



Hemophilia



Ontario Package

Shine On 

 **YMCA
WANAKITA**
THE TIME OF YOUR LIFE - SINCE 1953

2026 FIELD GUIDE

WELCOME TO YMCA WANAKITA

Dear Campers, past and present,

Welcome to YMCA Wanakita's 2026 Field Guide! If you're a returning camper, we look forward to seeing you back at your "home away from home." For those of you joining us for the very first time, welcome to our Wanakita Family!

Please take a few minutes and look through the variety of program offerings we have for each of our four beautiful seasons on Koshlong Lake.

YMCA Wanakita is about the people! Everything that makes camp so special is a result of the individuals who dedicate their time year after year to support this great tradition. We're hoping you'll join us for this amazing year ahead of taking on new challenges, appreciating nature and outdoor life, and making memories that last a lifetime!



**Yours in camping,
Andy Gruppe**

Vice President, Overnight Camp & Outdoor Education

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Coming to Camp as a Hemophilia Ontario Camper

Camp changed my life long before I ever worked here.

As a kid with hemophilia, Wanakita was the first place I didn't feel different. It was the first place I saw older campers managing their factor confidently, trying new things, falling down, getting back up, and realizing my bleeding disorder didn't define my limits.

What makes this camp powerful isn't just the medical support or the canoe trips. It's the confidence that grows quietly over two weeks. It's the independence. The friendships. The shift from "Can I?" to "Watch me."

I've seen campers arrive unsure of themselves and leave proud, capable, and more connected to who they are. That transformation is why we do this.



	This camp has given me a place to feel normal, have friends with the same battle, and learn new activities in survival skills. If I had never had the opportunity to attend this camp, I think I would have struggled with confidence for my infusion and continue feeling isolated. I look forward to returning each year to see the friends I have made as well as the hemophilia nurses. This camp has provided me with lasting friendships, fond memories as well as confidence and independence in my treatments.
	Thank you for providing support so kids like me can attend camp.



Luke Chasse, Manager - Programs & Social Media, Hemophilia Ontario

OUR STAFF

At YMCA Wanakita we believe that camp is more than just the land and the lake, it is the people. This belief is reflected in our experienced, dedicated, and talented team of full-time staff.

Andy Gruppe - Vice President, Overnight Camp & Outdoor Education

Dan Crawford - General Manager, Operations & Facilities

Daniel Gough - General Manager, Overnight Camp & Outdoor

Education

Cameron van Velzen - Kids Camp Director

Wesley Burns - Kids Camp Assistant Director

Mercedes D'Almeida - Family Camp Director

Sandra Dabrowski - Outdoor Centre Director

Jalmar McGinnis - Outdoor Centre Assistant Director

Each season we are supported by a staff team made up of outdoor specialists, teachers, university, college, and secondary school students. All staff are selected based on their experience, expertise and commitment to the care, well-being and development of our campers. All staff hold current Standard First Aid and CPR C, and come prepared with a number of other certifications including National Lifeguard (NL), Wilderness First Aid, and various instructor levels.

To provide all campers with a safe, quality camping experience, we provide all staff with extensive training prior to each season.



LOCATION AND FEATURES

YMCA Wanakita boasts a beautiful 1,000 acre site, situated on the shores of Koshlong Lake in the Haliburton Highlands.





Features include:

- 25 km of trails for hiking, biking, and skiing
- More than 3 km of river and lake shoreline
- Two full service dining halls
- A large variety of comfortable, rustic cabins with bunk beds (many winterized)
- A variety of indoor and outdoor recreation facilities and equipment

For information on accessibility please contact our office.



WHAT CAMPER SECTION AM I?

	Camper Section	Camper Age by Dec. 31*
	Junior	7
		8
		9
	Intermediate	10
		11
		12
	Senior Traditional	13-14
	Senior Specialty	13-14
	Senior Trippers	13-15
	First Year SC	15
	Second Year SC	16

** Camper age by Dec. 31 of the year attending camp.*



Junior/Intermediate Campers

Junior and Intermediate campers can choose to attend YMCA Wanakita's Summer Overnight Camp for one or two weeks.

ONE WEEK KITA JUNIOR & INTERMEDIATE

The Kita program is YMCA Wanakita's one-week camp program providing a unique and supportive atmosphere with experienced counsellors chosen specifically to create a fun, inclusive, and welcoming environment. During their stay, campers will participate in personal choice activities (PCAs) each weekday morning. Campers can choose from any of the age appropriate PCAs and try to earn Wanakita levels or focus on experiential participation. Given the shorter stay at camp it may not be possible to experience all that Wanakita has to offer in one visit. The Kita program is a wonderful introduction to camp.

