

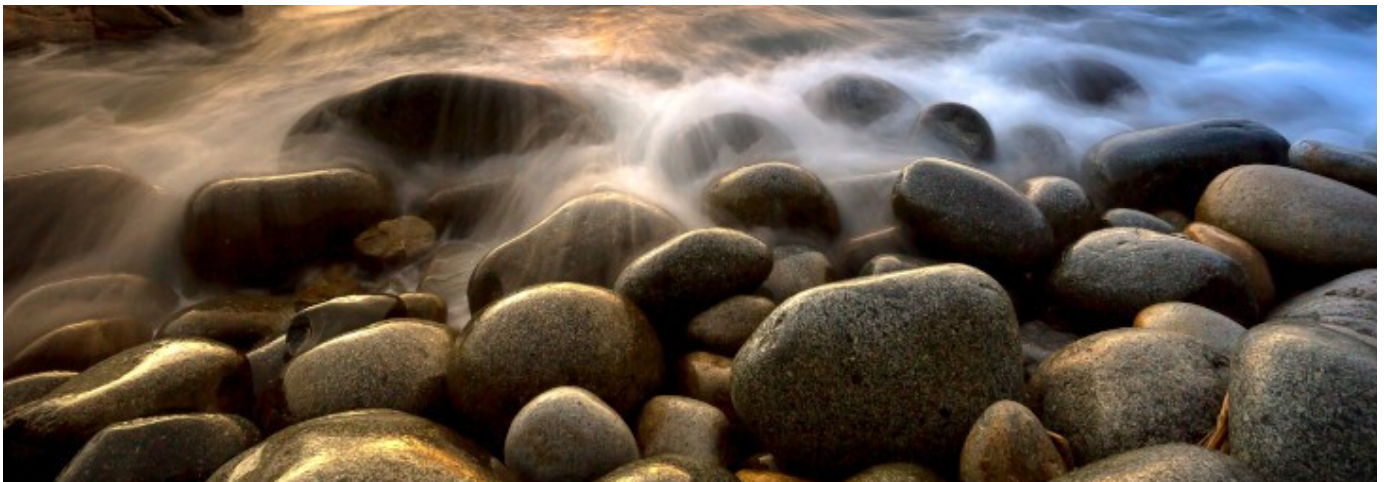


WaterStone
ACADEMY

www.waterstone.academy

COURSE CATALOGUE 2026

adventures@waterstone.academy



WaterStone Academy Course Codes

example: **OS10**

- The first two letters identify the course / workshop name. In this example, “OS” means it’s an Outdoor Survival course.
- The third character is a number which identifies the course / workshop as Level 1, Level 2, Level 3, etc. In this example, it’s Outdoor Survival Level 1. *Usually, completion of a level 1 program is a prerequisite for enrollment in level 2 programs, completion of level 2 is a prerequisite for enrollment in level 3, etc.*
- The last number identifies the type of course / workshop:

Code	Meaning
0	Full 8-Lesson Course <i>(taught over 8 consecutive days, weeks, or a custom time frame)</i>
1	Single Lesson <i>(90 minutes, any time of day)</i>
2	Half-Day Workshop / Special Event <i>(Two 90-minute lessons, with a break in between lessons)</i>
3	Full-Day Workshop / Special Event <i>(Four 90-minute lessons, in addition to breaks and lunch)</i>
4	2-Day Intensive 8-Lesson Course <i>(no overnight camp)</i>
5	2-Day Intensive 8-Lesson Course With Overnight Camp <i>(2 consecutive full days with an overnight)</i>
6	Elementary Years Course (12 Lessons) <i>(designed for ages 5-10) (grades K-4)</i>
7	Middle Years Course (12 Lessons) <i>(designed for ages 10-14) (grades 5-8)</i>
8	Senior Years Course (12 Lessons) <i>(designed for ages 14-18+) (grades 9-12, and adults)</i>
9	Online Course <i>(course taught remotely – either live or asynchronously)</i>

Gain the benefit from decades of experience!
WaterStone’s instructor has been teaching the skills in this catalogue for over 30 years.



WaterStone Academy SURVIVAL COURSES



OS10 Outdoor Survival Level 1 Course

Are you ready for outdoor adventures? Learn outdoor and survival skills in a spring, summer, or autumn environment in this 8-lesson experience. We'll show you how to prepare your body and your equipment for full enjoyment of outdoor activities – plus how to manage an unexpected night or two out in the wild.

From fire-lighting and shelter-building to water preparation, signaling, navigation, to understanding the essential gear to carry, we'll introduce you to the fascinating world of preparedness and survival skills. Gain competence and confidence in your readiness for outdoor and everyday pursuits!

