



# 2019 Overnight Summer Camps

Registration Opens  
October 30th, 2018!





# YMCA JOHN ISLAND CAMP

## ABOUT US!

YMCA John Island Camp is remotely located in the North Channel of Lake Huron. Accessible only by water, the camp has few neighbours and offers a wilderness experience unlike any other. With a welcoming sandy beach that spans 1km, John Island's 278 acre site offers a home away from home for the first time camper and a place to return for the veteran camper. YMCA John Island emphasizes learning, adventure and fun. With camper programs ranging from 5 days (4 nights) to 13 days (12 nights), you'll be sure to find a program that fits your comfort level. Check out the wide range of programs in this brochure for time length and specific focus.

Our Greenway (1st yr.) and Norquay (2nd yr.) leadership training programs focus on transitioning young adults into mature, responsible, and out-going individuals. Skill sets attained in these programs set our participants up for success both as potential future staff members at camp and as leaders in the "real world".

### John Island Greenway Leadership Program

Participants must be turning 15 by December 31, 2019

This 4-week, first step in John Island's Leadership program consists of opportunities for participants to experience skill development, group leadership, co-operation, problem solving and independence. Greenways at John Island focus on developing technical skills in camp activity areas and the skills necessary for their outtrips. Greenway participants will have the opportunity to participate in Bronze Medallion, First aid and ORCKA canoeing level 1 courses. They will develop wilderness travel and outdoor living skills during canoeing and kayaking trips during their month at John Island.

Greenway A: Sunday June 30—Friday July 26, 2019 | \$2575  
Greenway B: Sunday July 28—Friday August 23, 2019 | \$2499

### Norquay

Participants must be turning 16 by Dec. 31, 2019

The Norquay program is the second step in John Island leadership programs. Participants experience a wide variety of opportunities to develop skills in counselling and teaching in a camp environment.

Norquay participants will focus on soft-skill development in group leadership and counselling skills. They will have the opportunity to be instructed in Standard 1st Aid, Bronze Cross, and ORCKA Canoe Tripping Level 2. They will partake in a 4-5 week canoe expedition River Trip.

Norquay:

Sunday June 30—Friday August 23, 2019 | \$4350



# YMCA JOHN ISLAND CAMP

## YMCA JOHN ISLAND CAMP CORE PROGRAMS:

### Youth Camp |

Youth A—Ages 7-14

Youth B—Ages 8-14

Our “traditional” two week Youth Camp is as popular as ever. Campers will embark on a 13 day experience at John Island where they will find themselves placed in a cabin with two counsellors and 8 other campers of the same age and gender. During their stay they will experience all that John Island has to offer, both on and off the water. Campers will have a say in what they want to do as a cabin and on their own. Campers will be challenged through experiencing new things and mastering old skills, which is what this program is all about!

During their stay, campers will embark on a one of a kind outtrip. This adventure ranges from 1 to 4 night explorations varying from on site camping to nearby routes.

Outtrips focus on camping skills, canoe/hike travel, and group dynamics. Please note that for the 4 night trips, senior campers will be bused to and from their canoeing location.

Youth Camp A:

Sunday July 7—Friday July 19, 2019 | \$1299

Youth Camp B:

Sunday July 21—Friday August 2, 2019 | \$1299

### Adventure Camp |

Ages (8-14)

Similar to our Youth Camp experience, but shorter in length, our Adventure Camp program offers a 6 day stay for campers age 8-13. With a similar cabin structure to that of the Youth Camp program, each camper will experience many of the programs John Island has to offer. Campers will be exposed to select a variety of programs such as archery, swimming, canoeing, kayaking, ropes courses and arts and crafts.

Morning “Cabin Time” allows for cabin groups to travel through the various programs at John Island. During the afternoon, “Streams” allow campers to choose an individual skill area that they will attend on their own, under the supervision and instruction of our staff.

Stream choices may include: Water, Outdoor Living Skills, or Air Adventure, and Creativity. This combination and individual skill time allows for a camper to have a well rounded week.

Adventure Camp A :

Sunday August 4—Friday August 9, 2019 | \$749

Adventure Camp B:

Sunday August 11—Friday August 16, 2019 | \$749



# YMCA JOHN ISLAND CAMP

## Little Guys and Gals | Ages (6-10)

Our Little Guys and Gals program is a unique and specialized 5 day (4 night) program for campers age 6-10. This program is a perfect introduction to an overnight camp and the activities appropriate for this age group. Staff members are trained to meet the sensitive needs of this group and work to ensure that campers feel safe and happy.

