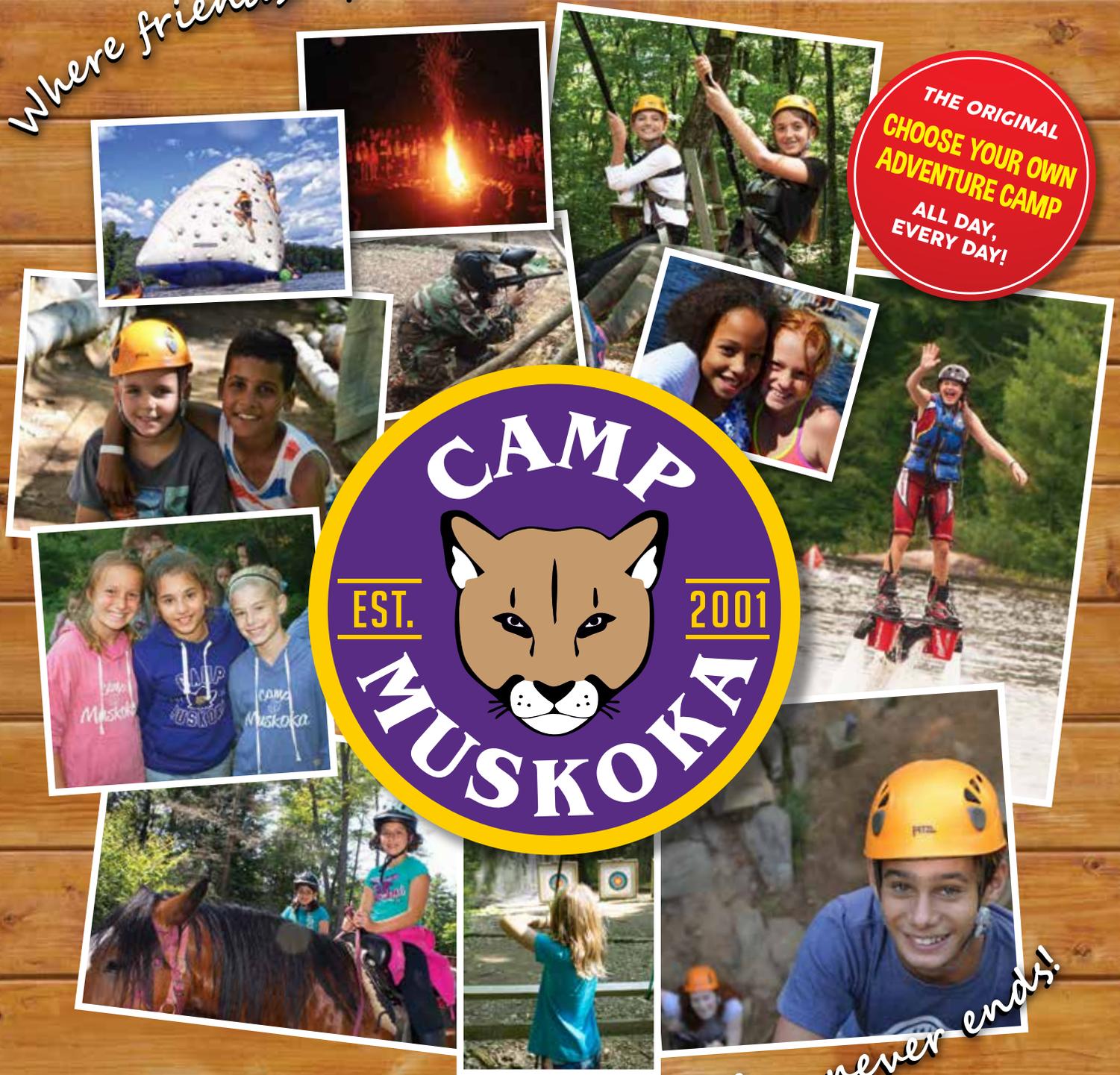


*Where friendships begin...*



**THE ORIGINAL  
CHOOSE YOUR OWN  
ADVENTURE CAMP  
ALL DAY,  
EVERY DAY!**

*...and fun never ends!*

# SUMMER CAMP

An overnight summer camp for boys and girls age 6-16



## Message from our Founder

Thank you for considering Camp Muskoka as your summer camp destination.

Over the years, our team has met with thousands of campers, their families, and our staff, asking “What is it about Camp Muskoka that keeps you coming back?” Time and time again we have been told “I had SO much FUN!”, “I made so many friends”, “Camp Muskoka is a place where I am free to be myself”, “My summer home”, “A place where I belong”. It is truly humbling to know that Camp Muskoka has meant so much, to so many.