TWO WEEK JUNIOR & INTERMEDIATE

Junior and Intermediate sections (JI) are a fantastic way to engage with the best that Wanakita has to offer. JI campers participate in a variety of activities that are fun, engaging, and instructive. During their stay, campers will participate in personal choice activities (PCAs) each weekday morning. Campers can choose from any of the age appropriate PCAs and try to earn Wanakita levels or focus on experiential participation. Campers also get a chance to challenge themselves on a trip tailored to their level of experience, exploring Koshlong Lake. Intermediates will be out for two nights, learning and developing a number of outdoor skills and Juniors will have a one night introduction to overnight camping. Our JIs also participate in Theme Days; friendly camp-wide games in the middle of each session.



Senior Campers

SENIOR TRADITIONAL (5-DAY CANOE TRIP)

The Senior Traditional Program has remained one of our most popular programs for over 60 years. With seven days at camp and five days on trip, "Trad" campers get the best of both worlds while enjoying the full extent of YMCA Wanakita's diverse programming. The five-day canoe trip in the Canadian wilderness provides each cabin group with a meaningful challenge to work toward. The sense of purpose and adventure fostered in this program will help any camper gain self-confidence and build lasting friendships.

Senior Trad First Year (13 by the end of the year attending camp)

The Senior Trad First Year trip offers an exciting trip for first time and experienced campers alike as a grand welcome to the Trad program. Routes are selected to provide time to hone skills while taking in the beauty of rocky shorelines and sharing campfires under the stars.

Senior Trad Second Year (14 by the end of the year attending camp)

This five day trip is the flagship experience of our Senior Traditional program. With a little more age and experience, these campers are ready to venture out in smaller cabin groups to meet new challenges and enjoy the beauty of one of Ontario's iconic wilderness parks.

SENIOR SPECIALTY (3-DAY LAKE OVERNIGHT)

Senior Specialty campers spend two weeks at YMCA Wanakita refining skills and strengthening friendships. These campers also participate in a three-day, two overnight stay on Koshlong Lake where they can learn about camping basics, and bond with their cabin mates around the campfire. Spending the full two weeks at camp allows Senior Specialty campers to pursue more time-intensive skills such as paddle making and advanced wilderness skills.

SUMMER OVERNIGHT KIDS CAMP PROGRAMS

YMCA Wanakita offers an excellent and varied summer camp program. A unique balance between individual and group camp activities provides an opportunity for each camper to participate in all age-appropriate programs. Our balanced program also creates an atmosphere where both technical and social skills are fostered, providing a safe place for campers to take risks and grow. We believe that participating in any of our programs provides the potential for success that will stay with each camper well beyond their time at camp.

Personal Choice Activities (PCAs)

YMCA Wanakita provides a wide range of activities where campers are able to develop their technical skills under the instruction of our trained and experienced staff. While campers will have the opportunity to experience many of these areas with their cabin groups, they choose preferred areas of interest for their daily Personal Choice Activities (PCAs).

ACOUSTIC GUITAR (FOR INTERMEDIATES AND UP)

Learn how to play basic chords or move to the next level. Campers will have the opportunity to perform for other campers and staff.

AIR ADVENTURE & INITIATIVES

Based on the "challenge by choice" model, campers can participate in challenging and cooperative activities. Activities include team building, high ropes, low ropes, the climbing wall, and much more.

ARCHERY

Learn to shoot to varying distances and find out who the real Robin Hoods are! Participants are awarded Wanakita levels as they learn beginner and more advanced techniques.

ARTS & CRAFTS

From nature crafts to screen printing, typical activities include sketching, beading, tie dyeing, mural painting, collages, and much more!

CANOEING

Campers learn about boating safety, tandem and solo paddling skills, and play skill-enhancing and fun games.

COURT/FIELD SPORTS

Ultimate frisbee, basketball, volleyball and soccer are some examples of the programs available. Campers will learn the rules of play and basic skills, while developing positive attitudes towards competition, health, and personal challenge.

DANCE

Campers learn new steps and styles of dance while working towards performing at our weekly arts presentation. The dance styles vary depending on the age, interests, and abilities of each PCA group.

KAYAKING

Campers learn about boating safety, flatwater skills, and advanced paddlers can progress to learning whitewater theory and techniques. Campers can earn YMCA Wanakita's own awards from levels I to III.

MOUNTAIN BIKING (SENIORS ONLY)

Safety and proper riding technique will be taught and then practiced on YMCA Wanakita's 25km trail system. A great way to explore and discover the great outdoors.



