

A LITTLE ABOUT OUR HISTORY...

Founded in 1928, US Olympic swim coach, Matt Mann II opened **the world's first competitive swim camp for girls**. His dream was to provide a beautiful outdoor space where athletes could stay fit and train using a variety of sports.

When Mann's daughter, Rosemary Mann Dawson, grew up, she followed in her father's footsteps sharing the same passion for camp, having grown up at Camp Ak-O-Mak herself. Together with her husband Buck, they became the longest serving directors with over 50 years at the helm of camp.

Today, Mann's vision and mission remains alive. **Our goal is help girls develop confidence, fitness and friendship through sport**, learning and living with each other in a beautiful wilderness setting.

Camp Ak-O-Mak girls discover an "I CAN do it" attitude that carries over into other aspects of life. It is said that self-esteem is gained through the self, doing things worth of esteem- we have over 90 years to prove it!



DON'T TAKE OUR WORD FOR IT...

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You've built a truly amazing place for girls to learn values and how to grow into wonderful young women, and for that I can't thank you enough. There are so many challenges these girls face; it's really nice to know they can go to camp and have this time and influence from such great role models.

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[Anna] spends most of her time in her sisters shadow and **you guys gave her the opportunity to shine on her own.**

”

My daughter is absolutely treasuring everything from camp, she has shared all the stories, and **I know she feels different, older and more competent than before she went.** Thanks so very much, and expect her back next year.

REGISTER TODAY!

Dianne Young- Executive Director
campakomak.com (416) 427-3171

Instagram @campakomak_ | Facebook Camp Ak O Mak



Camp Ak-O-Mak

Canada's Premier Sports Camp for Girls



A FUN & COMPETITIVE SPORTS CAMP FOR GIRLS



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COURAGE. CONNECTION. COMPETENCE. CONFIDENCE.

Camp Ak-O-Mak is a private, non-profit, one-of-a-kind sports camp for girls aged 7-16. Located on beautiful Ahmic Lake, just a half hour east of Parry Sound, all campers enjoy instruction in competition in swimming, triathlon, and canoe /kayak as part of the basic programming. Our camp offers the best open-water swimming experience, geared to age and ability— many Lake Ontario swimmers got their start at Camp Ak-O-Mak!

Our campers receive world class coaching in swimming and triathlons. We are the only camp that participates in Ontario triathlons and regattas.

Enrolment is limited to 86 campers, ensuring personalized attention and a family atmosphere. Campers come to Camp Ak-O-Mak from all over the world including USA, Mexico, Australia, The Caribbean and China!

OVER 25 SPORTS AND ACTIVITIES TO CHOOSE FROM INCLUDING:

- Sailing
- Fencing
- War Canoe
- Mountain & Road Biking
- Soccer
- Beach Volleyball
- Basketball
- Lacrosse
- Yoga
- Traditional Summer camp games
- Weekly campfires
- Tennis
- So much more!



OVER 400 ACRES OF FOREST TRAILS, PLAYING FIELDS AND WATERFRONT!

Nestled on beautiful Ahmic Lake, Camp Ak-O-Mak boasts an unbeatable location. The private waterfront is comprised of a sheltered bay with water polo, 50m and 25m pools built right into the lake!

Campers enjoy a large sandy beach complete with boathouse with numerous racing canoes, war canoes and kayaks.

OUR FACILITIES

Our original 1927 Adirondack-style Main House where we gather for activities and meals is outfitted with a modern state-of-the-art commercial kitchen serving up fresh, healthy meals daily.

Our brand-new pavilion is in the works which will continue the enhancement of programming here at Camp Ak-O-Mak, and provide a space for campers in extreme weather. To learn more about the pavilion and how you can help, check out our website at www.campakomak.com

CAMPER ACCOMMODATIONS

Campers live in rustic wooden cabins with 8-12 other campers and 2-3 counsellors with bunkbeds. Restrooms and shower house with fully functioning amenities in separate cabins. Onsite laundry service is provided at least once a week.

“WHAT’S FOR DINNER?”

Camp Ak-O-Mak boasts a professional chef who specializes in serving locally sourced, fresh, and healthy meals. Because everything is cooked from scratch, we can accommodate most dietary restrictions (some very restrictive diets may incur additional costs) Meals are served family-style, and a variety of fresh fruit is always available between meals.

WE HAVE A GREAT TEAM!

Camp Ak-O-Mak counsellors are all university and senior high school students hand-picked for their sport and camping experience, as well as having an awesome personality! We offer a 3:1 camper to staff ratio which means optimal safety and attention for our campers.

We have fully licensed medical staff onsite to provide care to our campers and staff on a daily basis.

WHAT ARE YOU WAITING FOR?

For more information or to register your daughter today, visit our website:

campakomak.com

Or contact us directly at:

(416)427-3171

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