

2024

Camp Yowochas

# Program Guide



*We acknowledge that we are on the traditional land of Treaty 6 Territory and the Metis Homeland of Region 4. The footsteps of diverse Indigenous peoples have marked this territory from time immemorial — First Nations, Metis, Inuit and now settlers from around the world.*

*We are all treaty members, with recognition and respect for Indigenous Peoples and the traditional territories on which we live, work and play. We call upon our collective honored traditions and spirits to share responsibility for stewardship of this beautiful land and our community.*



# Message from the CEO & Director of Camp Yowochas

Dear Camp Yowochas Families,

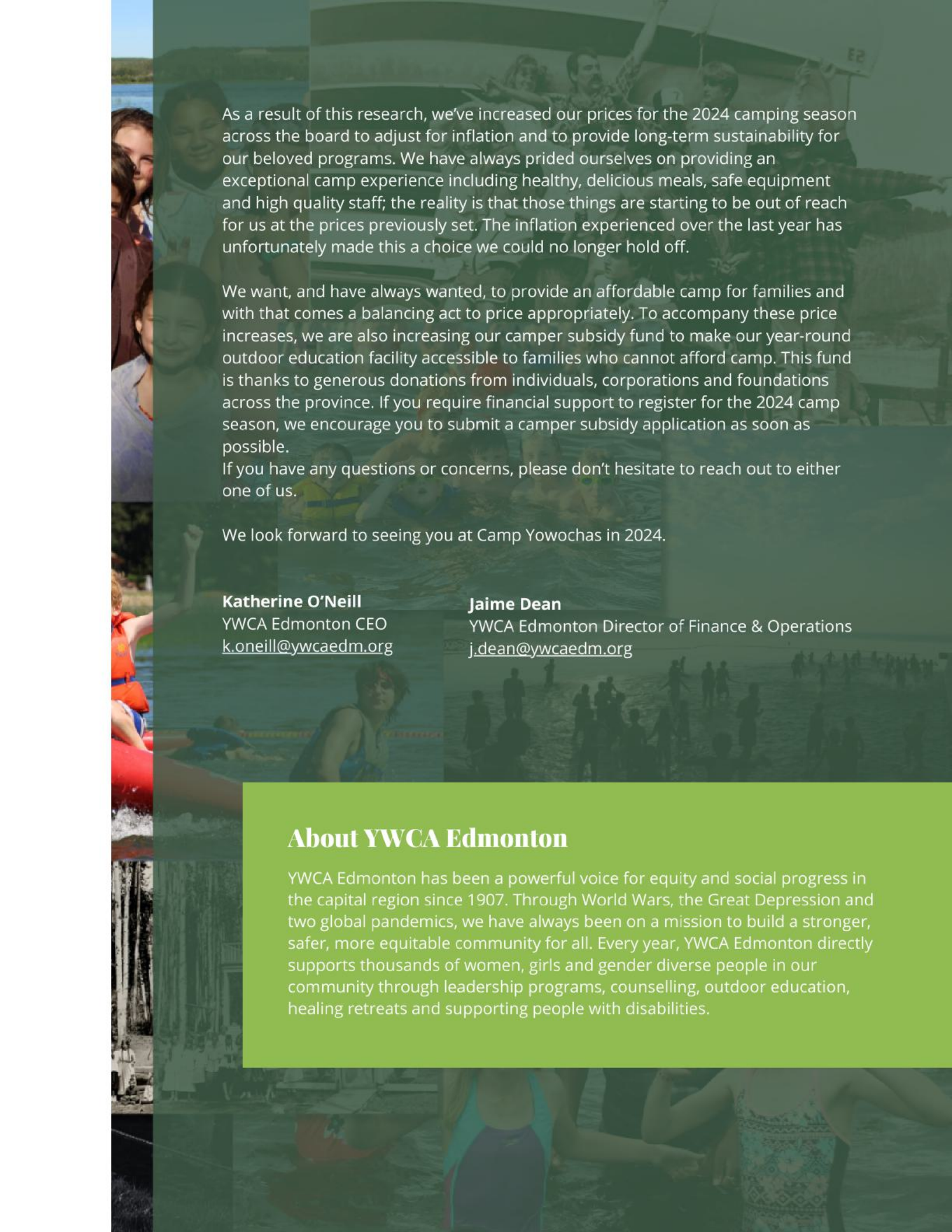
Camp Yowochas is thrilled to be welcoming you in 2024.

