



COUNSELOR IN TRAINING PROGRAM (13-16 years old) SUMMER CAMP 2025

GENERAL TEEN INFORMATION

				<input type="checkbox"/> M	<input type="checkbox"/> F
Last Name _____		First Name _____			
Address _____		Apt. # _____	City _____	Province _____	
Postal Code _____	Home Telephone # _____		Cell Telephone # (1 or more) _____		
Parent's e-mail _____		Date of Birth (YYYY-MM-DD) _____		Age as of June 25 _____	
Medicare # _____	Expiration _____	Diagnostic: _____			

REGISTRATION

Please indicate your choice (choose **1 or more**)

- \$ 300 - SESSION 1 (WK 1 - June 25 to June 27, WK 2 – June 30 to 4 and WK 3 - July 7 to 11)
- \$ 300 - SESSION 2 (WK 4 - July 14 to 18, WK 5 - July 21 to 25 and WK 6 – July 28 to August 1)
- \$ 300 - SESSION 3 (WK 7 - August 4 to 8, WK 8 - August 11 to 15 and WK 9 - August 18 to 22)

**There will be a mandatory orientation on June 23 from 10h – 15h (subject to change)
After finishing a session, it is possible to add weeks.**

PROGRAM CHOICE

(Details on page 3)

JUNIOR (0-1 summer experience)

JUNIOR AQUA (0-1 summer experience + Bronze levels certification)
THIS PROGRAM IS ONLY AVAILABLE **SESSION 2**

SENIOR (15 years of age or previously a SENIOR)

SENIOR AQUA **(must be 15 years old with a valid Bronze Cross certification)**
THIS PROGRAM IS ONLY AVAILABLE **SESSION 3**

Please answer the following Google form! *Registration will remain pending till completion of the form.*



<https://forms.gle/sY34BbySFVzXPBCZ8>

I will adhere to all policies set by the camp administration. **I understand that during camp hours usage of cellphone or smartphone is prohibited.** I certify that all information provided in this request for the CIT program is true and correct and was written by the CIT applying. I understand that should I be accepted to the program, any **false** declaration of information given in this request would be sufficient grounds for my immediate dismissal. I authorize *La Corporation du Centre du Sablon* to verify the accuracy of the information provided.

Applicant's signature: _____

Date: _____

Parent's signature: _____
(if applicant is 14 years old or less)

Date: _____

PLACES ARE LIMITED. DEADLINE JUNE 15th. Applicants for the Senior programs will be called at the end of May for an interview.

A \$19.50 (plus tax for 15 + year olds) annual membership fee is mandatory. Acceptance to the program will depend on the application form and interviews. Once accepted, applicants must fill out payment form.

Please send application to cdj@centredusablon.com

JUNIOR CIT PROGRAM

The Junior CIT program targets youths aged 13 to 15, with 0-1 summer of CIT experience. It aims to provide a secure environment for those interested in leadership roles to explore counselor responsibilities and general work-life concepts. Emphasizing key leadership qualities, the program focuses on:

- Effective communication
- Animation training
- Activity planning and facilitation
- Child development and well-being
- Leadership opportunities
- Health and safety protocols
- Community involvement

Junior CITs will rotate through different age groups, dedicating half their day to leader-led training sessions involving team-building activities and presentations. The remaining time is spent in supervised groups, where they observe, assist, and learn the ropes of an animator. At the end of their session, CITs will receive a **certificate of completion of the program**. CITs are supported throughout the program by the CIT Leaders who will evaluate their progress and provide constructive feedback. Possibility of registering for more than one session. During their second session, the CITs will receive more practical experience to complete theoretical competency acquired during the first session. **Acceptance into the program is dependent on application and interview.**

***NEW* JUNIOR CIT AQUA**

This **hybrid program** is designed for young leaders aged **13-14** who are eager to develop their **teamwork, leadership, and animation skills** in a fun and dynamic camp environment, while also nurturing their **passion for swimming**.

Through **hands-on activities, interactive workshops, and mentorship from experienced staff**, Junior CITs will learn the fundamentals of working with children while fully enjoying the **camp experience**. Additionally, they will have the opportunity to **obtain their Bronze Medallion and Bronze Cross certification** from the **Société de Sauvetage**, paving the way for a **future career as a lifeguard or swimming instructor!**

SENIOR CIT PROGRAM

The Senior CIT program targets youths aged 14-15 (Sec 2 to 4), designed specifically for teens with more than one summer of CIT experience. Tailored to prepare teens for counselor roles, the program emphasizes spending the majority of their day within designated groups. The program is geared towards CITs with a strong will to become counselors and have an interest in working with children in the future. Seniors remain with the same group throughout the session, fostering strong connections with the children and becoming an important part of the group. The program focuses on:

- Intervention methods and problem-solving techniques
- Characteristics and psychology of children according to their age group
- Emergency measures
- Animation techniques

- Activity planning
- Leadership opportunities

Limited spots are available, and interviews will determine acceptance. Seniors undergo training and evaluation akin to regular counselors. **Upon program completion and receipt of their diploma, they will receive priority notification about summer 2025 hiring opportunities.** CITs are supported throughout the program by the CIT Leaders who will evaluate their progress and provide constructive feedback. Possibility of registering for more than one session. During their second session, the CITs will receive more practical experience to complete theoretical competency acquired during the first session.

***NEW* SENIOR AQUA CIT PROGRAM**

This hybrid program is designed for **15-16 year-olds** who are eager to develop their **leadership, group management, and aquatic instruction skills** in preparation for a **future career as a swimming instructor.**

As an **Aqua Senior CIT**, you will receive **hands-on training**, participate in **interactive workshops**, and gain **real experience** working with campers under the supervision of certified swim instructors. This program is ideal for those looking to build **confidence, responsibility, and essential skills in swim instruction.**

This program leads to a Swim Instructor certification!

To register, candidates must have already obtained their **Bronze Cross certification.**

All Aqua Senior CITs must go through an interview process. This interview is mainly to get to know the candidates beforehand and to assess their motivation for the program.