

CISS SWALLOWDALE

A traditional Canadian summer camp where adventures begin

MUSKOKA, ONTARIO

AGES 8-14, LIT 15-16 | JUL 12 - AUG 01, 2026



WHERE FRIENDSHIPS & ADVENTURES BEGIN!

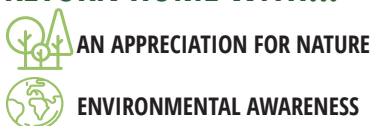
Operating on the beautiful grounds of Rosseau Lake College in Ontario's world-famous Muskoka region, Swallowdale Camp is the perfect choice for a summer camp adventure. Campers join together to develop skills in sports, arts, and water activities. Forest School and Leader-in-Training lessons add a unique and important 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.



SAMPLE SCHEDULE:

	MORNING	AFTERNOON	NIGHT
S	At Leisure	Swallowdale Olympics	Talent Night
M	Periods 1 - 3	Periods 4 - 5 + REC	Soccer Game
T	Periods 1 - 3	Periods 4 - 5 + REC	Campfire
W	----- OPTIONAL EXCURSION: NIAGARA FALLS -----		
T	Periods 1 - 3	Periods 4 - 5 + REC	Survivor Game
F	Periods 1 - 3	Periods 4 - 5 + REC	Karaoke Night
S	Periods 1 - 3	Periods 4 - 5 + REC	Capture the Flag

RETURN HOME WITH...





NATURE ADVENTURE & STUDY

More than just a camp:
Swallowdale is your lakeside
home every summer!

SPECIALTY PROGRAMMES



FOREST SCHOOL - 10 weekly hours (ages 8-14)

We believe in giving students an opportunity to learn about and appreciate their natural surroundings. Campers will explore nature, learn about different plant life and wildlife while consciously considering the global environment and our daily impacts.

- Geared toward all levels of English proficiency
- Classes take place outdoors (weather permitting)
- Instructors use natural surroundings to help students build confidence, language ability and respect for the environment



LEADER-IN-TRAINING - 10 weekly hours (ages 15-16)

The Swallowdale Leadership Training course is aimed at campers aged 15-16 with a good command of English. Participants develop leadership, teamwork, and communication skills through workshops and practical activities, while fully enjoying camp life.

- Learning and developing responsibility and leadership skills
- Classes on various camp activities, program organization and management, conflict resolution, teamwork, and communication

CAMP LIFE



ACCOMMODATION

FACILITIES

MEALS

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> • Comfortable residence rooms, each with 2-3 campers • Each residence has complete shared washroom and shower facilities • Boys and girls accommodated separately | <ul style="list-style-type: none"> • Large, modern classrooms and student lounge • Waterfront features a beach area for swimming and equipment for canoeing, kayaking, and SUP • Full WiFi access | <ul style="list-style-type: none"> • 3 meals daily + evening snack • Meals are served in dining hall and offer a variety of nutritious options. |
|---|--|---|

PACKAGE INCLUDES

- 10 hours of Forest School or Leader-in-Training lessons
- 15 hours of instructed activities
- 3 meals daily + evening snack
- Accommodation at private school
- Full WiFi on campus
- Evening activities
- Emergency medical insurance
- Full supervision
- Arrival/departure transfers
- CISS t-shirt & certificate of completion

ACTIVITIES & EXCURSIONS

DAILY INSTRUCTED ACTIVITIES

- 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

WATER SPORTS

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

LAND SPORTS

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

ARTS & MOVEMENT

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

RECREATIONAL PERIOD (REC)

Students have one recreational period (REC) per day. During this period, they can enjoy various water and land-based leisure activities. These activities are supervised, but not necessarily instructed.

EXAMPLE OF A TYPICAL DAY

5 daily periods: 3 in the morning and 2 in the afternoon.

PERIOD:	1	2	3		4	5	
Forest School				LUNCH + REST PERIOD			REC

EVENING PROGRAMME

Campfire • Camp games • Dances • Karaoke
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

CELL PHONE POLICY: We believe in offering a tech-free experience at Swallowdale! Unique to Swallowdale, campers are not permitted to have their phones EXCEPT twice per week: Tuesday night - Wednesday night + Friday night - Saturday night.

For more information,
photos and schedule
details, visit us at



MLI Education Group



WWW.CISSCANADA.COM