In this guide, you will notice that we are offering more opportunities for your family to come and experience camp magic – whether it's a family weekend, spring break camps, day camps or summer camps, we are always adjusting our programming to ensure everyone can have a wonderful and inclusive camp experience.

Camp Yowochas has undergone many changes over the past year, including a change in leadership. During the summer of 2023, we welcomed Ben Jenkins (aka Spud) as our new Senior Manager. A former Camp Yowochas summer camp manager, he is working closely with Jaime Dean, our YWCA Edmonton Director of Finance and Operations, to modernize camp and meet the growing needs of users.

Our goal is to ensure that Camp Yowochas, which has been operating on the shores of Wabamun Lake since 1916, can be enjoyed for years to come.

Over the pandemic, there was a lot of uncertainty around the camping industry and Camp Yowochas was no exception. Unfortunately, the camp has lost more than \$500,000 over the last three years. As a result of those staggering results, we have worked on scanning the entire camping sector – reviewing amenities and prices for other camps across Alberta and North America. We found that our 62-acre facility was one of the lowest priced camps across Alberta despite offering many amenities that other camps don't have, including lakefront activities and high ropes courses.



As a result of this research, we've increased our prices for the 2024 camping season across the board to adjust for inflation and to provide long-term sustainability for our beloved programs. We have always prided ourselves on providing an exceptional camp experience including healthy, delicious meals, safe equipment and high quality staff; the reality is that those things are starting to be out of reach for us at the prices previously set. The inflation experienced over the last year has unfortunately made this a choice we could no longer hold off.

We want, and have always wanted, to provide an affordable camp for families and with that comes a balancing act to price appropriately. To accompany these price increases, we are also increasing our camper subsidy fund to make our year-round outdoor education facility accessible to families who cannot afford camp. This fund is thanks to generous donations from individuals, corporations and foundations across the province. If you require financial support to register for the 2024 camp season, we encourage you to submit a camper subsidy application as soon as possible.

If you have any questions or concerns, please don't hesitate to reach out to either one of us.

We look forward to seeing you at Camp Yowochas in 2024.

**Katherine O'Neill**  
YWCA Edmonton CEO  
[k.oneill@ywcaedm.org](mailto:k.oneill@ywcaedm.org)

**Jaime Dean**  
YWCA Edmonton Director of Finance & Operations  
[j.dean@ywcaedm.org](mailto:j.dean@ywcaedm.org)

## About YWCA Edmonton

YWCA Edmonton has been a powerful voice for equity and social progress in the capital region since 1907. Through World Wars, the Great Depression and two global pandemics, we have always been on a mission to build a stronger, safer, more equitable community for all. Every year, YWCA Edmonton directly supports thousands of women, girls and gender diverse people in our community through leadership programs, counselling, outdoor education, healing retreats and supporting people with disabilities.

# Welcome from Ben, Senior Manager of Camp Yowochas

Hello! I'm Ben, but around here, they call me Spud. I'm thrilled to introduce myself as the new Senior Manager of Camp Yowochas. Let me share a bit about my journey with this amazing camp.

In 2016, I left my home in England and took a leap across the pond to become a camp counsellor at this enchanting place called Camp Yowochas (pronounced you-woke-us, just in case you were wondering). England doesn't really have summer camps, so joining this lively community was a bit of a culture shock. Singing around the campfire and chanting 'we like the ways' at dining tables were entirely new experiences for me. Embracing the unfamiliar and immersing myself in the spirit of summer camp turned out to be one of the most transformative moments of my life.

From 2016 to 2019, I went from being a counsellor to the Summer Camp Manager. If you happened to spot someone in a Captain Canada or a Mummy costume during the summer, that was probably me – the so-called "greatest showman" in disguise. But shhh, let's keep that between us; we wouldn't want to spoil the magic for the campers!

The confidence, maturity, friendships, and deep appreciation for the outdoors that I gained from camp are unparalleled, so it was without hesitation that I eagerly returned to Yowochas in Summer 2023 as the Senior Manager. I'm thrilled to create an environment where thousands of campers in 2024 and beyond can have similarly life-changing experiences. Witnessing the growth and newfound confidence of our campers during their stay at Yowochas is incredibly rewarding. I love seeing individuals push their boundaries and achieve more than they ever thought possible.

