



Camp Kawartha

Adventure & Discovery Take Flight!

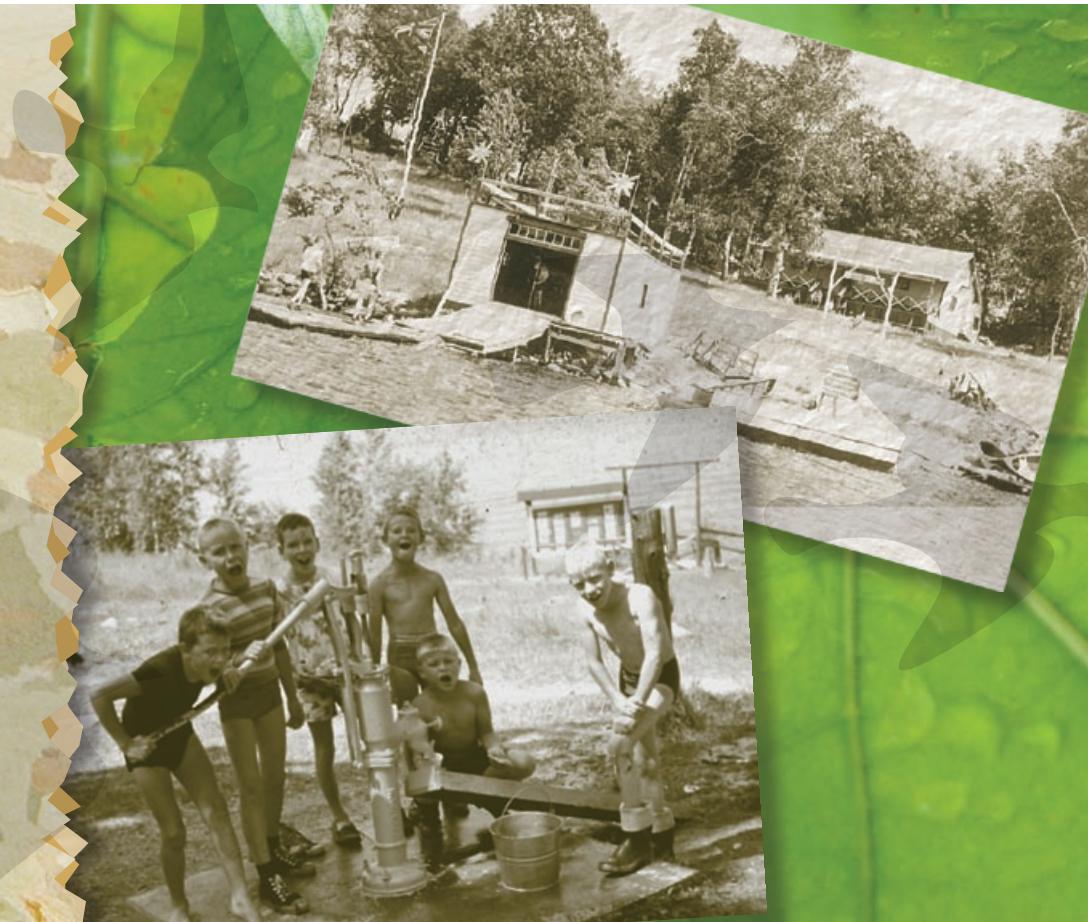


Camping

for almost a century

Camp Kawartha has been providing magical summers for children and teens since 1921. Founded as a boy's camp on Clear Lake by the Rotary Club of Peterborough, Camp Kawartha has grown into a year-round operation including a co-ed summer camp, a residential outdoor education centre and conference centre.

The camp is governed by Camp Kawartha Inc., a not-for-profit charitable organization managed by a volunteer Board of Directors and a year-round professional staff.





Promoting Self-Esteem

We believe that the development of self-esteem and self-confidence is at the very heart of what we do. Every child is treated as a special individual with something unique to contribute to our camping community. Both in our programs and in our interactions with campers, we provide opportunities for individual challenge and growth.

