

SWALLOWDALE CAMP

ROSSEAU, ONTARIO

AGES 8-14 • JUL 13 - AUG 02, 2025



2025

A traditional Canadian summer camp where adventures begin

EN GENERAL ENGLISH
10 WEEKLY HOURS

FOREST SCHOOL
10 WEEKLY HOURS



SESSIONS LENGTH

2 or 3 week sessions
July 13 to August 02



OPTIONAL EXCURSION:

1 full day optional excursion offered weekly

WHERE FRIENDSHIPS & ADVENTURES BEGIN!

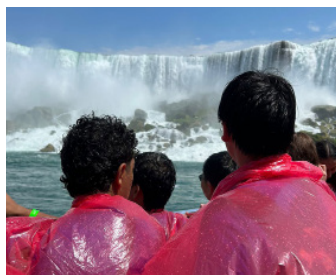
Operating on the beautiful grounds of Rosseau Lake College in Ontario's world-famous Muskoka region, Swallowdale Camp is the perfect choice for a summer camp adventure. Young campers join together to develop skills in sports, arts, and water activities. Each week, campers take 10 hours of English or Forest School lessons, adding a unique educational component to the traditional Canadian camp experience. At Swallowdale Camp, students come to appreciate the stunning beauty of the lake and forests that surrounds them, and the cultural distinctions that make up our global community.

PROGRAMME HIGHLIGHTS

- Traditional summer camp offering a true Canadian experience
- Water & land sports; art & music programming
- 10 hours of English instruction available weekly OR
- 10 hours of Forest School lessons available weekly

SCHEDULE HIGHLIGHTS

	MORNING	AFTERNOON	EVENING
S	At leisure	Swallowdale Olympics	Soccer Game
M	Activity Periods 1-3	Activity Periods 4-5 REC Period	Talent Night
T	Activity Periods 1-3	Activity Periods 4-5 REC Period	Campfire
W	OPTIONAL: NIAGARA FALLS		
T	Activity Periods 1-3	Activity Periods 4-5 REC Period	Survivor Game
F	Activity Periods 1-3	Activity Periods 4-5 REC Period	Karaoke Night
S	Activity Periods 1-3	Activity Periods 4-5 REC Period	Capture the Flag



ACCOMMODATION (SHARED)

- Comfortable residence rooms accommodating 2-8 campers
- Each floor has complete washroom and shower facilities
- Boys and girls are accommodated separately
- Counsellors live in the same residence with campers, providing full supervision
- Bedding and pillow provided
- Weekly laundry service

FACILITIES

- Large, modern classrooms
- Dining hall
- Student lounges
- Art studio
- 53-acre lakefront campus
- Extensive waterfront with all equipment for swimming, canoeing, kayaking, and SUP
- Large playing fields
- Outdoor Basketball courts

MEALS (FULLBOARD)

- 3 meals + evening snack daily
- All meals are served in the camp dining hall and offer a variety of nutritious and well-balanced options.



PROGRAMME PACKAGE INCLUDES:

- 5 periods of instructed sports, activities and lessons daily.
- Lessons include one of the following:
 - > 10 hours General English OR
 - > 10 hours Forest School
- Accommodation
- 3 meals daily and evening snack
- Full supervision
- Toronto airport meet and greet + transfer to/from camp
- Emergency medical and dental insurance to \$100,000 CAD
- Laundry service weekly
- CISS T-Shirt upon arrival
- CISS certificate upon completion of programme

MAIN FEATURES



Traditional Camp



Shared Rooms



Waterfront Location



Art & Sports Programme

PROGRAMME OPTIONS

Students choose their programme option at the time of application and must remain in that course for the full duration of their stay. Programme options are:

- GENERAL ENGLISH
- FOREST SCHOOL

EN GENERAL ENGLISH

This option provides classroom instruction in speaking, listening, reading and writing, with a focus on helping students of all proficiency levels to improve in their fluency and accuracy of speech.

- 10 hours of English lessons per week
- Professional and qualified instructors
- Communicative methodologies
- 3 levels of ESL: Beginner, Intermediate, Advanced
- Placement test on first day

FOREST SCHOOL

This course is a perfect opportunity for students to learn about and appreciate their natural surroundings. Participants explore nature, learn about different plant life and wildlife while consciously considering the global environment and our daily impacts.

Indigenous lessons are a key component of the Forest School curriculum, where campers gain a deeper understanding of Indigenous culture, history, crafts, traditions, and diet.

- 10 hours of instructed course per week
- All levels of English welcome
- Classes take place outdoors (weather permitting)
- Instructors use natural surroundings to help students build confidence, language ability and respect for the environment
- Ideal for students who wish to explore their appreciation of nature

EXAMPLE OF A TYPICAL DAY

Each day is divided into 5 periods: 3 in the morning and 2 in the afternoon.

Programme Choice	1	2	3		4	5	
GENERAL ENGLISH				LUNCH + REST PERIOD			REC
FOREST SCHOOL				LUNCH + REST PERIOD			REC

DAILY INSTRUCTED ACTIVITIES RECREATIONAL PERIOD (REC)

- 3 x 1-hour instructed activity periods five days per week
- Campers select their activities at the beginning of each week
- Activities operate in one-week blocks to ensure solid skill development

On regular camp days, 1 hour is allocated as a recreational period (REC). During REC, a variety of water and land sports & activities are offered. These activities are supervised but are not necessarily instructed.

WATER SPORTS

- Canoeing • Kayaking • Fishing
- Swimming • Stand Up Paddleboarding (SUP)

LAND SPORTS

- Archery • Ball Hockey • Basketball • Fitness
- Outdoor Survival • Soccer • Volleyball

ARTS & MOVEMENT

- Arts & Crafts • Dance • Drama • Yoga
- Guitar (Beginner) • Woodworking

EVENING ACTIVITIES

(may include...)

- Campfire • Camp games • Dances
- Overnight Camping • Skit Night
- Sports Challenges • Talent Show

OPTIONAL EXCURSIONS

The following optional excursions take place once a week. Campers must choose at the time of booking and pay in advance.

- Niagara Falls \$200 CAD
- Canada's Wonderland \$175 CAD

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