Our team and I are eagerly looking forward to welcoming you all in 2024. It's going to be a summer to remember!

Kind Regards,

**Ben Jenkins**

Senior Manager at Camp Yowochas

[b.jenkins@ywcaedm.org](mailto:b.jenkins@ywcaedm.org)





# Camp Yowochas has been proudly owned & operated by YWCA Edmonton since 1916.

YWCA Edmonton is a community leader in advocacy, counselling services, disability services, youth programming, and outdoor experiences in the Edmonton Metropolitan Region. Through education, empowerment, and a service-centric approach to supporting clients, **YWCA Edmonton inspires leaders to advocate for equity in our community.**

## Camp Yowochas offers programs for:

- Outdoor Recreation
- Leadership Development
- Environmental Education

## All Camp Yowochas programs:

- Develop leadership and team work skills
- Develop confidence, self-esteem & how to go out of your comfort zone
- Build interpersonal relationships and friendships
- Foster appreciation for the natural world
- Promote the development of character and values
- Provides time away from technology
- Fun and educational

## Join Our Team!

Would you like the opportunity to work at Camp Yowochas this spring or summer and help shape the future of our youth?

Apply online at [www.ywcaowochas.org/employment-opportunities](http://www.ywcaowochas.org/employment-opportunities) or email us [yowochas@ywcaedm.org](mailto:yowochas@ywcaedm.org) for more details

## Mission

Camp Yowochas promotes respect for self, others, and the environment.

## Vision

Camp Yowochas develops people through environmentally-sensitive programs and facilities.

## Mandate

Camp Yowochas provides programs that secure the success of the whole person in body, mind, and spirit.





## Location & Facilities

Located 80 km west of Edmonton, Camp Yowochas is situated on 60 acres of Aspen Parkland Forest with lakeside facilities on Lake Wabamun.

Accommodations range from tents, a yurt, and the Hilltop Cabins for older campers to modern dormitories equipped with heating for younger campers. Indoor washrooms and showers are available for all campers. The waterfront boasts a fleet of more than 50 boats including canoes, kayaks, and stand-up paddle boards. We also have high ropes activities including a climbing wall and zip line, as well as a low ropes course, archery ranges, and many kilometers of hiking trails. **Camp Yowochas provides a beautiful base for any outdoor adventure!**





# Health & Safety

The health and safety of every camper at Camp Yowochas is of utmost importance.

We ensure:

- 24-hour supervision.
- A minimum of one Counsellor, and one Assistant Counsellor per group.
- A maximum staff to camper ratio of 1:5.
- All waterfront activities are supervised by Lifesaving Society certified lifeguards or certified boating instructors.
- The mandatory wearing of a personal flotation device for all boating activities.
- Staff receive comprehensive safety training including emergency procedures.
- A team of resource/support staff to assist Counsellors 24 hours a day.
- First aiders are available at all times. (Note: the Stony Plain Hospital is only 30 minutes away.)
- Healthy and nutritious meals based on the Canada Food Guide (Allergies and special diets can be accommodated with advance notice).

## Staff

People selected to be staff members demonstrate a genuine interest in helping children grow and develop through outdoor experiences. All program staff, including Counsellors, hold Standard First Aid and CPR certification. All staff members are required to meet YWCA security screening practices.

Staff members have experience leading children — perhaps as a part-time job through the school year or on a volunteer basis; most have this experience through camping. In addition, many of our staff members are graduates of our Counsellor in Training program. Before campers arrive, our staff members receive an intense week-long training session. We cover everything from health, hygiene, and safety to bullying prevention, program planning, and dealing with homesickness.

## Accommodations

**Lodge:** The Lodge is our main building at Camp Yowochas and includes: dormitory-style bedrooms, administrative offices, dining hall, kitchen, washrooms, and our wellness center. It can accommodate up to 50 people.

**Dumbledorm:** The Dumbledorm is located right next to the Lodge. It has dormitory-style bedrooms and washrooms, and it can accommodate up to 52 people.

**Fox Den:** The FoxDen is a heated cabin located right across from the Lodge. It can accommodate up to 12 people.

**Hilltop Cabins:** The Hilltop Cabins are located at the top of the 91 Steps of Doom. There are 4 cabins that accommodate 10 people each.

