

Ak-O-Mak History

Situated on the shores of beautiful Ahmic Lake,



Camp Ak-O-Mak is the result of one man's dream. Eight years after founding Camp Chikopi (our brother camp across the lake), Matt Mann II realized his goal of establishing the world's first competitive swim camp for

girls in 1928. As a USA Olympic Swim Coach and 30 year University of Michigan coach, Matt Mann's first campers were his very own athletes. His daughter, the late RoseMary Mann Dawson, never missed a summer in 83 years! RoseMary's own gifts as a coach and her ability to mentor young women are legendary. Together with her late husband, Buck Dawson, (founding director of the International Swimming Hall of Fame and the quintessential "Camp Man") they had 50 years at the helm of camp and remain the longest ever serving directors of Ak-O-Mak.

The traditions and values that RoseMary and Buck Dawson mentored to generations of girls remain the same today, such as respecting one's self and others and experiencing the benefits of stronger bodies and improved confidence acquired through the variety of physical challenges available only at Camp Ak-O-Mak.

Camp Ak-O-Mak helps girls discover the exhilaration of pushing one's self a little further, of digging a little deeper and discovering the "I can do it!" attitude which one carries into other aspects of life. It is said that self esteem is gained through the self doing things worthy of esteem. We have over 80 years of alumni who can attest to this!



Challenge
Of Our
Ropes
Course

Enrolment is limited to 96 campers per session. We have a 70% return rate with campers attending from all over the world including Canada, USA, Mexico, Ireland, Germany, Hong Kong, Australia, England and Thailand.

Great Experience!

"It has been two days since the girls left camp and they are pouting that it is over. I wanted to thank you and all the Camp Ak-O-Mak staff for making both my children's camp experience amazing. My daughters had so many stories to tell us and if you could extend our appreciation and again, thank you to Camp Ak-O-Mak for a wonderful time and experiences". They will be cherished forever.

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.



Sailing Regatta

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Camp
Ak-O-Mak

For Girls
Ages 7 to 16

www.campakomak.com

OCA
Ontario Camps Association

Camp Ak-O-Mak
Since 1928

Tel: 416-427-3171

We Are A Swim Camp... And More

Ak-O-Mak is internationally renowned as North America's first competitive swim camp for girls. Since 1928 our visiting professional coaches have been helping young athletes develop solid swimming fundamentals at all competitive levels, as well as providing instructional and competitive programs in triathlon and sprint canoe/kayak racing. Our unique program enhances strength and endurance through participation in these feature sports while providing a refreshing summertime experience for sports-minded girls.



Ak-O-Mak's Pools Are Built Into The Lake

Camp Ak-O-Mak is famous for its Competitive and Open Water Swimming. In 2007 we were recognized by the International Marathon Swimming Hall of Fame as a certified training centre. Many successful Lake Ontario and marathon swimmers found their inspiration as youngsters at Camp Ak-O-Mak where they discovered this athletic niche for themselves. 2008 marked the debut of Open Water Swimming as an Olympic event and the 80th year that Ak-O-Mak's were be on Ahmic Lake for a one or two "miler" before breakfast.... either swimming, paddling or running the trails.

So come and "shift gears" with your friends this summer and experience all the FUN of a traditional Canadian summer camp! You will likely discover something surprising about yourself! Be challenged and refreshed as you enjoy participating in over 25 sports/activities that renew your spirit and enhance your swimming. Develop life long friendships with girls from all over the world!

For boys Visit Camp Chikopi at
www.campchikopi.com

Waterfront

Ak-O-Mak consists of 400 acres with an expansive, private waterfront on beautiful Ahmic Lake in the Parry Sound region. Our waterfront sits in a sheltered bay where 50 meter and 25 meter pools are built right into the lake! Adjacent to the long and short course pools is a water polo pool plus a one, three and five meter diving tower. Sailboats are moored just off our beautiful sandy beach which is the perfect place for triathlon events, teaching novices to swim, as well as enjoying beach games and fun in the sun!

Land sports

Camp Ak-O-Mak also features two solid surface tennis courts, ropes course climbing wall, two beach volleyball courts, baseball diamond, soccer pitch, archery, mountain bikes and miles of forest running trails. Icelandic horseback riding is offered on an elective basis with neighbouring Clear Lake Farm.



Archery

Accommodation

Campers live in rustic wooden cabins (with bunk beds) along with 8 to 12 other girls and their 2 or 3 counsellors. Restrooms, or "HOPS" as we call them, are located in separate buildings with wash basins and flush toilets and are shared between cabins. Hot showers are available in a separate shower house.

Laundry

Laundry is provided at least once a week and is done on the premises.



War Canoe
Part Of Our Sprint Canoe/Kayak Racing Program

STAFF

"What's for Dinner!?"

Camp Ak-O-Mak boasts a professional Chef who takes pride in serving locally sourced, fresh, home-cooked meals. Just ask around and you will quickly learn that Ak-O-Mak meals are DELICIOUS! Because everything is made from scratch in our kitchen, Ak-O-Mak is able to accommodate most dietary restrictions.* Meals are enjoyed family style in our vintage Main House and traditionally followed by choruses of camp songs. Campers are welcome to help themselves anytime to a variety of fresh fruit which is always available between meals.

*Very restrictive diets may incur additional cost.

Medical

Ak-O-Mak has a small infirmary on site overseen by a licensed nurse and/or doctor who are available 24 hours.



Camper Fun

Counsellors

Camp Ak-O-Mak counsellors are University and senior high school students hand-picked for their sport and camping experience as well as their excellent interpersonal skills. We offer a 3:1 camper to staff ratio which ensures optimal supervision, safety and lots of "T.L.C" for our campers. Many of our counsellors have also attended Ak-O-Mak as campers.

Facility

Camp Ak-O-Mak's facility meets or exceeds all requirements of the Canadian Camping Association, Ontario Camping Association and is regularly inspected by Ontario Public Health.



Camp Ak-O-Mak
www.campakomak.com



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