

# EXCEPTIONAL OUTDOOR EXPERIENCES

Quality camp programs with a variety of nature experiences for children, teens & families



**YMCA-YWCA of Winnipeg**  
Camp Stephens  
in Lake of the Woods, Ontario

[ywinnipeg.ca/campstephens](http://ywinnipeg.ca/campstephens)



## Our Commitment to Community

At the YMCA-YWCA of Winnipeg's Camp Stephens, we strive to build a better world – one child at a time. We believe nature-based camp experiences should be available to everyone – regardless of financial circumstance – to develop children's and families' overall health and well-being.

*For information regarding financial assistance, please visit [ywinnipeg.ca/campstephens](http://ywinnipeg.ca/campstephens)*

Financial assistance is available



## All our camps share one thing – adventure

At Camp Stephens, children, teens & families have the opportunity for outdoor adventure. Whether you're looking to discover new activities, find new talents, or connect with nature, you'll make friendships and memories that last a lifetime.



## Family Camp

In the hustle and bustle of busy lives, it can be a challenge to find quality time to spend as a family. With a Family Camp adventure, plan on getting away to a pristine wilderness setting and finding space for peace and for play! Whether you're looking for canoeing with portages or total relaxation, there is something for all ages.

### *5-day Overnight Island Camp*

Several options are available, complete with cozy cabins or tents.

### *5-day Wilderness Canoe Trip*

Spend quality family time as you explore the Lake of the Woods' wilderness via canoe!

all meals & accommodation included!







## Overnight Island Camp

At overnight camp, kids ages 8-17 get to unplug, connect with the nature and step outside their comfort zone. They will arrive home with a new-found independence, increased self-esteem and memories and friendships to last a lifetime!

### Amazing Activities

Campers have the opportunity to participate in a variety of activities, where they can try new things and grow in confidence among friends. Our desire is to have fun, support each other, and learn to work both as a team member and independently.

*Canoeing Kayaking Sailing Climbing Swimming Wide Games Gym Games High Ropes Low Ropes Campfire*

#### 1 week for 8-12 year olds

This one-week resident program is a fun-filled, condensed version of our traditional two-week camp. This program caters to the first-time Stephens camper who may be nervous about spending time away from home.

#### 2 weeks for 8-9 year old (Juniors)

Our youngest campers get a chance to explore what is often their first time away from home in a safe and supervised environment. All activities are run at an introductory level with a focus on fun.

#### 2 weeks for 10-12 yo (Intermediates)

As an intermediate you experience the best of everything at camp. From all of the in-camp activities to a 3-day canoe trip, an intermediate camper's days are action-packed and fun-filled.

includes overnight camping trip!

includes 3-day canoe trip!

#### 2 weeks for 13-15 year olds (Seniors)

Seniors are given the opportunity to achieve advanced levels in many of our activities. Seniors will enjoy a mix of on-island fun and out-tripping excitement and the opportunity to display their independence and responsibility. Seniors will benefit from lots of social time with their peers and the chance to make new friends.

includes 4-day canoe trip!

#### 4 weeks for 15-16 year olds (Quatros)

This program offers participants the chance to develop their in-camp skill base. Each week brings a variety of activities for participants to choose from, developing their skill levels along the way. Skill areas include sailing, swimming, climbing, kayaking, canoeing and more.

includes 6-day canoe trip!







## Wilderness Canoe Trips

Teen campers ages 13-17 head out on adventure trips that explore some of the finest wilderness areas in Canada. Led by two trippers with extensive counselling, camping and first aid experience, the routes vary in length and difficulty, according to age and experience. Experiences from each trip are geared to teach campers skills that enable them to progress to the next trip's level.

### Available Canoe Trips:

- 2-week Explorer for ages 13-14 years – *best suited for the novice*
- 2-week Advanced for ages 14-15 years – *for the novice who likes a more challenging adventure*
- 3-week Pathfinder\* for ages 15-16 years – *intro to whitewater & advanced flatwater strokes*
- 4-week canoe trip\* (16-17 years) – *remote routes, whitewater and leadership*
- 6-week canoe trip (16-17 years) – *the pinnacle of our tripping experiences: travel through the Canadian Shield's vastness & experience life within northern Indigenous communities. By application only, based on prior wilderness trip experiences. Applications available at [ywinipeg.ca/campstephens](http://ywinipeg.ca/campstephens)*

*\*Due to the challenging nature of the 3- and 4-week trips, participants may be asked to provide information on their previous camping experiences and/or character references before their registration is approved.*



Visit [ywinipeg.ca/campstephens](http://ywinipeg.ca/campstephens) for more information



## Leadership Development Program

This 6-week program is designed to challenge and facilitate the development of personal & leadership skills through fun, hands-on experiences amidst a supportive and encouraging community.

### *Weeks 1 & 2:*

Get to know yourself, and other participants, by taking part in a 2-week canoe trip

### *Weeks 3 & 4:*

Spend time in camp, learning the ropes of how to be an effective leader while participating in all our great activities

### *Weeks 5 & 6:*

Job-shadow a counsellor and put your skills into practice as you lead a group of campers



## Our Staff: the heart of a well-run camp

Camp Stephens' staff are dedicated young people who are carefully selected for their skills, talents and experience. All staff are certified in First Aid, CPR, and Bronze Cross and have undergone criminal record and child abuse registry checks.

Our camp staff members are enthusiastic, well trained and prepared to guide campers of all backgrounds and abilities through programming that builds character in a safe and encouraging environment.



[ywinnipeg.ca/campstephens](http://ywinnipeg.ca/campstephens)



**YMCA-YWCA of Winnipeg**  
Camp Stephens

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Camp location: Lake of the Woods, Ontario

  
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