**Campsites:** There are 9 campsites located up the hill. Three surround the Hilltop Cabins and the other 6 are located in the survival area. Each campsite can accommodate 4-12 people.

**Yurt:** The Yurt is located just down a trail from the Lodge and can accommodate up to 14 people.



# Camp Yowochas Activities

## Water

-  Canoeing
-  Voyageur Canoeing
-  Stand Up Paddle Boarding
-  Kayaking
-  Sit On Top Kayaking
-  Polar Dip

## High Ropes

-  Zip line
-  Climbing Wall
-  Team Balance
-  Multi Vine
-  Dangle Maze
-  Swing by Choice

## Land

-  Initiatives
-  Shelter Building
-  Orienteering
-  Nature Hike
-  Wetlands Exploration
-  Low Ropes
-  Bouldering
-  Archery
-  Fire Building
-  Natural Sauna
-  Outdoor Cooking

## Group Activities

-  Survival Game
-  Capture the Flag
-  Wide Game
-  Large Group Initiatives
-  High Energy Games

## Winter

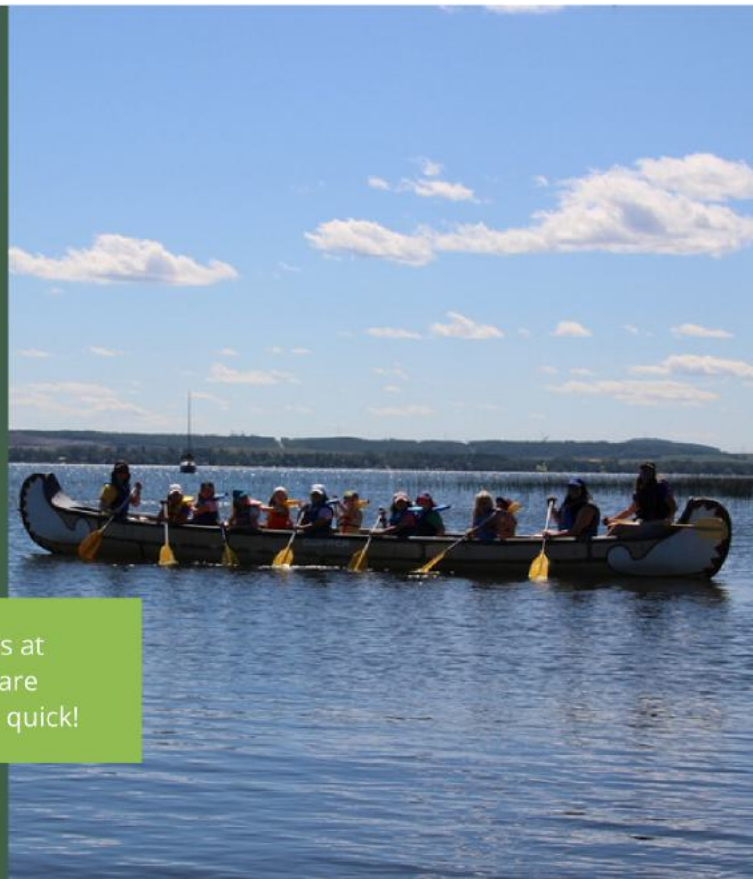
-  Cross Country Skiing
-  Quinzhee Building
-  Curling
-  Ice Skating

## Outdoor Education & Group Use

Camp Yowochas operates all year round providing a space and programs for a multitude of groups from schools to girl guides to cooperate retreats.

We can accommodate anywhere from 12 to 150 participants and provide a customizable itinerary where we will work with you to design the perfect camp experience for you and your group we can also provide kitchen services which includes covering all dietary needs.

If you are interested in booking Yowochas please contact us at [yowochas@ywcaedm.org](mailto:yowochas@ywcaedm.org) our bookings and reservations are filling up for 2024 and beyond so make sure to get in there quick!





# YWCA Camp Yowochas Events

## Mother Daughter Weekend

**Ages: 3+**

**Cost: \$200 per person**

**Dates: April 5-7 | November 15-17**

Join us for a specially crafted weekend where mothers can create lasting memories with their daughters. Experience the joy of traditional camp activities, savour delicious food, and take the opportunity to unwind and connect with your daughter for a weekend filled with fun and adventure. Invite your mom, grandmother, sister, aunt, or daughter to join you for quality time together.