Fostering a Sense of Community

Our goal is to create a supportive community which recognizes and values every child. Camp Kawartha accepts only 86 regular campers, cared for by 30 staff members. Our intimate size allows us to build a very close knit community. The staff know the campers by name, and they take the time to provide individual attention to each child.

Fostering Environmental Awareness

For ten months out of the year, we operate as an environmental education centre, teaching school children about natural history, habitat protection and the importance of wildlife. For us, environmental awareness is an ethic we incorporate into everything we do, from the programs we offer to the food we serve and the way we maintain our facility. Our new straw bale Rotary Hall, wind turbine and solar greenhouse are part of our efforts to move the camp towards sustainable living practices. We strive to live what we teach.

Committing to the Highest of Safety Standards

Every spring we carefully examine all aspects of our programs to ensure they provide the highest standards of safety and care. Staff have qualifications in specialty areas and are all trained in First Aid and CPR. Camp Kawartha is an accredited member of the Ontario Camping Association, which monitors our commitment to quality.

Talented and Dedicated Staff

Camp Kawartha's dynamic staff of skilled professionals and young adults go that extra mile to be positive role models for campers. They bring to Camp Kawartha an impressive variety of talents and experience in the arts, sports, adventure activities, out-tripping, counselling and leadership. What stands out most about our staff is the level of commitment and care they put into everything that they do!

Providing Great Food

Mealtimes are a special part of the day for the Camp Kawartha community as we gather together for fellowship, singsongs, special events and delicious food! Our camp's small size gives our cook the opportunity to prepare wholesome meals with fresh ingredients and local produce. Children with special dietary needs are given individual attention and alternative meals. Nutritious snacks and fruit are always available between meals. Camp Kawartha is a peanut-safe environment; we do not use or allow any foods that contain nuts or traces of nuts.



REGULAR

camp

"When you tug at a single thing in nature you find it attached to the rest of the world" – John Muir

We keep campers busy and engaged in meaningful, fun programs. For us, camp is about so much more than just occupying a child's summer. Instead, we believe in providing every child enriching and memorable experiences. We strive for quality in the delivery of our lessons, the choice of programs and the extra special touches that make this camp a magical place to be.

Choice of Sessions

At Camp Kawartha, campers aged 8 to 14 have many program options. Campers can choose a 1 week session for a taste of camp life. Or they can select our 2 week session in order to allow them more time to develop and refine skills, and to participate in a broader range of activities.

A Day in the Life of Camp

During the morning of each session, campers have an opportunity to acquire skills in the following areas: archery, arts and crafts, canoeing, drama, eco-skills, kayaking, outdoor living skills, sailing, swimming and windsurfing. Afternoon activities consist of special events planned by counsellors and campers, or creative "interest choices" which change each day. Capitalizing on our staff's unique talents, these programs might include such sessions as storytelling or making and playing homemade musical instruments. Evening programs involve intramurals or camp-wide games and end in an all-camp event such as a campfire, skit night or musical jam. Often we invite special guests for presentations, square dances and sing alongs. Evening programs become a wonderful forum for the campers to take part in activities as a community.



Out-Tripping Program

During our two week sessions, every camper participates in an overnight camping experience away from the main site. The senior cabins have the opportunity to experience a two night canoe trip in one of the wilderness areas of the Kawartha Lakes region.

Adventure At Regular Camp

Camp Kawartha's full range of adventure-based activities is an effective means of developing and enhancing self-esteem, trust, risk-taking, communication skills, problem-solving, co-operation, teamwork and leadership among campers of different ages and abilities. Staff receive special training to be able to facilitate and implement these activities in a safe and supportive way. Campers progress through a wide range of activities such as trust activities, initiatives, climbing wall and low-ropes elements. Senior campers can qualify for participation in a high-ropes course.

Day Camp

One week session for ages 5 to 8 (drop off at 9:00 a.m., pick up at 4:30 p.m.)
This hands on, week long program introduces younger campers to the joys of summer camp. With arts and crafts sessions, waterfront activities and a nature based theme for each day, campers are introduced to camp life without having to spend the night.