Available May – October at your outdoor location



OS12 / OS13 Outdoor Survival Level 1 Workshops

The content of the OS10 course can also be experienced as a series of workshops. OS12 (half-day) workshops are 2 lessons each, and OS13 (full-day) workshops are 4 lessons each

Available May – October at your outdoor location



OS15 2-Day Outdoor Survival Level 1 With Overnight Camp

We'll come to your location for a 2-Day version of the course – all the content of Outdoor Survival Level 1...but why not make it a family or group EVENT? On Day 1 we'll go through lessons 1-4 of the course. We'll cook outside for lunch and supper, and continue on into the evening with some night-time survival tips, star navigation (weather-permitting), and some amazing and encouraging campfire time. In the morning, we'll cook breakfast outside, then finish off lessons 5-8, pausing for an outdoor lunch, naturally. Perfect as an event for groups of families, friends, homeschool co-ops, or work colleagues: come learn practical skills and make treasured memories at the same time!

Available May – October at your outdoor location



OS17 Outdoor Survival Level 1 (School Term)

Why not set up a survival skills program for your school or homeschool co-op that runs all term? An expanded version of OS10 with lessons over 12 consecutive weeks, lots more time for Q & A and skill practice, and plenty of review and reinforcement to ensure better learning and retention. There will, of course, be a "survival skills team competition" as the last class!

Available March – June and September – December at your location

WaterStone Academy SURVIVAL COURSES, cont.



OS20 Outdoor Survival Level 2

Many who experience the Outdoor Survival Level 1 courses and workshops want to continue their learning journey with more. Just as first aid and swimming skills require regular review and repetition to become fully installed in our minds and bodies, survival skills education benefits greatly from repeated experiences.

OS20 has plenty of review as a foundation – especially beneficial if you took Level 1 a while ago – but also introduces more advanced techniques and details across the spectrum of survival skills. Learn and practice the use of new tools, new firelighting skills, a variety of knots and shelter-building styles, additional ways to prepare food and water, and more detailed signaling and navigation techniques. Take your survival skills learning to the next level!

Available May – October

Prerequisite: OS10, OS15, or equivalent



OS25 2-Day Outdoor Survival Level 2 + Overnight Camp

All the content of the Outdoor Survival Level 2 Course...but as a family or group EVENT. We'll come to your location for a 2-Day version of the course. On Day 1 we'll go through lessons 1-4 of the course. We'll cook outside for lunch and supper, and continue on into the evening with some night-time survival tips, star navigation (weather-permitting), and some amazing and encouraging campfire time. At this level, we'll do the overnight camp using tarp or bush shelters rather than tents! In the morning, we'll cook breakfast outside, then finish off lessons 5-8, pausing for an outdoor lunch, naturally. Perfect as an event for groups of families, friends, homeschool co-ops, or work colleagues who want to expand their survival skills and experience. When you *practice* real survival skills, you are better prepared for real survival *situations*.

Available May – October

Prerequisite: OS10, OS15, or equivalent

WaterStone Academy SURVIVAL COURSES, cont.



WS10 Winter Survival Level 1 Course

There is considerable overlap with OS10, but each of the 8 lessons feature elements specific to winter conditions in Manitoba. Learn how to prepare your mind, body and equipment for full enjoyment of winter activities – plus how to manage an unexpected night or two out in winter weather.

Topics include fire-lighting, shelter-building, water preparation, food, signaling, navigation, and the kinds of critical winter gear you need in this part of the world. WS10 can be an excellent introduction the fascinating world of preparedness and survival skills, or a great follow-up to OS10 or OS15. Just like with swimming lessons and first aid, *review* is always helpful for solidifying your knowledge.

Start getting your body and your equipment ready for winter adventures, and make sure you have the know-how to get back home from your winter travels – even when things go sideways out there.

Available November to March at your outdoor location. It is useful to have some indoor space for some of the lessons!



WS12 / WS13 Winter Survival Level 1 Workshops

The content of the WS10 course can also be experienced as a series of workshops. WS12 (half-day) workshops are 2 lessons each, and WS13 (full-day) workshops are 4 lessons each.

Available November to March at your outdoor location. It is useful to have some indoor space for some of the lessons!



QZ12 Quinzhee-Building Workshop (Half-Day)

Learn to build a Quinzhee that will actually work to keep you warm. 100% hands-on instruction to complete a working structure that will actually keep you warm, along with pro tips that help you avoid typical mistakes. Come dressed for the weather and snow conditions, bring your favorite shovel, and get ready to learn this classic Canadian skill! A fun morning or afternoon winter activity for all ages, with lots of memorable photo opportunities.

Available December – March at your outdoor location (depends on snow levels)



QZ15 Quinzhee Workshop + Overnight Camp

Another way to learn this fun Canadian winter skill – and put your project to the test! Build a Quinzhee with expert instruction, *then actually spend the night in one!* We'll meet at your location, spend the morning and afternoon perfecting our Quinzhees, and then we'll cook supper outside before climbing into our shelters. After an outdoor breakfast in the morning, you'll get to see how tough your Quinzhee really is. Come prepared with sleeping pads and a warm sleeping system for a winter night out you'll never forget!

