



# Camp AK-O-MAK Non Profit

## *Adult Sports Camp 2019*

Wednesday June 12th to Monday June 17th, 2019

Gather with like-minded women and men who love excellent food, sport and the great outdoors for an unforgettable 5 days in beautiful Northern Ontario.

- World Class coaching in all aspects of triathlon training... novice to experienced.
- Swimming technique video analysis, 1:1 coaching.
- Life-guarded open water swimming in beautiful Ahmic Lake.
- Hone bike skills on roads with little traffic.
- Mountain bike or run on forested camp trails.
- Free time to read in a hammock, hike, play, sunbathe, explore the lake or run on a woodland trail.
- Other sports/activities: Sailing, Canoeing, Kayaking, (C15) War Canoe, Yoga, Beach Volleyball, Tennis, Badminton, Basketball, Archery, Self defence, Ping Pong, Championship Croquet, Pickle Ball, Paddle Boarding and more.
- Camp fires, laughs, camaraderie...and spontaneous FUN.
- Guest speakers: Nutrition, training, motivation, mindfulness.
- \*Massage therapy available\*

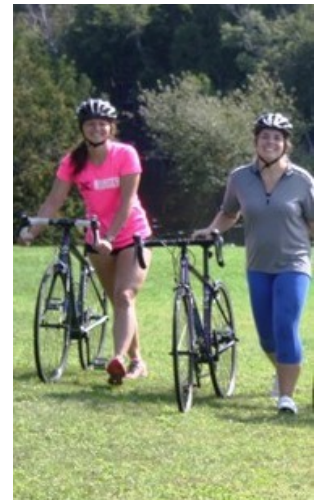
Camp may be "rustic" but the food is 5 Star!  
Enjoy nourishing, freshly prepared meals by Chef Samson.  
Wine included with dinner. (B.Y.O.B for other libations.)  
Snacks / fruit / hot beverages available all day.

- \*Massage therapy by appointment with added cost.
- Adults 19 years and older.

**Lots to do...or  
little...the choice is  
yours.**

**Jump start your  
summer season.  
Return home  
refreshed and  
motivated.**

**Ak-O-Mak is located  
3.5 hours north of  
Toronto**



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