SESSIONS FOR Older Campers

+ higher learning

As well as our regular camping sessions, we offer a variety of sessions for older campers 14 to 17, who are seeking adventure-based experiences or who would like to develop leadership skills.



Junior Canoe Trip

One week session for ages 10 to 13 - Of the many experiences campers remember, among their fondest is the overnight canoe trip. Camping under a canopy of stars, hearing loons yodel directly from the bow of your canoe and cooking over an open fire are all experiences which forge life-long memories. Our Junior Tripping program gives younger campers an opportunity to learn the skills associated with canoe tripping; one of the most magical ways to access the Canadian wilderness.

Wilderness Canoe Tripping

Two week session for ages 14 to 16 – Several days are spent at Camp Kawartha developing and refining skills in canoeing, leadership, safety and first aid, as well as trip and menu planning. Trippers also have an opportunity to join in camp activities. Eight days are then spent on a wilderness canoe trip in Algonquin or Killarney Park, led by our most experienced staff, but planned and prepared for by the campers themselves. This program is physically demanding due to the nature of the activities (e.g. portaging canoes and long paddling days).

Challenge and Adventure

Two week session for ages 14 to 16 – This action packed course involves a series of high adventure activities led by our most experienced staff. Campers will be working together to develop a positive and confident attitude toward themselves and others in a non-competitive, supportive environment. Activities include adventures such as rock climbing, white water kayaking, caving, mountain biking, high and low ropes, canoeing, initiative tasks and more!



LEADERSHIP

Training Courses

"Now I see the secret of making the best persons. It is to grow in the open air and to eat

At Camp Kawartha, the quality of our programs begins with the excellence of our counsellors and leaders. Therefore, we have worked hard to create a first-rate leadership development program specifically designed to train young adults in the elements of safe and effective leadership. Camp Kawartha recognizes the importance of investing in tomorrow's leaders and therefore offer these programs at a reduced rate.

CSD (Counsellor Skills Development)

Four week program for ages 15 and 16

The CSD program represents a large step for campers. This program is designed to build confidence and motivate the participants in gaining the hard skills and discipline needed to become effective camp counsellors. This is accomplished by offering Bronze Medallion or Bronze Cross certification, First Aid certification, ORCA Canoeing levels, and training in our skill building activities including sailing, windsurfing, kayaking, eco-skills, archery, initiatives, ropes and more. Participants will also experience the group dynamics needed for achieving common goals and model staff roles within a camp environment. Time will also be made for recreational and coordinated programming with other leadership programs. In addition, the group will enhance their tripping skills and participate in an extended canoe trip.

The CSD program is an important first step towards future leadership and application toward the LIT program and future Camp Kawartha staff.

Prerequisite: Applicants must be 15-16 years old, have previous camp experience, and must complete a leadership application (in addition to their registration form) to apply and qualify for this program. Candidates will be selected by the Leadership Director and Summer Camp Director.



LIT (Leader in Training)

Four week program for ages 16 and 17

This four week program is supervised by the LIT Director and the Summer Camp Director. Participants enhance their knowledge of group dynamics, safety management, communication, decision-making, camper and self-evaluation, counseling and instructing in a supportive team environment. Three weeks of this program are spent at Camp Kawartha and one week is spent preparing for and participating in a wilderness canoeing experience (for example, Algonquin Park)