Available December – March at your outdoor location (depends on snow levels)

WaterStone Academy PREPAREDNESS EDUCATION



PP11 Intro to Preparedness Presentation

A 60-90 minute overview of household and community preparedness, with plenty of time afterward for Q & A, equipment demos, and more. Ideally suited for homeschooling communities, church groups, etc. Come with your questions, have great discussions, and look at examples of preparedness equipment as you consider helping your family navigate through the challenges of the coming years.

Topics include:

- What Are We Preparing For?
- Basic Needs No Matter What
- Preparing People, Vehicles, and Homes
- *Real* Insurance: Shelter, Water, Food, Medical, & Financial
- Building Blocks to Community Preparedness

Available all year at your indoor location

Access to a projector or large-screen TV is required to run this presentation



PW12 Intro to Preparedness Workshop – Half Day

A more in-depth, half-day workshop version of PP11, with more time for Q & A, hands-on equipment demonstration & testing, and more detailed recommendations customized for your group or community.

Available all year at your indoor location

Access to a projector or large-screen TV is required to run this presentation



PW13 Intro to Preparedness Workshop – Full Day

A full-day workshop version of PW12. Considerably more time to go deeper on each aspect of household and community preparedness, in addition to the usual host of equipment to explore and test hands-on. Plenty of Q & A time included. Detailed preparedness plans for all participants, with lots of handouts and discussion starters of the specific, individual needs of each. We'll even do some role-playing of various emergency situations to help your group really understand the requirements for being ready. Ideal for groups who would like to become less dependent on "the system" and more dependent on one another.

Available all year at your indoor location

Access to a projector or large-screen TV is required to run this presentation

WaterStone Academy PREPAREDNESS EDUCATION, cont.



SK12 Survival Kit Construction Workshop

While the basics of building survival kits is addressed briefly in OS10 and OS15, this workshop focuses more intently on the fundamental survival skill of equipment preparation. Learn about various templates used to construct and evaluate survival kits, including how to scale them up or down in size and complexity. Lots of hands-on examples of various types of gear (which you can use and compare), along with detailed recommendations for getting the best value for your dollar when building and enhancing your personal kit.

Available all year at your outdoor or indoor location



SK25 2-Day Go-Bag Test With Overnight Camp

Now that you've learned the principles of survival kit construction and completed the assembly of your personal Grab & Go Bag, let's go out into the wild and *test* it! This is an overnight camping experience designed to help you actually *use* your survival kit items in an outdoor environment – *before* you find yourself relying upon them in a real situation. This is the single best way to evaluate and fine-tune your gear – you'll get lots of ideas for improvements and substitutions. At the same time, we'll have an epic adventure and make some great memories!

Available all year at your outdoor location

Prerequisite: SK12

WaterStone Academy OUTDOOR EVENTS



XC12 Cross-Country Ski Skills (Half Day)

Learn the basics of Nordic Skiing, either at a Winnipeg park location or the more picturesque trails at Birds Hill Park. Plenty of tips for various ski techniques and for getting more enjoyment and safety out of winter conditions in Manitoba, and follow up the adventure with hot chocolate and cookies! *A modest selection of skis, poles, and boots are available for use from the WaterStone gear collection, but you are welcome to bring your own!*

December – March, depending on temperatures and trail conditions



BK12 Bike Safety & Maintenance Workshop (Half-Day)

We'll get your bike cleaned up and ready for the summer riding season, or we can do a fall tune-up so it will be ready to go in the spring. Includes cleaning, tire inflation (and tube replacement if needed), brake adjustment, gear tuning, minor wheel straightening, cable tightening and adjustment (replacement if needed), chain lubrication, and seat setup. We'll show you how to properly get your bike set up for *your* body – especially if you are a young person who grew taller over the winter! Not only will we do all the tuning up we've described above, but we'll show *you* how to do it. Afterwards, you'll have the knowledge you need to do all of those things for yourself.

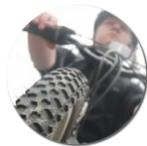
Available April – October at your indoor or outdoor location



BK13 Bike Safety & Maintenance + Group Ride (Full Day)

Similar to BK12 above, we'll spend the morning working on the bikes that arrive for tune-ups, take a break for lunch, then head out on some group rides for the afternoon. Lots of instruction on individual and group riding techniques designed to help keep you safe for your cycle commutes, workouts, and just-for-fun rides in an urban environment.

Available April – October, locations determined by your group



BK15 Bike Setup, Safety, and Maintenance + Overnight Camp

Ready to try cycle camping? Let's get your bike tuned up and set up, then head out on a group ride to an overnight camping location! Pannier bags for your bike or a bike trailer are strongly recommended for carrying cargo. Often we will employ the use of a support vehicle to transport some of our food and equipment – but, of course, the idea is to learn how to do a camping trip with minimal gear! Various distances are possible, depending on the starting and destination points. We'll set up a custom trip that's perfect for your family or group.

