



Camp AK-O-MAK Non Profit

Adult Camp 2020

Saturday August 29 to Wednesday September 2, 2020

Typical Daily Schedule

7:30 Wake up

7:45-8:45 Early Bird - choice of swim, swim/run, trail run or Paddle or sleep in

9:00 Hot Breakfast

10:30-12:45 Choice of activities: road bike, mountain bike, swim practice, hiking, small boats (kayaks, c-boats, war canoe), archery, tennis, paddle boards, Yoga, additional sports and activities available.

1:00 Lunch

2:00-2:30 R'n'R: Tea/Coffee on porch, reading in hammocks

2:30-5:00 Choice of activities: biking, sailing, yoga, diving, beach volleyball, badminton, Rockin' Body Workout, self defense, fishing, canoeing, additional sports and activities available.

5:00 Dock-Tails,

6:00 Wine and Dine Dinner

7:30 Evening activity/Socializing

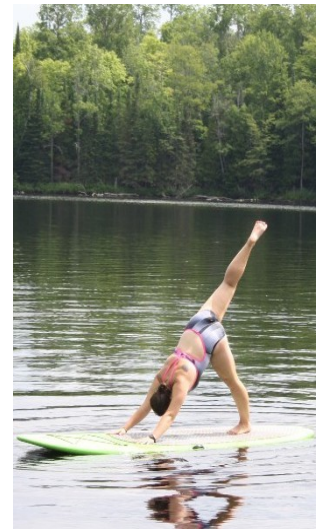
Inspirational videos

Inspirational talks, mindfulness, meditation, massage therapy, stretching, bonfire, happy hour (Dock-Tails)

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

**Sleep in traditional
cabins with bunk
beds.**

**Enjoy a traditional
camp experience
again or for the first
time**



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