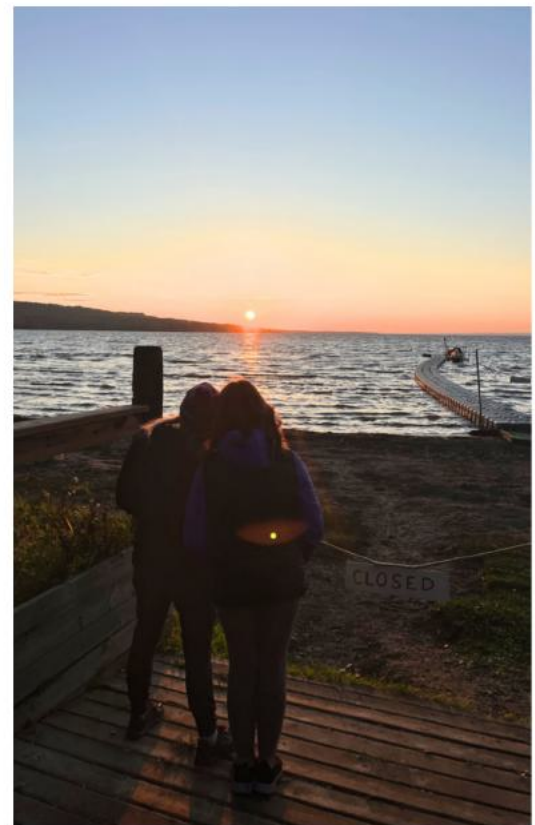
## Father Son Weekend

**Ages: 3+**

**Cost: \$200 per person**

**Date: March 22-24**

Join us this weekend for an experience tailored to strengthen the unique bond between fathers and sons. Create lasting memories through adventure and fun as you spend quality time together. Engage in activities like zip-lining, archery, hiking, and high ropes, and wrap up the evening around the campfire with a cup of hot chocolate.



## Mother Son Weekend

**Ages: 3+**

**Cost: \$200 per person**

**Date: October 18-20**

Embark on a weekend designed for mothers and sons to bond through nature, relaxation, and, of course, fun! Engage in thrilling activities like the classic mothers vs. sons capture the flag – check. Explore a scenic hike across 50 acres of forest land – check. Witness the adventure as your mom takes on a zip line – double check!

## Family Camp Weekend

**Ages: 3+**

**Cost: \$200 per person**

**Date: October 25-27**

Life can get hectic, making it challenging to spend quality time with our loved ones. Mark your calendars because Yowochas is hosting a family camp! Bring the entire family and indulge in a weekend of activities, relaxation, and fun. The best part? You won't have to worry about cooking – we've got that covered!

*Please note, pricing does not include GST*

The background of the slide features a stylized mountain range. The mountains are represented by overlapping, semi-transparent green shapes of various shades, creating a layered effect. The overall color palette is monochromatic, using different tones of green.

# Camp Programs



## Spring Break Camp

**Ages: 6-16**

**Cost: \$60/day, or \$270 for the whole week.**

**Date: March 25-29**

Note: Campers have the option to register for all five days or choose individual days.

Calling all kids! Spend your spring break at camp, where you'll experience a week of camp fun. Engage in group games, tackle high ropes, and learn survival skills—all amidst the beautiful outdoors on the shores of Lake Wabamun.

*(Bus transportation is available from Stony Plain daily at an additional cost of \$50/week, or \$10/day. The bus will depart Stony Plain at 8:15am and return at 4:45pm daily. Alternatively, participants can be dropped off at Camp Yowochas at 9am and picked up at 4pm daily.)*

# Summer Camp

Camp Yowochas prides itself on being **a place to return**. We believe summer camp should tell a story - a story of growth, adventure, learning and of course, fun!

Our summer camp programs are designed for campers to come back year after year and as they grow, they get to experience more and more that camp has to offer until one day they become counsellors themselves and get to use all their experience to guide the next generation through camp.

*A \$25 maintenance charge will be added at the time of registration. The prices below do not include the maintenance charge or GST.*

Camp Programs include:

- Day Camp
- Explorers (ages 6-7)
- Discoverers (ages 8-12)
- Prospectors (ages 13-14)
- Voyageurs (ages 14-15)
- Counsellors in Training (CIT) (ages 16-17)





## Day Camp

**Cost: \$270, \$216 for Session 6**

Length: 5 days (Mon. - Fri.);

Session 6 is 4 days (Tues. - Fri.)