Ultimately, we are in the business of making “happy campers” and helping children grow confidence and believe in themselves. Camp Muskoka is philosophically grounded in Maslow’s Hierarchy of Needs. Simply put, we firmly believe that everyone has physiological needs that must be met in order to have any hope of meeting their more refined needs.

For example, a camper won’t be able to enjoy the mental and physical activities

*“My daughter has made so many friends at Camp Muskoka and has so many great memories. Keep up the good work!”*

– Kelli Farrell, Parent

at camp without proper nutrition or a comfortable good night’s sleep. Likewise, a camper won’t be able to build confidence and friendships if they don’t feel safe. Whether it be providing our campers with healthy well balanced meals throughout the day, having air conditioned lodging to ensure a good night’s rest or nurturing a healthy and safe environment so campers are recognized for their personal achievements, everything we do is about helping our campers reach their own potential.

The consistent achievement of such a positive community cannot be had without the participation of all of its members, including the campers, therefore we have created a simple yet comprehensive set of expectations for all to follow:

**FUN:** The #1 rule at Camp Muskoka. We want all campers to have fun at all times!

**RESPECT:** No one is having fun when they feel disrespected. We expect all members of the Camp Muskoka community to be respectful to themselves, each other, property and the environment. To put it quite simply, “Treat others the way you would like to be treated.”

**HONESTY:** We teach our campers the value of honesty by acknowledging that not only is it okay, but it is completely normal to make mistakes. It is what we do about our mistake that is important. By being

honest with ourselves and those around us, we not only learn from our mistakes but also allow others to learn as well.

**ACCOUNTABILITY:** Being responsible for our own words and actions ensures that we have a positive effect on the Camp Muskoka community while building a safe, enjoyable living environment for everyone.

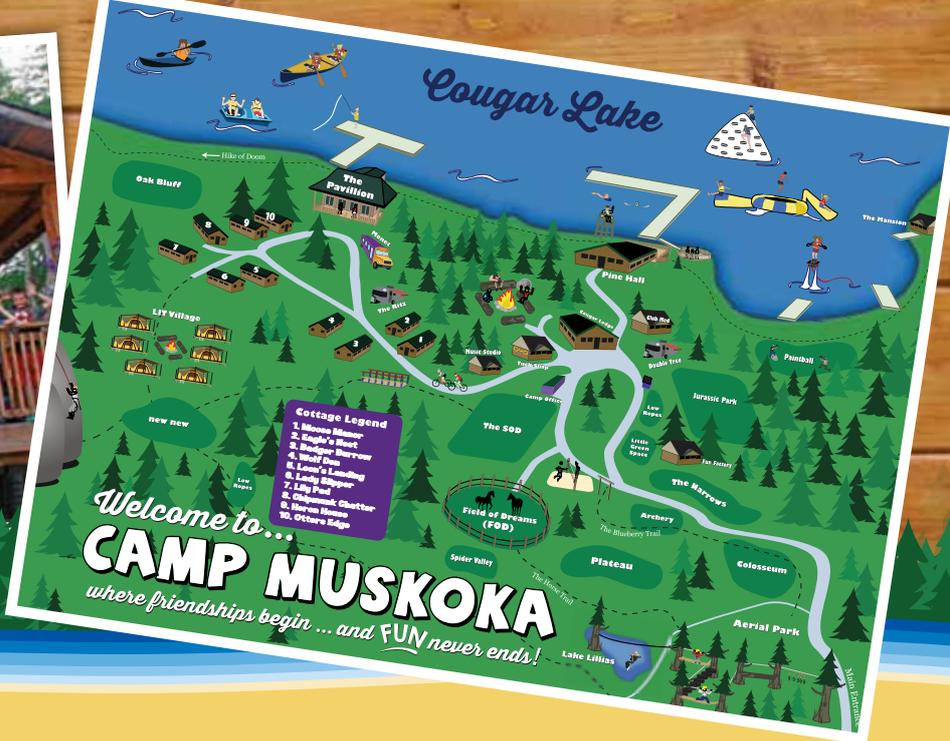
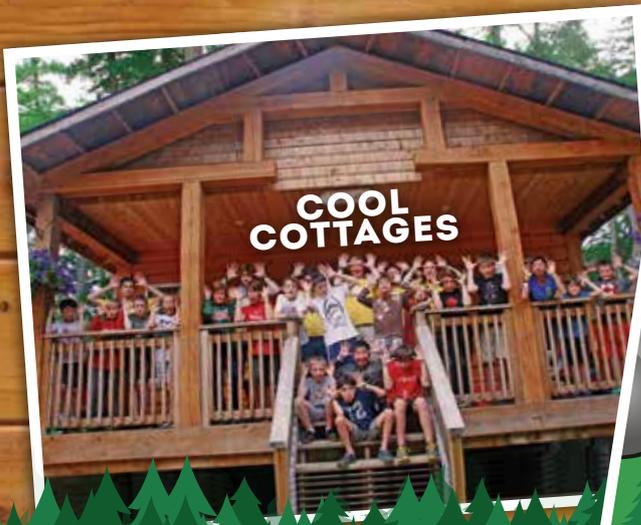
**INTEGRITY:** By being respectful, honest and accountable we all contribute to fostering a community with integrity where everyone is free to have fun, be safe, and feel accepted for who they are.

