



YMCA Camp Pine Crest Family Camp Information Guide

Memories that last a lifetime – experiences that build a life

Welcome to Family Camp

Family Camp is a unique program at YMCA Camp Pine Crest. It is an opportunity for your family to spend time together, enjoy meeting other families, and engage in a lifelong camp community. It is a special place where you will see your children become more confident and independent and we hope that with our special touches, provide parents with a week of relaxation!

Some of the activities we offer at Pine Crest include low and high ropes courses, a climbing wall, canoeing, kayaking, arts and crafts, hiking, swimming, campfires, games night, outdoor cooking and much more. During the Family Camp week there's a balance between optional programmed activities and time to enjoy the site on your own. Programs are offered for children, adults or the whole family.

Families will arrive on Sunday and enjoy fun filled activities until Friday. Our staff and facilities will provide you with an unforgettable experience, and stories your family will share for years. Family Camp is a wonderful introduction to camp for new families and children or a great way to reconnect with camp for alumni. Either way, Family Camp is sure to be a family tradition for years to come.

If you have any questions about our facilities, staff or programming please don't hesitate to contact us at: Camp.Pinecrest@ymcagta.org
1-705-762-3377 or 1-877-878-9622

We look forward to having you join us for a fantastic week this summer!

Sincerely, Pine Crest Team

YMCA Camp Pine Crest Guiding Principles

YMCA mission statement

The YMCA of Greater Toronto is a charity offering opportunities for personal growth, community involvement and leadership. Our success is built on our commitment to the mission of the YMCA. In pursuit of this, and to distinguish camp from other experiences offered by our YMCA and the community, our Camping and Outdoor Education Center services are based on the following guiding principles.

Small-group experience

- YMCA Camp Pine Crest focuses on each individual camper's development process.
- Most of the camper's time occurs in a group size of approximately 10-15
- We provide opportunities for social development, group interdependence, interpersonal problem solving and leadership development.

Natural focus

- The camp program primarily features activities specific to our semi-wilderness setting and are not as readily available to children in their home or school environment.
- We take a holistic approach to environmental education and environmental stewardship, creating exciting experiences in the outdoors.

Democratic living

- While living in a group in a small cabin or on a canoe trip, participants learn to make decisions that serve both the individual and the group.
- Families work together to model positive behaviours for conflict resolution and leadership to all children at camp.

Enjoyable programs

- We want to make sure everyone has fun at camp.
- We encourage a sense of camp spirit, positive attitudes and camaraderie.

Inclusive community

- Our camp brings families and staff of various abilities and cultural, ethnic and socio-economic backgrounds together in one community.
- Staff are trained on issues of bullying and inclusion to help prevent situations that would make campers feel isolated during their time at camp.
- We offer financial assistance through a variety of channels in order to assure equal access to our programs at Pine Crest.

Healthy lifestyle

- We promote active, outdoor activities rain or shine.
- We serve nutritious and delicious food each day with an emphasis on healthy choices and lots of hydration for our busy days in the sun.
- We encourage all participants to make healthy lifestyle choices and increase physical activity daily.

Features of Pine Crest

Property and facilities

- 650 acres of wilderness property
- 26 kilometres of trails
- 8 kilometres of shoreline on 3 interconnected lakes
- 3 winterized lodges
- Shower and washroom facilities centrally located in cabin areas
- 2 dining halls

Program support

- 4 ropes courses
- Fleet of cedar strip and tripping canoes
- Natural Arts Centre
- Kayaks
- 6 campfire areas
- And much more!

Programs and Schedules

Typical Day at Pine Crest

7:15-7:55 a.m. Wake-up and Radical Risers

8:00 Table setters

8:15 Breakfast

9:30-10:45 Program activity #1

11:00-12:15 p.m. Program activity #2

12:30 Lunch

1:30-2:30 Rest hour

2:30-4:00 Program activity #3

4:00 – 5:00- General swimming and General boating

5:15 Table setters

5:30 Dinner

6:30 General swimming and General boating

7:30 Evening program and snack

Program activities include:

- Canoeing and kayaking
- Disc Golf
- Swimming
- Night hike activities
- Archery
- Campfires
- Music and Drumming
- Games night
- Natural arts and crafts
- Scavenger hunts
- Outdoor living skills
- Initiative tasks
- Snorkelling
- High and low ropes
- Yoga
- Overnight canoe trip
- Hula Hooping
- Stand Up Paddle Boarding

Parents are welcome to drop children aged 4-10 off at supervised program activities. Daily programs are offered for participants based on age this calendar year. To best suit the needs of specific ages and programs we ask that you stick to these age categories: *Age groups will alter based on the numbers of children in each age group

- Pine Cones: 4-5 yrs
- Bantams: 6-7 yrs
- Juniors: 8-9 yrs
- Seniors: 10 – 11 yrs
- Pioneers: 12 – 14 yrs
- Youth leaders: 15 – 17 yrs

Family programs are offered in the evening and throughout the week. A swimming area will always be staffed by Pine Crest lifeguards during program activity times so families are welcome to go for a dip throughout the day.