Available: Sessions 1, 2, 3, 4, 5, 6, 7, and 8

Our day camp program marks the start of our camp journey. Campers get to join us for the day and participate in many of our camp activities. Day camp is a great place to start and to get acquainted with camp life, many of our day campers come back again to enjoy over night camp.

Participants must register for a full week, Monday to Friday, except for session 6 which is Tuesday to Friday. Participants must bring their own lunch and snacks daily. A BBQ lunch will be provided for all Day Campers on Friday. All participants will receive a T-shirt. Campers must be between 4-12 years old to register for Day Camp.

Busing is available from Stony Plain at an additional cost of \$50/week. The bus will depart Stony Plain at 8:15am and return at 4:45pm daily. Alternatively, participants can be dropped off at Camp Yowochas at 9am and picked up at 4pm daily.



## Explorers

**Ages: 6-7**

**Cost: \$598, \$479 for Session 6**

Length: 5 days (Mon. - Fri.);

Session 6 is 4 days (Tues. - Fri.)

Available: Girls Only Sessions: 1,3,5,7 / Boys Only Sessions: 2,4,6,8

An introductory program for our youngest overnight campers, Explorers are led through a variety of camp activities under the guidance of experienced staff members. We strive to ensure that campers have a great camp experience, setting them up for a life-long love of nature and outdoor activity. We offer a higher ratio of staff to campers for this younger group.

## Discoverers

**Ages: 8-12**

**Cost: Cost: \$598, \$479 for Session 6**

Length: 5 days (Mon. - Fri.);

Session 6 is 4 days (Tues.- Fri.)

Available: Sessions 1, 2, 3, 4, 5, 6, 7, and 8 (split by gender)

Our Discoverers can expect to learn skills in activities such as archery, canoeing, challenge course elements, swimming, and hiking, among others. Camp-wide games, nightly campfires, and out-trip on Wednesday night are also featured throughout the week. Through these experiences, Discoverers develop a sense of independence, foster an appreciation for the outdoors, and return home with a week full of great memories.



## Prospectors

**Ages: 13-14**

**Cost: \$615, \$492 for Session 6**

Length: 5 days (Mon. – Fri.);

Session 6 is 4 days (Tues. – Fri.)

Available: Sessions 1, 2, 3, 4, 5, 6, 7, and 8 (split by gender)

Our Prospectors program is designed for campers to challenge themselves during a wide variety of activities with the encouragement of their peers and guidance from their counsellors. New for 2024 Prospectors will be living in the Fox Den or Yurt. This provides a unique living space that allows for a more independent camp experience. Prospectors will have the opportunity to try our natural sauna as well as an overnight out trip. Aspects of self-reflection through journaling and mindfulness will help Prospectors make the most of their experiences at camp.

## Voyageurs

**Ages: 14 – 15**

**Cost: \$1,378**

Length: 12 days (Mon. – second Fri.)

Available: July 01-12 / July 15-26 / July 29-09 / August 14-25

What is better than one week of camp? Two weeks of camp of course! The Voyageurs program gives veteran campers and new campers alike a longer experience with 12 days of adventure and the opportunity to build stronger connections. The Voyageur program is co-ed with the exception of sleeping quarters. Participants will enjoy programming such as our more advanced high ropes elements, an in-depth canoe lesson, and self-reflection through journaling and mindfulness, all while developing friendships and learning new skills. Voyageurs will use the skills they learn on a multi-night out-trip. As the Campers are older in this program, they will stay up the “91 steps of doom” in the Hilltop Cabins.

## Counsellors in Training (CIT)

**Ages: 16-17 (Must be 16 by July 1, 2024)**

**Cost: \$1920**

Length: 19 days (Mon. – Fourth Fri.)

Available: July 1st - July 26th & July 29th – August 23rd

Camp Yowochas has a long tradition of offering excellent leadership training programs. We believe in respecting ourselves, others, and the environment, and the ripple effect any individual can have by demonstrating what it means to truly lead. We believe that everyone has what it takes to be a leader and has more in them than they know.

We are proud to say we are running two sessions of our popular CIT program, and we are extending the program to four weeks from three.

