

Welcome to Camp Ak-O-Mak!

Nestled on the shores of Ahmic Lake, Camp Ak-O-Mak is the world's first all-girls swimming and sports camp, empowering young athletes since 1928. With 2, 3 & 4 week sessions, campers build confidence, skills, and friendships in a fun, unplugged environment. Our dedicated counselors, many of whom are former campers, provide guidance, encouragement, and support every step of the way, ensuring each girl feels safe, inspired, and part of our camp family.



Our Mission

At Camp Ak-O-Mak, we believe in empowering young girls by promoting an active lifestyle. Our goal is to help each camper discover her unique talents, build self-esteem, and prepare for future success both in sports and in life.



Programs & Activities

Our comprehensive programs cater to all skill levels, from beginners to seasoned athletes.

Campers can explore:

- Swimming & Open Water Swimming: Train in our Olympic-sized pool and the clear waters of Ahmic Lake.
- Triathlon Training: Develop skills in swimming, cycling, and running.
- Sprint Canoe/Kayak Racing: Learn paddling techniques and participate in exciting races.
- Land Sports: Enjoy soccer, tennis, volleyball, archery, and more.
- Outdoor Adventures: Experience hiking, mountain biking, and yoga.

Each day is filled with a variety of activities designed to challenge and inspire!

Facilities

Our camp spans 400 acres of lush forests and includes:

- Multiple beaches with diving towers
- Extensive trail systems for biking and hiking
- Modern kitchen facilities providing nutritious, home-cooked meals made by our professional chef
- Rustic cabins fostering a close-knit community atmosphere

While our cabins are electricity-free to enhance the rustic experience, shared washrooms with flush toilets and running water are conveniently located nearby.



Daily Schedule

Our structured daily schedule ensures a balance between sports, recreation, and relaxation:

- 7:00 AM: Wake Up
- 7:15 AM: Early Bird Activities (swim, run, bike, or paddle)
- 8:30 AM: Breakfast
- 9:30 AM: Cabin Clean-Up
- 10:00 AM - 12:45 PM: Morning Sports Sessions
- 1:00 PM: Lunch
- 2:00 PM: Rest Hour
- 3:00 PM - 5:45 PM: Afternoon Activities
- 6:00 PM: Dinner
- 7:00 PM: Evening Programs



Join Us for an Unforgettable Summer!

Whether your daughter is looking to improve her athletic skills, make new friends, or embark on new adventures, Camp Ak-O-Mak offers an enriching environment where she can thrive.



Registration and Contact Information

Ready to embark on a summer of fun and growth? Here's how to get started:

Registration: Visit our website to access the registration forms and session dates at campakomak.com

Contact Us: For any questions or additional information, reach out to us at:

- Phone: 1-416-427-3171
- Email: dianne@campakomak.com

Follow Us on Social Media!

Stay updated with the latest camp news and events:

- Facebook: facebook.com/CampAkOMak
- Instagram: [@campakomak](https://www.instagram.com/campakomak)



Scan to learn more



CAMP AK-O-MAK

Empowering Girls Through Sports and Adventure Since 1928