We hope you will make Camp Muskoka your choice for an exciting summer camp adventure. This brochure should answer most of your questions, however for more details and to register, please visit our website at [campmuskoka.com](http://campmuskoka.com). Should you have any further questions please feel free to contact our office and one of our friendly staff will be happy to speak with you. We look forward to seeing you this summer at Camp Muskoka!

*Where friendships begin...  
...and **FUN** never ends!*

Justinian Scott Creed,  
Founder & CEO,  
Camp Muskoka





## Our Camp

Camp Muskoka is located approximately 90 minutes north of Toronto in Bracebridge, Ontario, the heart of beautiful Muskoka. Our prime location offers the best of both worlds; all the amenities of town (including a full service hospital just minutes away) with all the privacy of wilderness.

Nestled in the lush forest of the Canadian Shield, our 500 acre property features 3 private lakes, an archery range, a beach volleyball court, an outdoor paintball arena, a low ropes course, A Canopy Aerial Park with a 900 foot zip-line over water, and over 40,000 square feet of indoor space. Camp Muskoka makes the most of our location with extensive hiking, horseback riding and mountain biking trails, and a 30 foot natural rock face for climbing. Our main camp area sits on the shores of our very own private lake. Nearly 1 kilometer long and covering 50 acres, Cougar Lake is spring fed and quite shallow offering swimmers very comfortable water temperatures all summer long.

## Accommodations

At Camp Muskoka, we provide our campers with comfy modern lodging equipped with wooden bunk beds, cabinets to store their belongings, washrooms and showers. Camp Muskoka promotes an "open-window, fresh-air" policy, however on those hot summer nights, the rooms are equipped with air conditioning to ensure our campers get a good night's sleep. Cabin groups are separated by gender, and campers are placed with others close in age. Counsellor's rooms are immediately adjacent to the campers' rooms, offering everyone some privacy, while enabling the staff to be immediately available to any camper's needs. Campers participating in our Leadership Camp will reside in Leadership Village. Please see page 6 for details.

## Food

Good nutrition is an essential ingredient to healthy living, especially for active, growing children. Our menu follows Canada's Food Guide, ensuring well balanced, nutritious meals. Campers gather with their cabin groups in the dining hall for meals three times daily. All meals are served buffet style and are prepared by our year round Executive Chef and his team, providing homemade goodness. To promote healthy living and to keep our campers fuelled and well hydrated we have two fresh fruit and water breaks throughout the day. Evening snacks are also served near bedtime ensuring no one ever goes hungry at Camp Muskoka. We are proud to be the first camp in Ontario to receive the "Eat Smart! Award of Excellence" from the Ministry of Health.

Camp Muskoka is a "Nut Safe" environment all year round, and adheres to a strict anaphylaxis prevention policy.



## A Day at a Glance

**7:00am - 7:30am**  
Wake-Up

An optional morning activity such as a swim, morning run, yoga or extra time for personal hygiene.

**7:30am - 8:45am**  
Breakfast

**8:45 am - 9:00 am**  
Cabin Clean-Up

**9:00 am - 10:30 am**  
1st Program Period

**10:30 am - 10:45 am**  
Fresh Fruit & Water Break

**10:45 am - 12:15 pm**  
2nd Program Period

**12:30pm - 1:15pm**  
Lunch

**1:15 pm - 2:00 pm**  
Tuck Time & Free Time with cabin group

**2:00 pm - 3:30 pm**  
3rd Program Period

**3:30 pm - 3:45 pm**  
Fresh Fruit & Water Break

**3:45 pm - 5:15 pm**  
4th Program Period

**5:30 pm - 7:00 pm**  
Dinner  
Followed by camper free time

**7:00 pm - 8:00 pm**  
Camp-Wide Activity

**8:00 pm**  
Evening Snack  
Following evening snack, junior campers will share some quiet time together while getting ready for bed.