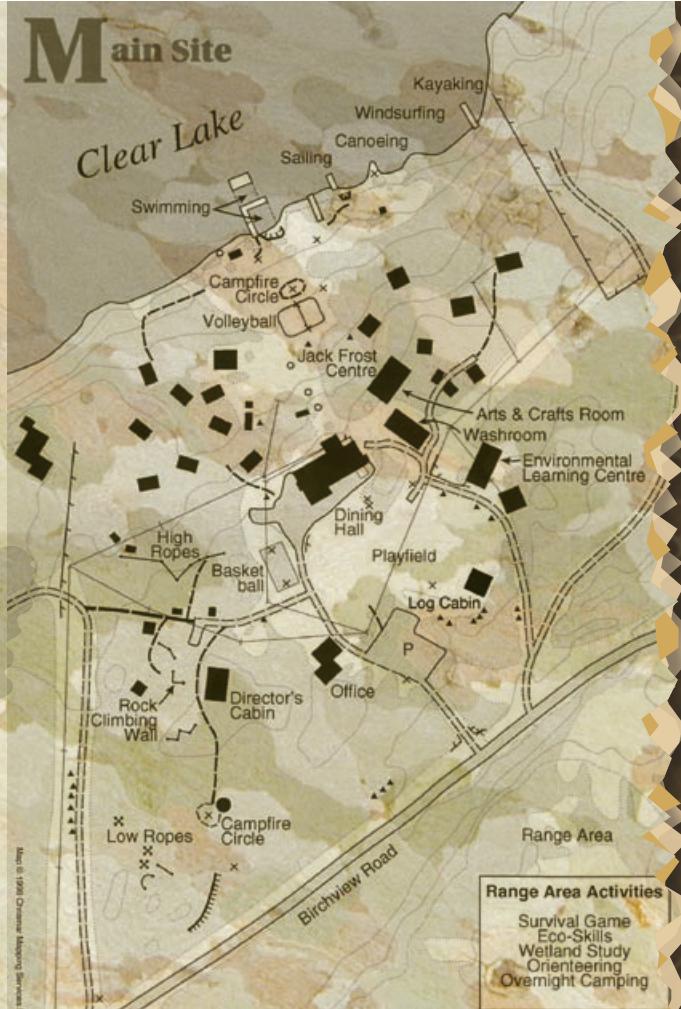
Prerequisite: Candidates are carefully selected for this program. Applicants must have successfully completed our CSD program or demonstrate equivalent qualifications to the Summer Camp Director. They must also complete a leadership application (in addition to their registration form) outlining their leadership experience and why they would make a quality leader. Our LITs are selected based upon their past camp experience, leadership potential, present involvement with children and related safety and First Aid certifications.

Both the CSD and LIT program satisfy the requirements for the Expedition and Residential Project of The Duke of Edinburgh's Award. (Visit <http://www.dukeofed.org/> for more information about the Award Program)

Kawarthas

THE BEAUTIFUL

and sleep with the earth" - Walt Whitman



Camp Kawartha is located 26 kilometers north of Peterborough on the south shore of Clear Lake, in the heart of the Kawartha's.

All of our facilities are equipped for year-round use. Cabins or "bunks" are located close to the central dining hall and are equipped with bunk beds, personal storage space and electric heat for cool nights. Our recently completed straw bale Rotary Hall is a marvelous place to teach campers about alternative energy and appropriate technology.

The Camp's 186 acres is perfectly suited for a wide variety of outdoor programs. The carefully designed waterfront is ideal for swimming and boating. Fields and woodland areas offer games and trails for hiking, exploration and nature interpretation. Our 30 foot teepee and authentic wickiup (a thatched shelter) are a wonderful way for campers to learn how traditional people lived in this area thousands of years ago.

We also have a basketball court, volleyball court, archery range, high ropes course, low ropes course and climbing wall and a fully equipped Health Centre with an on-site nurse and on-call doctor to take care of all health needs.

For pictures of our facilities and more information about our programming please visit our website at www.campkawartha.ca

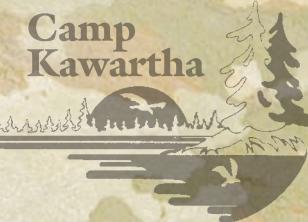
AND FROM THE Executive Director...

Lasting friendships, endless discovery for all seasons

For me, Camp Kawartha is about helping children to experience the possibilities and joy of a caring community. I use the word community in a more expansive sense than most, to include natural communities. Children can come to recognize the power of caring for each other and the natural world. They also can experience the kind of fulfillment that teamwork and self-esteem brings, if the environment provides the right measure of magic. At Camp Kawartha, I believe that we have that kind of environment and that kind of magic.



Jacob Rodenburg
Executive Director



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