For any participants under the age of 4 they will need to be accompanied by a guardian to all programs.

Rainy days

All camp programs operate rain or shine, although the water-based and high or low ropes programs may be affected. In the event that the program must be altered, special programs are offered. The fun doesn't stop because of liquid sunshine!

Meals

Our kitchen staff prepare nutritious, tasty meals, along with a nightly snack for participants. Individuals who have special dietary needs can enjoy a supplemental menu modified to suit her/his needs. These special requests are to be noted on the Family Camp registration form. We provide a vegetarian and lactose-free option at every meal. The Head Cook will be on hand during arrival day and throughout the session if you have any particular concerns about food allergies or dietary questions.

Three-day sample menu:

Day one

Breakfast – Milk and Juice, Cereal (hot and cold), Cinnamon Buns, fruit

Lunch – Mushroom soup, Pizza, Salad Bar, Fruit

Dinner - Milk and Water, Chicken stir fry with rice, Salad bar, fruit, Lemon Tarts

Vegetarians – Tofu Stir fry

Snack Popcorn

Day Two

Breakfast – Pancakes, Sausages, Cereal (hot and cold) Milk and Juice, Yogurt and Fruit

Lunch - Tomato Soup, Grilled Cheese, Salad Bar and Fruit

Dinner – Milk and Water, Lasagna, Garlic Bread, Caesar Salad Brownies

Vegetarians – Veggie Lasagna

Snack - Cookies

Day Three

Breakfast - Milk and Juice, Cereal (hot and cold), Cheese omelets, muffins, fruit

Lunch - Minestrone soup, Make-your-own-sandwiches, fruit

Dinner – Milk and Water, Fajitas, Steamed Veggies, Rice, Ice Cream Bars

Vegetarian – Tofu Fajitas

Snack – Cheese and crackers

Nut Awareness

While we cannot guarantee a completely nut-free site, we do take every action possible to ensure that participants and staff with nut allergies are protected. All meals are prepared without any kind of nut products and we make sure that all participants are aware of products that may have been manufactured in the same factory as other nut products.

Please do not bring any food containing nuts (or may contain nuts) to camp to help those of us with allergies.

Packing and Preparations

Below you will find a suggested list of what you and your family should bring to camp.

Bedding

Families bring their own sleeping bags and pillows. If bedwetting is a concern, the camp laundry service is available to quickly launder any bedding. It is also suggested to bring a fitted mattress cover for a single bed.

Eyeglasses/contacts

For participants who require eyeglasses or contacts, we recommend bringing along an extra pair to be kept in the Wellness Centre in case they are needed.

Shoes, sandals and flip-flops

Because of our natural setting, we highly encourage participants to bring suitable footwear. **We ask all participants to wear sandals with a back strap instead of flip-flops.** In addition, only closed-toed shoes can be worn on our high and low ropes courses. If you plan on joining us for the overnight canoe trip, please bring two pairs of close-toed shoes.

Suggested packing list for each participant

- **1 rain coat with hood** (preferably waterproof))
- 1 pair rain pants
- **1 sun hat**
- 1 tube sunscreen (minimum SPF 60)
- 1 sleeping bag
- 1 blanket
- 1 pillow
- 6 pairs of socks and underwear
- 4-5 T-shirts
- 2 pair long pants (sweats instead of jeans)
- 3-4 pair of shorts

- 2 long-sleeve T-shirts
- 1-2 sweaters (fleece, wool)
- 1 pair sandals (with ankle strap – no flip-flops will be allowed)
- Sturdy running shoes
- 2 swim suits
- 1-2 towels
- Pajamas
- Toothbrush/toothpaste
- Brush or comb
- Insect repellent (lotion, not spray)
- Sunglasses
- Flashlight/extra batteries
- **Refillable Water bottle**

Optional Items

- Musical Instrument
- Books
- Camera
- Journal
- Rubber boots
- Small backpack
- Alarm clock or watch
- Camp or deck chair
- Fan for cabin

For families with young children

There are many items you may need while travelling with infants or young children and we want to make it as easy as possible for you. We have a few items for loan on site that you don't need to bring with you.

