



YMCA - YWCA

We build strong kids,
strong families, strong communities.

WELCOME TO... CAMP STEPHENS FAMILY CAMP



We are so excited that you have decided to join us at Camp Stephens for Family Camp. This week will be full of activities and fun for the whole family.

TRANSPORTATION

To Camp:

Busing: The bus will be leaving from the West Portage YMCA-YWCA, 3550 Portage Ave at 7:15am

Own: Please be at Wharf A in Kenora for 9:15am

Return:

Busing: The bus will be returning to the West Portage YMCA-YWCA at 2:15pm

ITINERARY

7:45 – Wake-Up - Optional Polar Bear

8:30 – Breakfast

9:30 – Morning Program- Parents take children around to different hard skill areas such as high ropes, climbing tower, canoeing, and kayaking.

Parents must be with children

12:30 – Lunch

1:30 – Afternoon Program- Staff take the children for activities such as crafts, games, drama, waterfront and more- Parents are free to socialize and enjoy the great outdoors

5:30 – Dinner

6:30 – Evening Program- All camp activities: campfire, sing-along, talent show, mass games.

8:30 – Program End- Parents put kids down for the day

9:30 – Adult & Teen Programs- board games, card games, movies, snack, general socializing time for adults.

Coffee, juice and snacks will be available throughout the day.

WHAT TO BRING TO CAMP

- sleeping bag & pillow
- long-pants (jeans not recommended)
- shorts
- t-shirts
- long sleeved shirts or fleece pull overs
- raincoat or rain suit -
- warm jacket
- 1 pair of shoes to get wet and stay wet (an old pair of runners or sandals, Flip-flops not recommended)
- 1 pair of dry shoes (regular runners)
- 1 hat
- underwear and socks (one pair for every day at camp)
- 1 bathing suit
- Towels (for using at the beach and also for showering/washing up)
- pajamas
- toothpaste, toothbrush, comb and/or brush, facecloth, soap and shampoo
- water bottle
- flashlight

OPTIONAL:

- camera
- inflatable mattress for adults (the camp bunk beds are approximately 6 feet long and some adults find it more comfortable to sleep on their own inflatable mattress)

Please avoid new or valuable clothing as camp activities can be very rough on clothing.