Available May – October, locations determined by your group

WaterStone Academy **OUTDOOR EVENTS, cont.**



CA12 Canoe Skills Workshop (Half Day)

Meet at a lake, retention pond, or reservoir for a half day of introductory paddling techniques designed to take the zig-zag out of your canoe trip experiences and finally put you in control of the craft. Learn to work together with a partner to move the canoe around in nimble ways you didn't know were possible, and participate in some fun games designed to hone your new skills. If there is time and interest, the course can include portage and canoe rescue techniques. We can arrange rental and transportation of canoes if needed.

Available May – October at various public and private locations



CA13 Canoe Skills Workshop With River Trip (Full Day)

Meet at a suitable put-in on the Red or Assiniboine river, and spend the day paddling downstream through Winnipeg. Along the way, you'll learn plenty of helpful paddling techniques, enjoy lunch on the water, and see the city from a completely new perspective. A relaxing and informative activity, great for church groups, youth groups, homeschool co-ops, and families. You'll need someone to meet you at our river exit point (TBA), but we can arrange rental and transportation of canoes if needed.

Available May – October at various river access locations for put-in and exit points



CA15 2-Day (or more) Canoe Skills Workshop With Overnight Camp

Up for the challenge of a real canoe trip? Even if you don't have the skills yet, this is an introductory trip designed to give you a genuine beginner backcountry canoe experience. Choose short, quick trips of 2 days, or longer, more relaxed excursions up to 5 days in length. We will arrange all the food purchasing and packing, and any needed rental and transportation of canoes, paddles, PFDs, etc. Come prepared to learn many useful paddling and portaging techniques, canoe games, rescues, and more! Some amazing camp cooking and time around the fire will make this a memorable experience for your family, church group, homeschool co-op, leadership training group, or workplace team.

Available May – October at various locations



OR12 Orienteering Workshops and Race Events

Needing some direction in your life? Let us show you how to use both Baseplate and Lensatic compasses, read maps, and find directions using nature! Learn how to use that compass you've had sitting in your collection of camping gear – or come find out what to look for when deciding to buy a new one. Included in this half-day workshop are easy-to-understand instructions and some orienteering games to practice. We can run the workshop in urban, rural, or wilderness areas.

Alternatively, we can set up an Orienteering Race Event for your group!

Available all year at your location

WaterStone Academy SELF-DEFENSE COURSES



UD10 Unarmed Defense Level 1 Course

A great introduction to self-defense, the 8 lessons of UD10 will help you learn to improve your situational awareness and defensive mindset, along with many practical techniques for defending yourself in a confrontation. We'll practice breakfalls, grab releases, basic groundfighting, a repertoire of striking techniques, effective kicking techniques, defense against stick and knife attacks, and more. As with all WaterStone martial arts courses, each class includes a warm-up, some strength-building exercises, and a full stretch. This course is best suited for ages 12 to adult – but ask about special sessions for families with younger kids. In our opinion, a basic self-defense course is as important for everyone as swimming lessons!

Available all year (outdoor or indoor sessions)



UD12 Unarmed Defense Half-Day Workshop

Imagine an entire morning or afternoon of working on your self-defense skills. This workshop essentially consists of two full lessons from the UD10 course above, with some extra techniques sprinkled in for good measure. You can choose to focus on releases, throws, kicks, ground techniques, or defense against armed attacks. As with all WaterStone martial arts courses, each class includes a warm-up, some strength-building exercises, and a full stretch. A great option for a youth group activity, workplace team-builder, or special event for your homeschool or community group.

Available all year (outdoor or indoor sessions)



UD13 Unarmed Defense Full-Day Workshop

For a more immersive self-defense experience, this full-day workshop draws from a little over half of the content of the UD10 course. Your group gets to choose which areas to focus on. Get ready for plenty of useful information, techniques, and partner practice. We'll take breaks throughout (including time for lunch) so your head doesn't explode! As with all WaterStone martial arts courses, each class includes a warm-up, some strength-building exercises, and a full stretch. UD13 is a fun option for your homeschool group to have a full-day experience, or as a unique PD day for your parent group or co-op teachers.

Available all year (outdoor or indoor sessions)



UD14 2-Day Unarmed Defense Workshop

The entire UD10 curriculum (all 8 lessons) taught over two consecutive days. Four lessons each day, with breaks between lessons and for lunch.

Available all year (outdoor or indoor sessions)



UD17 12-Week Unarmed Defense Course (School Term)

A 12-Lesson adaptation of the UD10 curriculum, UD17 is well-suited for school & homeschooling groups on a trimester system. Meeting once a week, this course has all of the elements of UD10, with some extra time to learn and practice.

