

SWALLOWDALE CAMP

ROSSEAU, ONTARIO

AGES 10-16, 16-17 LEADER IN TRAINING • JUL 10 - AUG 13, 2022



2022

A traditional Canadian summer camp where adventures begin

EN GENERAL ENGLISH
10 WEEKLY HOURS

ACTIVITY CAMP
AGES 10-16

OUTDOOR EDUCATION
10 WEEKLY HOURS

LEADER IN TRAINING (LIT)
AGES 16-17



SESSIONS LENGTH

2, 3 or 4 week sessions

LIT: 3 week sessions plus 1 or 2 weeks Practicum
July 10 to August 13

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 traditional summer camp adventure. Canadian and international campers join together to develop skills in sports, arts, outdoor activities and leadership. Camping traditions run deep in the Canadian spirit and are embodied in this programme, which has been in continuous operation since 1943. At Swallowdale Camp, students come to appreciate the stunning beauty of the nature that surrounds them, and the cultural distinctions that make up our global community.

PROGRAMME HIGHLIGHTS

- Traditional summer camp offering a true Canadian experience
- Opportunity for integration with Canadian campers
- Water & land sports; art & music programming
- 10 hours of English instruction available weekly (optional)
- Leader In Training (LIT) programme for campers aged 16 - 17 years
- Outdoor Education

SCHEDULE HIGHLIGHTS

WEEK 2	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: CANADA'S WONDERLAND		
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

* Sample Schedule - Our team is currently working on schedule options that are safe and healthy in the context of COVID-19. We expect to publish details in Spring 2022.



Climbing Wall



Canoeing on Lake Rosseau



Student Residence



Woodworking



Stand-up Paddle



Evening Activity

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
- Indoor gymnasium
- 53-acre lakefront campus
- Extensive waterfront with all equipment for swimming, canoeing, kayaking, and sailing
- 3 - 4 residence houses
- Large playing fields
- 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 or lessons daily which may include the following weekly hours
 - > 10 hours General English OR
 - > 10 hours Outdoor Education OR
 - > 10 hours Leader in Training OR
 - > Activity Camp
- 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

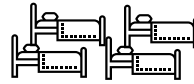
MAIN FEATURES



Traditional
Camp



Canadian
Integration



Shared
Rooms



Waterfront
Location



Art & Sports
Programme



Leadership

PROGRAMME OPTIONS

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 per week
- 1 hour = 60 minutes
- Maximum of 15 students per class
- Professional and qualified instructors
- Communicative methodologies
- 3 levels of ESL: Beginner, Intermediate, Advanced
- Placement test on first day

ACTIVITY CAMP

Students enjoy all day activities. They are divided into weekly modules. As the week progresses, students develop their skills in each of their chosen activities.

- 5 periods daily devoted exclusively to activities
- Water and land sports, dance, art, music and skill-building exercises
- Each activity programme is divided into weekly modules
- Ideal for campers seeking to maximize their activity choices

OUTDOOR EDUCATION

This course is a perfect opportunity for students to learn and appreciate their natural surroundings. 10 hours weekly

- 1 hour = 60 minutes
- Themes include protecting the environment, native history, and resource management
- Students learn valuable skills and an appreciation for sustainability and the natural world
- Optional camping trip

LEADER IN TRAINING (LIT)

The concept of "leadership" is put into motion by providing participants with a combination of theoretical knowledge and practical hands-on experience in a camp environment.

- 3 week session
- 16-17 year olds accepted
- 10 hours weekly of specialized classes
- 3 periods daily of practical training while learning to lead and instruct activities
- Acceptance is by special application
- First Aid training
- CISS Leadership certificate
- Possibility to extend upon completion for 1-2 weeks with a Practicum Add-On

General English and Outdoor Education are optional and replace 2 of the 5 daily activities.

ACTIVITIES

DAILY INSTRUCTED ACTIVITIES

- 5 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 • Sailing • Fishing
- Swimming • Stand Up Paddleboarding (SUP)

LAND SPORTS

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

ARTS & MOVEMENT

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

RECREATIONAL PERIOD (REC)

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.

EVENING ACTIVITIES

(may include...)

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

OPTIONAL EXCURSIONS

- Niagara Falls
- Canada's Wonderland

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