Snack and bed times may vary depending on the age group and evening programs.

Older campers will have the opportunity to enjoy one more evening program with their cabin groups before they start to wind down for the night.

**9:00 pm - 10:00 pm**  
Lights Out



*new friends!*



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CHOOSE YOUR OWN  
ADVENTURE CAMP  
ALL DAY,  
EVERY DAY!**

**OVER  
50  
ACTIVITIES!**

## The Camp Muskoka Experience

At Camp Muskoka we believe the magic of the camp experience starts with the sharing of community, helping campers grow confidence, develop new skills, build self-esteem and leadership abilities all while enjoying the wonders of nature – a truly incredible summer vacation!

At Camp Muskoka, we use a “Choose Your Own Adventure” approach to programming. Each day, campers choose from a wide variety of activities. For a complete list of activities, visit [campmuskoka.com](http://campmuskoka.com)

To maximize the campers’ experience, activities are offered at variable skill levels. For campers wishing to try new things we offer introductory and recreational level programs. For campers wishing to further develop their skills, more advanced and competitive programs are offered. Campers will also enjoy camp-wide games, campfires, and to celebrate the summer fun, we end off each week with a special theme day and a karaoke dance party. Activity group sizes vary as some activities such as guitar lessons are best offered in small intimate groups whereas other activities like capture-the-flag are best suited to larger groups. Popular programs are offered several times throughout the week so each camper has the opportunity to custom design their own camp experience. With more than 50 activities offered throughout each week, there is always something for everyone.

*“Emma came home a more confident and independent girl with new friends. She even tried three new sports! It felt wonderful picking up my daughter and seeing and hearing about all the new things she had tried.*

*Wonderful!”  
– Tanya S., Parent*

Along with all the traditional summer camp activities like swimming, sports, canoeing, and arts & crafts, we also offer several feature programs like guitar workshops, our music recording studio, mountain biking, paddleboarding, photography, and table top games. All feature programs are included in standard camp fees. For those adventure seeking campers, we have 5 “Specialty Programs.” These optional programs are offered at an additional fee and subject to availability. For a complete list of activities please visit “The Experience” section of our Summer Camp website.

Community living is a key component to the Camp Muskoka Experience. All campers contribute and share in community initiatives such as cabin clean up, helping to tidy up the dining hall after meals and setting up for special events.



## Specialty Programs

We are very pleased to offer our campers even more fun and adventure through our Specialty Programs. Specialty Programs are subject to availability and additional fees. For more details and pricing information, please visit our website.



### Canopy Aerial Park & Zip-Line

Build confidence and get your adrenaline pumping in our canopy aerial park. Climb across monkey lines, traverse suspension bridges and soar through the air on our 900 foot zip-line. Try it once, or expand your skills daily with our Week Aerial Park Pass! Our aerial park guides ensure campers have a safe and enjoyable adventure.



### Rock Climbing

Our climbing program promotes confidence, problem solving skills, and more in a safe, supportive, fun environment. Campers of any skill level can practice their climbing and rappelling techniques on our 30-foot natural rock face. Our nurturing, trained climbing staff will coach and encourage campers to expand their climbing skills on variety of climbing routes.



### Paintball

Camp Muskoka Paintball is a fun and unique experience. Campers have a blast 'splattering' their friends in our forested outdoor Paintball arena. Games focus on teamwork, communication, and strategy. Each paintball session includes 300 paintballs. Additional paintballs may also be purchased on the field if desired. Available to campers 10 years of age or older.



### Horseback Riding

Camp Muskoka's on-site trail rides offer campers to experience all the beauty of Camp Muskoka from horseback! Our forest trails are suitable for beginners, but also challenging enough for more experienced riders. Campers learn the basics of horse care and grooming right here at camp. A great activity for any horse enthusiast!



### Flyboarding

Flyboarding is a new extreme recreational water sport that allows the participant to achieve hydro-powered levitated flight. Our certified Flyboard Instructors will outfit each participant with the necessary safety equipment and provide safety instructions to set them up for successful fly time. Within a matter of minutes the Flyboarder will be able to propel themselves safely through the air up to 15 feet above the water. Available to campers 12 years of age or older.