### Little Guys and Gals A:

NEW! Monday July 1—Friday July 5, 2019 | \$529

### Little Guys and Gals B:

Monday August 19—Friday August 23, 2019 | \$529

## Sea Kayakers | Ages (11-14)

This 9 day Sea Kayakers Program is the first stop for developing expedition tripping skills at John Island Camp. With the first few days spent at camp packing and learning sea-kayaking trip skills.

On this trip, the Sea Kayakers will be immersed in the beauty of Lake Huron's North Channel. Leaders will guide them to develop basic skills in navigating big water, setting up camp, backcountry cooking, site management, and paddling.

Participants will be amazed by what they can do, building confidence that will motivate them inside and outside of camp.

### Sea Kayakers :

Sunday July 7—Friday July 19, 2019 | \$1419



"Camp is truly one of the best life experiences! We believe that camp helps develop confidence, life skills, life long friendships and provides the opportunity for personal growth."

– John Island Parent

## Explorer Canoe |

Ages (13-15)

This 9-day canoe trip in the rugged North Country of Ontario is the second step of our out-tripping camper programs. The first few days of the program are spent in camp, allowing the group to make sure everything is properly planned and ready to go, while focusing on the development of basic portaging, canoeing, and canoe tripping skills.

On trip, Explorers will find themselves immersed in the breathtaking landscapes of Killarney Provincial Park. Leaders will guide them in the continued development of skills in navigation, backcountry cooking, site management, and paddling. Participants will be amazed at their continued development in out-tripping skills and what they are able to do. Campers are not required to have completed the Sea Kayakers Program.

Explorer Canoe Trip: Sunday August 4—Friday August 16, 2019 | \$1419



## OTHER JOHN ISLAND CAMP PROGRAMS:

### Women's Wellness Weekend

Friday June 7—Sunday June 9, 2019 | \$289/person\*

The Women's Wellness Weekend offers a variety of high quality programs. Outdoor activities include our challenging high and low ropes courses, canoeing, kayaking and hiking. Also available are several workshops and sessions on topics such as creativity, fitness and special interests. As well, the ever popular massage therapists and aestheticians are on site to provide their services to our participants.

On Saturday night a special guest entertainer is featured for all to enjoy. Best of all, healthy, and delicious meals are prepared by the JIC kitchen which means that participants can turn their full attention to trying new things, meeting new people and relaxing in the beautiful natural surroundings.

\*Additional fees for busing. Participants that choose to drive will be required to pay a parking fee for the weekend.

### Mini-Camp

Ages (6-12)

Friday June 14—Sunday June 16, 2019 | \$199/person

Do you know someone who wants to try camp for the first time? Or maybe that camper that can't wait for summer? New and old campers are welcome to attend this weekend camp.

Enjoy campfire, colour-war, your favourite all camp game, skill blocks, and so much more on this weekend of fun! There is no transportation provided, families are required to provide their own transportation to and from the docks.

## JOHN ISLAND CAMP OPEN HOUSE

YMCA John Island Camp  
On-Site Family Day  
Saturday June 29, 2019  
10am to 3pm

### Family Camp

**SPRING:** Friday May 17—Sunday May 19, 2019  
\$110/person\*\*, \$390 Cabin Fee

**FALL:** Sunday August 25—Saturday August 31, 2019  
\$390/person\*\*, \$1195 Cabin Fee

For over 50 years, YMCA John Island Camp has been pleased to offer a special week for families at the end of our camp season. This is an amazing week for families to come together and spend time with each other.

While at camp, families stay in our rustic and updated cabins set among the pines. Each family group is housed in one cabin. These cabins can accommodate 4-10 people. Every family camper will be able to join an age specific program group that will span 2-3 years and the Adults group is 18 years and older.

There will be four scheduled activities for each program group throughout the day, two in the morning and two in the afternoon. Nutritious meals and snacks are provided all week long.

\*\*Per person fees are in addition to the cabin fee.

For more information please  
visit [www.johnisland.ymca.ca](http://www.johnisland.ymca.ca)!