Available all year (outdoor or indoor sessions)

WaterStone Academy **SELF-DEFENSE COURSES, cont.**



UD20 Unarmed Defense Level 2 Course

Once you've gotten a taste for self-defense skills in UD10, it's time to keep learning! 8 new lessons with more practice, more experience, and more techniques to add to your repertoire. Of course, we'll start every class off with a warm-up, strength training, and a full stretch. Plenty of review and reinforcement of UD10, but with additional depth, detail, and scope. The more practice you get with your previous skills and the new ones you'll learn, the better positioned you are to handle yourself in a real-life situation.

Available all year (outdoor or indoor sessions) Prerequisite: UD10, UD17, or equivalent



UD30 Unarmed Defense Level 3 Course

Drawing from a variety of martial arts styles, we'll continue to go deeper into techniques for kicking, striking, grappling, and groundfighting. With constant refreshment of previously-learned skills, and more exploration of defenses against weapons, we will dig deeper into the finer points of self-defense – complete with some practice simulations designed to see how you respond under pressure.

Available all year (outdoor or indoor sessions)

Prerequisite: UD20

WaterStone Academy's Unique MARTIAL ARTS COURSES



SW10 Swordfighting Level 1 Course

There aren't very many places you can go these days to learn this ancient and beautiful art. We will focus on the Japanese Katana and German Longsword, both examples of two-handed blades. (Don't worry – we use blunt polypropylene training swords in the classes). In this 8-lesson introductory course, you'll learn footwork, 10 guards, some practice forms you can work on at home, the Master Strikes, and basic sword techniques you can use during partner practice.

As with all WaterStone martial arts courses, each class includes a warm-up, some strength-building exercise, and a full stretch. WaterStone has trained sword students of all ages, including family and homeschool groups who want a unique learning experience together. We've seen both guys and gals develop their technique, strategy, and gracefulness of movement through handling swords.

Come explore this unique opportunity!

Available all year (outdoor or indoor sessions, depending on location)



SW20 Swordfighting Level 2 Course

Once you've completed SW10, continue your journey into the next level. Besides plenty of review to solidify what you've already learned, the 8 fresh lessons of SW20 will help you discover new guards, new forms, new techniques, and lots more partner practice. As with all WaterStone martial arts courses, each class includes a warm-up, some strength-building exercise, and a full stretch. With time, you'll become more and more comfortable in your sword-handling skill!

Available all year (outdoor or indoor sessions, depending on location) Prerequisite: SW10



SW30 Swordfighting Level 3 Course

The sword is one of the most complex martial arts weapons to learn, and there is always more to explore. Develop more finesse and style as you build on your previous swordfighting experience. Fine-tune your preferred style by experimenting with various blade types. Gain understanding of the blending of stance, guard, and movement as we work on more partner-to-partner drills and sparring, and you'll begin to feel more natural and fluid in your techniques.

Available all year (outdoor or indoor sessions, depending on location) Prerequisite: SW20



SW40 Swordfighting Level 4 Course

By now you have discovered your love for working with a sword, and you'd like to further deepen your skills. Join us for Swordfighting Level 4, where we will make sure the basics are reviewed, but the focus is on active swordplay with a partner. We'll work on applying all that you have learned to sword-on-sword combat techniques, but also using swords against other weapons. Press toward the gracefulness and efficiency of movement that you are looking to develop.

Available all year (outdoor or indoor sessions, depending on location) Prerequisite: SW30

WaterStone Academy's Unique MARTIAL ARTS COURSES, cont.



JO10 Jo-Staff Level 1 Course

Begin your journey into the subtle ways of the Japanese Jo Staff. Unlike the traditional Bo Staff or Quarterstaff, the Jo Staff is only 4 feet long (we train with a class set of hardwood 1¼"-diameter shafts). This 8-lesson introductory course is perfect for anyone brand new to the art, but is also helpful for those who want to freshen up their skills. The staff is a simple, elegant weapon – but you'll discover a deeper complexity as you learn.

Every class includes a warm-up and full stretch, new techniques and drills, and partner practice. Later classes include controlled sparring games and partner free-flow exercises. We have all the training tools here – just show up ready for lots of knowledge and a workout!

Available all year (outdoor or indoor sessions)



JO20 Jo-Staff Level 2 Course

Finished JO10, and you're ready for more? With 8 new lessons, we'll continue exploring the surprisingly-complex art of staff fighting with more guards, increasingly complex katas, and some of the classic Jo Suburi techniques. Lots of review and reinforcement of JO10, and plenty of challenging partner practice. As with all WaterStone martial arts courses, each class includes a warm-up, some strength-building exercise, and a full stretch. With continued practice, you'll be learning skills you can continue to enjoy for the rest of your life.

Available all year (outdoor or indoor sessions)

Prerequisite: JO10



JO30 Jo-Staff Level 3 Course

Once you have mastered JO10 and JO20, you'll be excited to know there is more! Continue into your exploration of the elegant Jo Staff, building on the foundational skills you have already learned. Lots of review, partner practice, and a host of clever new techniques to discover! You're on your road to mastery, and the lifelong enjoyment of this elegant martial arts weapon.