These will be located in the main dining hall and we would appreciate it if you could return them to that space upon your departure. Please keep in mind we have limited numbers of these items so if you know you need one for sure please RSVP to Camp

- Play Pen
- Booster seat or high chair
- Baby/ Toddler Carriers
- Baby hiking back packs
- Child cutlery and sippy cups
- Children's games and books

What not to bring to camp

At YMCA Camp Pine Crest, we believe that a camp experience should be a return to the basics, where campers can develop a sense of harmony with nature, themselves and others. In keeping with these values we encourage you to leave the following items at home for the week of camp:

- Pocket Knives
- Radios, stereos, CDs, iPods
- Matches
- Food (Nut sensitive site)
- Cell Phones
- Toy guns or water pistols
- Electronic toys or devices (e.g. GameBoy)
- Curling irons or hair dryers
- Any other valuables

Additional Information

The camp store

Our store is open for business on arrival day, departure day and most of the time in between. We accept cash, cheque, debit and credit cards. This summer we're pleased to offer:

- Pine Crest 1L bottle
- Winter toques
- Hats
- Sweatshirts
- Postcards
- Pine Crest stickers
- YMCA Camp Pine Crest History Book

Parking

Pine Crest has a large main parking lot. You're welcome to drive your car closer to your cabin to unload your luggage, but we ask that you move your car to the parking lot after doing so. Our main roads need to be accessible for emergency vehicles and on-site maintenance vehicles.

Alcohol and cigarettes

Pine Crest is primarily an overnight children's camp, and for this reason we ask that if you're going to be consuming alcohol, you only do so in Kekindewin (the dining hall), or in your cabin. As well, we ask that you use plastic containers. There will also be no drinking on any Family Camp Canoe trips.

We do make an exception for Family Campers to smoke if they need to during their stay. We ask that you only smoke in one of our designated areas. All of our buildings are made of wood and we go through many dry seasons and would not want to see our site damaged in any way.

Swimming and boating

Unlike a cottage or resort, at Pine Crest, we ask that no one uses our waterfront without two Pine Crest lifeguards present. This includes all boating and swimming activities. When participating in any boating activities you must wear a lifejacket at all times. We have many scheduled times for the waterfront that you can enjoy!

Emergency situations

In the case of an emergency on site, Pine Crest staff will take full responsibility for ensuring all details are taken care of. We require all guests to provide us with health concerns and information so we can best be prepared for any situation.

Pine Crest staff will call an ambulance, fill out all incident/accident report forms, act as the primary rescuers on the scene and accompany the person to the hospital.

Please make sure to have all family Health Cards with you for your visit.

Getting to Pine Crest

We at Pine Crest encourage all families to utilize our free bus to camp from Toronto. Our road to camp is narrow and home to many local cottage residents enjoying their summer holiday as well. We would like to help reduce the traffic into camp and ask that you consider the complimentary bus to help us be great neighbours. The bus will be available from Central YMCA at 20 Grosvenor St. Toronto. RSVP required. The bus will depart at 10:30 am. from Toronto.

Directions to Camp

From Toronto and the south

Take Highway 400 north to Barrie, then Highway 11 north to Gravenhurst. At Gravenhurst take Highway 169 about 21km northwest to Torrance. Turn left onto Southwood Road and immediately left again onto Clear Lake Road. Camp is about 3.3km down the road

From North Bay and the north

Follow Highway 11 south to Highway 169 at Gravenhurst. Take Highway 169 about 21km northwest to Torrance. Turn left onto Southwood Road and immediately left again onto Clear Lake Road. Camp is about 3.3km down the road.

From Sudbury and the west

Follow Highway 69 south through Parry Sound to Highway 169 at Foot's Bay. Take Highway 169 southeast about 25km through Bala to Torrance. Turn right onto Southwood Road and immediately left again onto Clear Lake Road. Camp is about 3.3km down the road.

From Ottawa and the east

Take Highway 60 west through Algonquin Park to Highway 11 at Huntsville. Take Highway 11 south about 52km to Highway 169 at Gravenhurst. Take 169 about 21km northeast to Torrance. Turn left onto Southwood Road and immediately left again onto Clear Lake Road. Camp is about 3.3km down the road

YMCA Camp Pine Crest, 1090 Gullwing Lake Rd., Torrance, ON POC 1M0

705-762-3377 or 1-877-878-9622