Participants spend their time preparing to lead children in the outdoors. The first week is a close mirror to our summer staff training, completing lots of our fun camp activities with additional information sessions around problem solving, behaviour management, and communications. During their time at camp the CITs will become qualified and obtain their standard first aid and CPR certification

The second week is spent shadowing our experienced Counsellors for the first few days and experiencing different programs from a staff perspective. The second half of the week is spent bonding and reflecting as a group.

The third and fourth weeks are a complete shadow experience, working with one group exclusively during this timeframe and implementing lessons learned from the first two weeks of the program. We believe that having two shadow weeks better reflects the life of a camp counsellor and allows the feedback given in the first shadow week to be enacted upon in the second.

**Note:** To apply for this program, please register online. Within two weeks of your registration being received, the corresponding application form will be sent to you for completion. All applicants must participate in a screening process. Contact us for information about CIT scholarships.



# 2024 Session Dates

Each week of summer camp has a different theme to inspire a story that guides us through the week. The theme is tied into our mealtimes, campfire skits, wide game, and Thursday night banquet dinner where we decorate the dining hall and dress up. Bring along a costume if you would like to join in on the dress-up fun! Themes will be emailed out to summer camp families prior to Session 1 starting.

**Session 1: July 1-5**

**Session 2: July 8-12**

**Session 3: July 15-19**

**Session 4: July 22-26**

**Session 5: July 29 – August 02**

**Session 6: August 6-9 (*short week*)**

**Session 7: August 12-16**

**Session 8: August 19-23**



## NEW! CAMP YOWOCHAS SWAG

Starting in spring 2024, we're thrilled to introduce Yowochas merchandise for sale. Purchase items on-site using credit or debit, or add them to your online registration at checkout.

## CAMPER SUBSIDY

Thanks to the generosity of our community, Camp Yowochas offers financial assistance to campers in need. To apply for camper subsidies, please visit the [Camp Yowochas website](#).

Consider making a difference by contributing to the Camper Subsidy Fund. Donations over \$10 qualify for a tax receipt, and 100% of the funds go directly toward covering camp fees for those in need.

**Email: [yowochas@ywcaedm.org](mailto:yowochas@ywcaedm.org)**





# Registration Information

*(applies to all camp bookings)*

**Registration for 2024 opens on December 15 for returning families and on January 1 for new families.**

Once the program is confirmed to be running in 2024, an email will be sent advising families with instructions to return to the online registration portal to pay the remaining balance of each registration. Families will have three weeks from the date of the email to process the complete payment. If additional time or a payment plan is required, please contact our office.

If there are any registrations that have not had the balance paid, or an alternate plan in place with our office, the registration will be cancelled, and the space will return to available.

- Registration will open on December 15 for returning families and on January 1 for new families.
- A \$50 deposit for each registration is required. The deposit is non-refundable and non-transferrable.
- Registration is online only. For any questions, please email [yowochas@ywcaedm.org](mailto:yowochas@ywcaedm.org)
- We accept Visa and MasterCard payments.
- All registrations received less than 30 days prior to program commencement must be paid in full.
- Prices do not include GST.
- Summer campers receive an exclusive Camp Yowochas commemorative T-shirt that is included in their registration fees.
- All summer camp registration packages will be sent via email in PDF format.
- Camp Yowochas has established a Camper Subsidy Fund to assist families who may not otherwise be able to afford the full fees to send their children to summer camp. Please see our website for more information about our Camper Subsidy.



**Register Now**

[www.yowochas.campbrainregistration.com](http://www.yowochas.campbrainregistration.com)

## Cancellation Policy

All cancellations up to 30 days prior to program commencement will receive a full refund, less the \$50 non-refundable deposit. Cancellations less than 30 days prior to the program commencement will not receive a refund unless a doctor's note is provided. Campers who are sent home for any reason once a camp session has started will receive no refund.

Camp Yowochas reserves the right to cancel programs due to insufficient registration and to ensure the health and safety of our campers and staff. A full refund will be given in this case.



*On behalf of Camp Yowochas, thank you for your support.*

Donate to the YWCA: [ywcaofedmonton.org/give](http://ywcaofedmonton.org/give)  
Charitable Registration Number: 108227935 RR0001

## Connect with Us



**YWCA Edmonton**


[www.ywcaofedmonton.org](http://www.ywcaofedmonton.org)

780-423-9922

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**Camp Yowochas**

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 Camp Yowochas

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