Available all year (outdoor or indoor sessions)

Prerequisite: JO20



SP10 Fighting With a Spear Level 1 Course

After you've become more comfortable wielding a Jo Staff, you might be interested to see what happens when you put a *blade* on one end. Using our clever rubber spear trainer tips, we'll convert the training staffs into training *spears*. Build on your foundation from JO10 and JO20 to learn and practice spear-specific techniques that will make you a formidable opponent on the field of battle. Besides the usual warm-up, exercise, and full stretch, we'll test your spearfighting skills against other spears, sticks, knives, and swords. A unique course for the skilled staff-fighter!

Available all year (outdoor or indoor sessions)

Prerequisite: JO20

WaterStone Academy's Unique MARTIAL ARTS COURSES, cont.



FS10 Filipino Stickfighting Level 1 Course

Learn the basics of Modern Arnis in this 8-lesson introduction to the famous Filipino martial art. Lots of systematic, practical exercises to strengthen coordination, speed, and bilateral programming (using both sides of the brain). Learn basic footwork, the 14-zone striking system, single and double stick techniques, blocks and counter-attacks, stick disarms, and more. Plenty of individual and partner practice. As with all WaterStone martial arts courses, each class includes a warm-up, some strength-building exercises, and a full stretch. Challenge your brain and your body with this unique martial art!

Available all year (outdoor or indoor sessions)



FS17 Filipino Stickfighting Level 1 Course (School Term)

This is the expanded, 12-lesson version of FS10, set over 12 consecutive weeks to suit a typical school term – though we can begin and end the course in whatever period best suits your group. More practice time, more techniques, and a longer course length all contribute to better skill acquisition and retention.

Available all year (outdoor or indoor sessions)



FS20 Filipino Stickfighting Level 2 Course

Build on what you learned in FS10 or FS17 to expand your repertoire of stickfighting skills in this 8-lesson followup course. Discover more steps in the Sinawali ladder to improve your ambidexterity with both stick and open-hand techniques, as well as more elaborate strikes, joint-locks, and disarms. Of course, we'll warm up, work out, and stretch as part of each class. Once you've gotten a taste of FS10 or FS17, you'll want to dig deeper into the next level, so this is it!

Available all year (outdoor or indoor sessions)

Prerequisite: FS10 or FS17



FS27 Filipino Stickfighting Level 2 Course (School Term)

This is the expanded, 12-lesson version of FS20, set over 12 consecutive weeks to suit a typical school term – though we can begin and end the course in whatever period best suits your group. More practice time, more techniques, and a longer course length all contribute to better skill acquisition and retention.

Available all year (outdoor or indoor sessions)

Prerequisite: FS10 or FS17

WaterStone Academy **ACADEMIC COURSES**



LS12 Intro to Learning Styles, Brain Science, & Intelligences

This half-day workshop is designed as a professional development opportunity for teachers, parents, and homeschooling instructors. Tap into brain science and learning research from a variety of helpful sources to explore several features of the multi-faceted “brain operating system” that is at work in you, your family members, and your students. The workshop includes 4 broad learning modes, 9 ways of “being smart”, the key differences between male and female brains, and a plethora of useful tips to help you connect with (and teach!) the unique minds around you.

Available all year at your indoor location

Access to a projector or large-screen TV is required to run this workshop



LS17 Learning Styles, Brain Science & Academic Skills

We expect our students to write well, communicate verbally, work together in groups, follow instructions, manage their time properly, and a host of other academic skills – but do we ever actually take time to walk them through the process of *learning* these fundamental skills? What if we actually *taught* young people about the basic operating parameters of the human brain, so they can learn to excel at these lifelong practices? We know each of our students have unique brains, and there are ways to identify their strengths and challenges, figure out what methods of learning work best for each of them – and in the process, help them to know themselves, their families, and their peers in a deeper, more functional way.

This 12-lesson (school term) course contains a mind-blowing set of tools that will get young and old more excited about learning and communicating. Discover the uniqueness of your brain’s “operating system”, the layers of learning modes, intelligences, and giftedness in you, and plenty of practical techniques for maximizing your academic success in every subject.

Available all year at your indoor location

Access to a projector or large-screen TV is required to run this course



SC17 Middle School Science Activities Course

This is a 12-Week course of science activities for kids in grades 5-8, perfect for homeschool or other groups on the trimester system. Activities include Team Problem-Solving Games, Water Bottle Rockets, Egg Drop Devices, Paper Airplane Contests, building Tower Structures, exploring Astronomical Models, Software, and Devices, and more (all drawn from the Manitoba Middle Years Science curriculum).

Available March – June and September – December at your location

Access to a projector or large-screen TV is required for some lessons in this course.



CH10 Introduction to Chess & Chess Strategy

This 8-Lesson course begins with the very basics of one of the world’s most popular (and important!) games. Work through increasingly-challenging exercises and mini-games, specifically designed to help young people on a journey towards mastering key elements of chess strategy. Exploring the intricacies of chess helps young brains develop critical thinking skills, forethought, and action-consequence analysis – all while having fun! Equipment needed for these classes is provided by WaterStone.