**Campers' safety is our first priority. Prior to experiencing Specialty Programs, participants are outfitted with industry standard safety equipment and training. All Specialty Programs are operated in accordance with guidelines set by applicable governing associations.**



## Leadership Camp

Camp Muskoka's Leadership Camp is offered to campers age 14-16 and is fully integrated into our traditional Camp Muskoka experience.

Our 2 week Leadership Camps are specifically designed to empower our teens and unlock their potential and become leaders. Our supportive environment lets participants share their aspirations, further develop their strengths, face new challenges, and build courage and confidence.

*"It was his first time at Camp Muskoka for L.I.T. and he had the time of his life! Riley had rave reviews for all of his counsellors as well as all of the staff in general."*

*- Shannon D., Parent*

Campers in our L.I.T. program stay in their own community within Camp Muskoka known as Leadership Village. During their stay, campers reside in large tents, raised on canopy-covered platforms, furnished with comfortable bunk beds and their own washroom and shower facility.



Campers enrolled in the L.I.T. program will participate in leadership specific activities daily, as well as having the opportunity to participate in the camp-wide "Choice Activity" program periods. This format allows leadership campers to create a wonderful balance between traditional summer camp fun and personal development.

Included in our leadership camp, the L.I.T. campers will experience Camp Muskoka's Canopy Aerial Park. This 'challenge-by-choice' activity is a great way to strengthen communication skills while pushing personal boundaries in a safe controlled environment. Other favourite traditions include an exciting overnight camp-out, a movie night at the local theatre, and a legacy project. These experiences create bonds, help campers embrace challenges and learn the value of teamwork while giving them a first-hand opportunity to exercise their new leadership skills!



As leadership campers gain experience they are encouraged to become more involved in mentoring some of our younger campers through our in-camp placements, all the while being supervised by our trained leadership team. The experiences gained through our leadership programs will assist our youth in refining life skills, making them great contributors to society and ideal prospects for future counsellor positions. At Camp Muskoka we work towards recognizing campers, not for competitive activity, but for the personal achievement of goals and the development of leadership qualities. For more information on our Leadership Camps please visit our website at [campmuskoka.com](http://campmuskoka.com).



## Our Staff Team

Camp Muskoka offers exceptional supervision with an over-all camper to staff ratio of 2:1, which includes a dedicated counsellor team ratio of 4:1. This staffing model provides our counsellors with all the support they need to focus their energy on delivering outstanding care, individual attention and guidance to our campers.

The hiring, training, and maintaining of a caring and nurturing staff is an integral part of our foundation. We seek out individuals who lead by example and who treat people and the environment around them with respect. Our management team works year round to organize, and prepare for the summer camp season. Everyone at Camp Muskoka shares one thing in common: we are committed to providing each camper with a positive and lasting camp experience. Our counselling staff are 18 years of age or older, and are complemented by a crew of C.I.T.s (Counsellors-In-Training) who are 17 years of age.

The safety and wellbeing of our campers and staff is our number one priority. Prevention is our first defense which is why all staff undergo a thorough screening process, including a reference and police record check, onsite health and safety education, a full

week of pre-camp instruction, and ongoing training and review throughout the summer. All staff have current First Aid and C.P.R. certificates. Other staff, such as lifeguards, rock climbing instructors, and aerial park guides have certifications relevant to their specific role. We are a talented, passionate group, with a wide range of skills and specialties. Everyone has something to offer to camp.

*"The counsellors were exceptional and provided a safe, fun environment for our campers to learn new skills and meet new friends!"*

– Sylvia White, Parent



## Club Med

Club Med is Camp Muskoka's Health Centre and is home-base to our caring medical team. Club Med is open throughout the day to dispense medication, administer first aid, perform minor medical procedures and maintain the overall health and wellness of our camp community. Staffed by a physician, two registered nurses and a nursing student, the health services team at Club Med is well equipped to tend to our campers needs 24 hours a day, 7 days a week throughout the summer. To further support our Healthcare needs a full service hospital is only fifteen minutes away.



# TAKE ME TO CAMP MUSKOKA!



★ **CAMP MUSKOKA**  
1745 Fraserburg Rd.  
Bracebridge, Ontario, P1L 1X3

Telephone 705-645-6000  
Toll Free: 1-888-734-CAMP (2267)  
Email: mail@campmuskoka.com

● **Camp Muskoka Coffeehouse**  
72 Manitoba St.  
Bracebridge, Ontario, P1L 2B4



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connected!



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