches of colourful fabric, patches of fun fur, or any odd crafty bits that you want to make a unique part of your character.

### Junior (Grades 7-8)

**Jr. Taste of Broadway:** This workshop serves up a Broadway buffet! Come snack on today's biggest stage hits and sample some best loved show tunes with singing and dancing. We will satisfy your hunger for the spotlight by combining stage vocals with choreography to bring each number to life.

**Jr. Improv:** Some seriously hilarious improv fun! Improv is a form of live theatre in which the plot, characters, and dialogue of a story are created on the spot! Through exercises, games, and training, we will build unique, spontaneous, and entertaining scenes—sometimes funny, sometimes not, but always unique every single time! Be positive! Get creative! Be part of a team! Have some HUGE fun!

## Senior (Grades 9-12)

**Sr. Taste of Broadway:** This workshop serves up a Broadway buffet! Come snack on today's biggest stage hits and sample some best loved show tunes with singing and dancing. We will satisfy your hunger for the spotlight by combining stage vocals with choreography to bring each number to life.

**Sr. Games for Non Actors and Actors:** To act is to perform, to pretend, to imagine. To act is also to take action: to change the world around us. [Augusto Boal](#) was a South American theatre director who used that first kind of acting to inspire the second. Boal's troupe worked in poor communities all around the world, using theatre games to

help oppressed people plan the ways they could affect change. Together, we will play Boal's games to imagine the world we want to see and to plan the actions we could take to get there. Remember that all the games in the arsenal are for actors and non-actors alike, so no experience is necessary.

**Sr. Shakespeare Off the Stage:** Students will explore the magic of William Shakespeare's works in unconventional outdoor settings and hidden nooks, turning them into unique performance spaces. This class offers a dynamic environment where members can deepen their understanding of the Bard's language and themes while honing their acting skills through immersive rehearsals and performances. By stepping outside the traditional theatre,

students embrace creativity, foster teamwork, and share the timeless brilliance of Shakespeare with the community in fresh and engaging ways.

**Sr. Movie Monologues:** This class uses the "actor's toolkit" to interpret and perform monologues from contemporary movies. By learning to recognize the hidden beats, intentions, and motivations of characters, we will focus on interpreting and staging monologues with emphasis on character development. For those that are interested, there will be opportunities to perform and experience the effect a live audience has on a performance and to continue building confidence both on and off the stage



## Health and Wellness

Students may select a maximum of two (2) Health & Wellness courses.

**Sr. Independent Study:** This course is for senior students in Grade 11 and 12 only who have a heavy workload at school and are in need of time to complete school work while attending TLAC.

**Field Games:** Taste the rainbow of outdoor activities. This program is for people who enjoy being active and outdoors. It includes a sampling of group games and activities without a focus on a specific sport. Examples may include chuck the chicken, manhunt, ultimate frisbee, capture the flag, and quidditch, to name a few!

**Waterfront:** This course is for students who enjoy participating in water activities. The waterfront program will include kayaks, canoes, stand-up paddleboards, and many other fun waterfront activities. Students will have to pass a swimming test at camp and wear PFDs at all times. The weather and water in the early spring can be chilly, so come prepared!

**Racquet Sports:** Learn and improve your racquet skills on the beautiful hardcourts at Camp White Pine. Learn to play singles or doubles. Master your smashing serve, devastating drop shot, and slippery slice!

**Outdoor Adventure/Survival:** Wilderness survival skills, bush craft, and orienteering for the artist! During Survival, you can enjoy trekking in the woods and trails at camp, learning how to take bearings on a map with a compass, use a GPS to set your location and find treasures. Build different types of emergency shelters, learn different methods of starting fires and have a fun team competition on the last day.

**Ropes:** Ropes are always a big hit as the camp has world class facilities (low ropes, high ropes, leap of faith, zipline, bungee swing, etc.). Learn to challenge yourself—the sky's the limit (literally!).

**Mountain Biking:** Camp White Pine has some fantastic forest roads and single track riding on top notch bikes. All of these activities are led by well-trained and certified leaders from Camp White Pine Staff using the incredible White Pine facilities and equipment. Ride hard, ride fast, send it!

**Sports Medley:** Get your game on! This course is for students who want to play a variety of sports, field games, and outdoor adventures. The focus is on burning lots of energy while rotating through various activities (basketball, ball hockey, field games, ultimate, etc.) throughout the week in a fun and inclusive manner.

**Leadership:** Leadership skills come in a variety of styles. Learn to hone the particular style that suits your personality. In this course, students will workshop icebreakers and team building activities. The skills you will practice and experience at camp will be easy to transfer back to your school and community. Students will also have an opportunity to take on leadership roles around camp. Counsellors enrolled in the course will have opportunities to discuss and problem solve ongoing dynamics at camp.

**Walking/Yoga/Mindfulness:** Students will start off the class with a brisk walk throughout the beautiful grounds of camp White Pine. Following this, an invigorating 45 minute yoga session leaving time at the end for reflection and journaling based on the day's theme. Students will explore the important balance of physical and mental health, and learn some techniques that can help focus the mind to foster creativity and show up as their best selves. No experience required, all are welcome to join. Please bring any type of journal with you.