Available all year at your indoor location. Up to 16 participants per course!

Creation Science Homeschool Term Courses (12 Lessons Each)



CS17 Intro to Creation Science Course

Adapted from 25 years of teaching science at a Christian high school, this introductory course explores the relationship between the Biblical worldview and modern science. While exploring elements of geology, paleontology, anthropology, biology, astronomy, mathematics, and physics, students will begin to understand how the information revealed in the Bible helps interpret the scientific evidence in the world. They will see overwhelming evidence of key events in Biblical history such as the Creation, the Garden of Eden, the Flood, the Tower of Babel, and many more. Most young people struggle with challenging questions about science and the Bible, and this course helps them get some solid answers – and gives them a logical foundation for their faith.

Available all year at your indoor location

Access to a projector or large-screen TV is required to run this course



CS27 Intermediate Creation Science & Apologetics Course

As we explore more of the commonly-asked challenges to the Biblical worldview, we'll delve into more complex apologetics questions, historical and scientific issues, and prepare you to answer the questions your culture is asking about the Bible and Christianity. More answers to build your faith on a solid foundation.

Available in all year at your location

Prerequisite: CS17

Access to a projector or large-screen TV is required to run this course



CS37 Advanced Creation Science & Apologetics Course

A more detailed study of the principles of logic, the role of philosophical underpinnings, and a unique approach to apologetics debates and conversations. Build on the solid foundations you have already laid in CS17 and CS27, and refine your apologetics mindset and skills!

Available in all year at your location

Prerequisite: CS27

Access to a projector or large-screen TV is required to run this course



CS47 Creation & the Science of Information

One of the most fascinating discoveries of modern science and mathematics is the awareness and analysis of *information* – especially in living systems. Take this mind-blowing tour of the principles of information science, and learn how those principles demonstrate the irrefutable evidence of design in the universe. This is a whole new level of engaging apologetics discussions about creation, the Bible, and the Gospel.

Available in all year at your location

Prerequisite: CS37

Access to a projector or large-screen TV is required to run this course

Biblical Topics Series

Intriguing Topical Studies to Inspire Your Faith Journey

Explore these standalone 3-hour presentations that will inspire you to see the Scriptures in a new and amazing light. Strengthen your faith in the Word by investigating these intriguing topics, and enjoy the informative group discussions. Ideal for Small Groups, Sunday School Classes, Christian School Chapels, Church Presentations, and more.

Be prepared to have your mind blown!



BT12-UTP Biblical Festivals Part 1: Unpacking the Passover

The Biblical Festivals are not only reminders of momentous Old Testament events, but are remarkable pre-enactments of key Messianic prophecies. Discover the incredible precision with which our King fulfills every detail of Passover, Unleavened Bread, Firstfruits, and the Festival of Weeks. Your faith will be strengthened and encouraged as you see new levels of meaning in these events, and your intellect will be stimulated as important mysteries are solved.

This presentation is also available in conjunction with a Messianic Passover meal to really make the learning memorable. Contact WaterStone Academy to arrange the full experience!

Available in all year at your location

Access to a projector or large-screen TV is required to run this session



BT12-FFF Biblical Festivals Part 2: Fall Festivals & the Future

While the Spring Festivals proclaim Messiah's death and resurrection, the Fall Festivals describe His coming at the end of the age. See how the Festival of Trumpets, the Day of Atonement, and the Feast of Tabernacles all play into coming end time events, where they will be fulfilled just as precisely by the coming King as the Spring Festivals were 2000 years ago. Be prepared for an intriguing look at the possible nature of the last days!

Available in all year at your location

Prerequisite: BT12-UTP

Access to a projector or large-screen TV is required to run this session



BT12-SIS The Story in the Stars

Psalm 91 teaches us that "the heavens declare the glory of Elohim". What if knowledge of the constellations (more ancient than the oldest extant written documents) actually shows that the message of salvation? Discover a surprisingly detailed story in the stars – describing the coming of Messiah, the redemption of mankind, and the return of the King of Kings – which has been quietly shining down on us, night after night, since the creation of the world. You will never look at the night sky the same way again!

Available in all year at your location

Access to a projector or large-screen TV is required to run this session

Biblical Topics Series, cont.



BT12-LBM Looking for the Birth of Messiah

Ready to challenge the traditions of men, and to do some detective work in Scripture? Examine the questionable roots of many modern Christmas traditions, and explore the large-scale connections between the Old and New Testament clues surrounding Messiah's first advent, the exile of the Tribe of Judah to ancient Babylon, incredible corroborations from ancient astronomy (including a look at what the Magi probably saw!), and, of course, the importance of the Biblical Festivals in the King's timing for it all.