# CAMPING STAFF



## Skilled

Our training begins the minute staff are hired. From first-aid courses to swimming qualifications and from white-water rescue courses to leadership training seminars, we ensure that our staff are providing an amazing experience while minimizing the risk involved in exploring the outdoors.

## A Love of the Outdoors

Our staff LOVE the outdoors! Teaching kayaking lessons, riggin' a sail boat, identifying trails and cloud watching are just some of the amazing skills campers learn from our dedicated and environmentally friendly staff.

## Caring

Because most of our staff were once campers themselves, they know the importance of a caring role model at camp. Staff at our camps provide 24-hour care and supervision to ensure that positive experience is had by all. Each camper is taught that caring for not only others, but also themselves is the cornerstone of a great camp experience.

## Fun

Staff members at camp are fun! They understand that camp is about making friends, having fun and making a difference! Our camp staff share that energy every day, from sun up to sun down and beyond, with each and every camper!

## COMMITTED TO QUALITY

### YMCA Ontario Residential Camps– Camping Quality Recommended Practices

All YMCA Camps in Ontario, including YMCA John Island Camp is guided by an internal program of quality measures called the Camping Quality Recommended Practices (CQRP). CQRP is a quality assurance program for YMCA Ontario Residential Summer Camps. CQRP provides qualitative and quantitative evidence that YMCA Camps in Ontario are providing the highest level of camping programs and experiences for all participants.

### The Quality Eight

The major expectations of YMCA Resident Summer Camp participants are summarized in the “Quality Eight”. The Quality Eight are the major principles upon which all the Recommended Practices are based. The following are the Quality Eight: Fun, Safety, Friendship, Belonging, Learning, Natural World, Life Needs, Place of Return.

# NURTURING AND BELONGING

## Meals

Meals at John Island are wholesome, well balanced and enjoyable. They are prepared on site in our own kitchen by dedicated kitchen staff members. The menu is familiar and nutritious and conforms to the Canada Food Guide's recommended daily servings. Fresh produce and dairy products are delivered regularly. Campers receive a snack each evening and fresh fruit is available throughout most of the day. Water is filtered, treated, and tested daily to meet the Ministry of Environment water safety regulations.

## Accommodations

John Island has undergone extensive facility upgrades over the past few years. John Island Camp has brand new cabins, new washroom facilities and new kitchen areas. Campers have the luxury of sleeping in new bunks with one specific window per bunk. Shower facilities are available and used at the appropriate time, based on the schedule of the camp. Every camper each day has the opportunity to rinse off in the more traditional "lake" environment.

## No One Gets Left Out

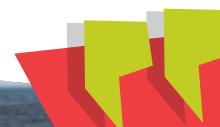
The YMCA is dedicated to providing an environment that is accessible and open to all. We have a financial assistance program, also known as our 'campership' program, to help families with special financial needs. Thanks to the generous donations from many organizations and other camper families, John Island is able to offer discounted camp experiences. We also work with other agencies to provide additional support so that campers with social, physical and developmental challenges can enjoy camp.

## Health Care

Our consulting physicians, with resident camping experience, review all medical policies and procedures. They work closely with our dedicated on-site health care staff members and focus on recognizing and responding to camp medical needs, administering camper medication and ensuring a healthy camp environment. A strong emphasis is placed on the 100% accuracy and timing of administering campers medications.

## Emotional Needs

Being away from home can be exciting, fun and sometimes a little scary for campers! Our staff members spend a week in training before campers arrive recognizing the specific needs of all campers. Areas of homesickness, bullying and other emotional needs are carefully studied and approaches to effectively prevent, and if necessary deal with, these situations are explored. Dedicated counselling supervisors work with counsellors to respond to camper and group problems to create a positive camp experience for every camper.



"My son loves it at JIC, and I love the amazing staff! The care and consideration that they take when interacting with the campers (and the parents) is something to behold, these are great human beings. My son said each one was amazing! Thank you."

– John Island Camp Parent





## REGISTRATION OPENS TUESDAY, OCTOBER 30TH AT 10AM.

140 Durham Street, Sudbury ON P3E 3M7

(705) 674-6171 • (800) 465-9622 (Toll Free in Canada)

## QUESTIONS?

Send us an email!

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[www.johnisland.ymca.ca](http://www.johnisland.ymca.ca)

\*HST will be added to all YMCA John Island Camp's pricing listed in brochure.



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