Available in all year at your location

Access to a projector or large-screen TV is required to run this session



BT12-TPG Tribulation Preparation Guide

Are you one of the many people today who are thinking about “end times” events and what the Bible has to say about them? As predictions from Scripture seem to increasingly resemble news headlines, it's natural to wonder how we can prepare ourselves and our families for the potentially crazy days ahead. In this presentation, we'll examine a preparatory message from the King Himself (written in the Gospel of Luke), and explore some of the details He describes there. Our time together is sure to produce lively discussion, exploration of numerous interrelated lines of preparedness thinking, community-building connections, and plenty of practical things you and your family can do in anticipation of Biblical prophecy coming to pass – sooner, rather than later.

Available in all year at your location

Access to a projector or large-screen TV is required to run this session



BT12-IRG Introduction to Redemptive Gifts

What are spiritual gifts? What does Scripture actually tell us about them, and how do they operate? How can you begin to identify the spiritual gifts in your own life, and in the lives of your family and friends? In this intriguing 3-4 hour session, we'll examine the three different categories of spiritual gifts identified in Scripture, discuss how they all apply in various ways to our individual design, and discover an amazing pattern woven through all of the many lists of sevens that appear in the Bible. You'll begin to understand *your* design, and the design of those in your group. Best run as a small group study with people who know each other already – you'll be learning things about how to build relationship, communicate better, and celebrate the deep design that Yahweh has breathed into all of us.

Available in all year at your location

Access to a projector or large-screen TV is required to run this session

Going Deeper With the Biblical Worldview

A Biblical Approach to Mysteries & the Paranormal (Course Series)

After nearly four decades of teaching from a Biblical viewpoint, including many science, theological, and apologetics courses, the instructor is convinced that the Biblical worldview is the most logical, defensible, and applicable way to understand the complexities of the world. Hundreds of students, parents, and colleagues have asked about how the Biblical worldview handles the accounts of supernatural phenomena, the paranormal, and other aspects of high strangeness. This series is a safe place to engage such topics with a question-friendly atmosphere and an affirmation of the explanatory power of the Biblical worldview throughout.

Access to a projector or a large-screen TV is required to run each of these courses



MP10 A Biblical View of Cryptozoology

Cryptozoology is the study of mysterious creatures *reported* to exist, but not *proven* to exist. Both history and modern times are filled with claims of encounters with strange creatures, from dragons and dinosaurs to large hairy beasts, flying oddities, and dark things lurking in the deep. Can all of these reports be hallucinations? If some of them are legitimate, what explanations does the Biblical worldview offer? We'll explore accounts from the Garden of Eden, the pre-Flood world, and references scattered throughout Scripture – along with hundreds of documented reports from across the globe. By treating cryptozoology as a serious science, we can push past the stigma, the hoaxes, and the disbelief to find out what witnesses are really saying. The links between cryptids and the supernatural realm will become apparent, and you'll want to find out more by checking out the other courses in this series!

Available all year at your indoor location



MP20 A Biblical View of Demonology & the Supernatural

One of the topics raised most frequently by young people from Christian homes concerns how the Bible explains supernatural phenomena like ghosts, haunted places, near-death experiences, divination, demonization, witchcraft, the occult, and satanism. It's not safe to explore these things outside of a Biblical viewpoint – but it's also not safe for Believers to be *ignorant* of the dark forces arrayed against us. This challenging course will expose the paranormal for what it really is, and help you understand *why* the Bible warns against pursuing it. We'll also explore what the Bible has to say about angels, miracles, theophanies, and the working of the Holy Spirit – and how Believers can stand with authority against the increasing spiritual darkness of our world.

Available all year at your indoor location

Prerequisite: MP10



MP30 A Biblical View of UFOlogy

The modern UFO phenomenon has been steadily increasing during the last 80 years. Find out what is being reported by witnesses, and begin to see the connections and commonalities among the reports. Discover the history of this phenomenon, the shadowy involvement of government and military agencies, the scientific collection and classification of reports, and one of the best-kept secrets of UFO abduction cases. Is there a connection between Biblical history, higher dimensions, the "gods" of old, and end-times prophecy? This course will provide a lot to think about, and hours of engaging discussion.

Available all year at your indoor location

Prerequisite: MP20

Coming to WaterStone Academy in Autumn 2025!



SC16 Elementary Science Activities Course

Science demonstrations and activities for kids in grades 1-4. Specific activities TBA (still under development as of this publication), but will be drawn from the Manitoba Elementary Science curriculum. Details to come by summer of 2026.

Will Be Available at your location September – December 2026 and March – June 2027



JO40 Jo-Staff Level 4 Course

If you have discovered a love for the Jo Staff, you'll appreciate the chance to further develop your skill and technique with JO40. Master the traditional Jo Katas and Suburis, and test your staff skills against a variety of other weapons. Plenty of partner practice to help you refine your technique and confidence.

Available in June 2026 (outdoor or indoor sessions all year) Prerequisite: JO30



Stay tuned for more unique and practical course offerings from WaterStone Academy!

adventures@waterstone.academy



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