PADDLE MAKING (SENIORS ONLY)

Selecting from a variety of pre-shaped templates, campers will learn to shape, sand, and finish a paddle that is truly unique to them. Please note that there is an additional cost of \$60 for the paddle blank.

SAILING

(Counts as 2 PCA choices for one week)

Experienced instructors teach basic sailing skills, knots, and tips on how to read the wind on our fleet of Hobie Wave catamarans and PICOs. Campers will have a chance to earn Wanakita sailing awards based on the practical skills they learn during their week of PCAs.

SWIMMING

Our qualified staff help develop campers' swimming skills and comfortability out in the water. Campers will also have an opportunity to participate in a variety of water based activities including the water trampoline.

THEATRE ARTS

Campers come away from this program with a sense of accomplishment and increased self-confidence while developing and performing plays, singing, and learning a number of drama games.

WILDERNESS & ENVIRONMENTAL PURSUITS (WEP)

Campers will gain an appreciation and knowledge of our natural world and their place in it. The focus will be on YMCA Wanakita's amazing wetland area and 1000 acres of flora and fauna. This program also includes an extensive

outdoor living program including outdoor cooking and firebuilding, minimum impact camping, navigation skills, weather forecasting, knots and other camping skills.

ADVANCED WILDERNESS SKILLS (SENIORS ONLY)

Building upon the foundation of skills learned in the WEP program, participants develop further skills such as outdoor cooking, advanced fire-lighting, use of tarps and more. Participants will develop skills that can help them be more comfortable in a wilderness context.

WINDSURFING (12 YEARS AND UP)

(Counts as 2 PCA choices for one week)

Our hybrid Stand Up/Windsurf boards give campers a well rounded experience. Participants can become comfortable balancing on the stand up paddle board and then grab a sail to develop their windsurfing skills. Campers will learn safety tips, basic maneuvering skills and how to read the wind during their week of PCAs.

How many PCAs do you choose?

Choose two PCAs per week of camp unless you fall into the following:

- Campers choosing Sailing or Boardsailing, do not choose a second PCA.
- Trad campers choose two PCAs per 2 week session.
- Trippers do not choose PCAs.

Senior Traditional Program Information



Senior Traditional (5-Day Canoe Trip)

YMCA Wanakita has witnessed many campers grow into strong leaders through their experiences in the wilderness. Completing a canoe trip teaches campers that they are capable of more than they thought possible as they experience the rewards of their own hard work and determination.

With seven days at camp and five days on trip, “Trad” campers get the best of both worlds while enjoying the full extent of YMCA Wanakita’s diverse programming. The five-day canoe trip in the Canadian wilderness (Algonquin Provincial Park or Magnetawan River) provides each cabin group with a meaningful challenge to work toward. The sense of purpose and adventure fostered in this program will help any camper gain self-confidence and build lasting friendships.

Medical Considerations for Senior Traditional (5-Day Canoe Trip) & SC Programs

During the five-day canoe trip included in the Senior Traditional program, campers travel off site into backcountry settings where there is no direct access to on-site medical services or nursing support. While staff are trained in wilderness first aid and emergency procedures, this experience does not provide the same level of medical oversight available while at base camp.

Campers participating in the Senior Traditional program must be able to independently manage their bleeding disorder for the full duration of the trip. This includes:

- Self-administering treatment (if required)
- Recognizing early signs of a bleed
- Communicating concerns to staff promptly

Prior to participation, your HTC nurse will be asked to confirm that their camper is confident and capable in these areas. Our goal is to ensure that each participant can fully engage in the challenge of the canoe trip while maintaining their health and safety.





Student Counsellor Leadership Program (SCs)

YMCA Wanakita's Student Counsellor Leadership Program provides two years of quality leadership development. Potential participants must be motivated, mature, and have a desire to learn.

There are no HTC nurses present for the final two weeks of this program. Therefore, Hemophilia Ontario requires campers to be medically cleared by their HTC nurse prior to participation in these programs. See Page 9 for more info.

FIRST YEAR SCs Participants must be 15 years of age by the end of the attending year to participate in this program. This program focuses on technical skill development, with an introduction to group leadership skills. First year SC's will face the challenge of a **six-day canoe trip**, and will work towards earning their ORCKA Basic Canoeing, Emergency First Aid with CPR-B, and Bronze Medallion/Bronze Cross (dependent on prior prerequisites) qualifications by the end of their session. Participants also refine their skills in YMCA Wanakita's other activity areas such as archery, sailing, kayaking, and outdoor living skills. Group cooperation, self-discipline and personal initiative are keys to a successful and fulfilling experience.

Included in the price of registration is the cost of the aforementioned certifications; also included is the cost of the quality Salus Personal Floatation Device (PFD) received by First Year SC's upon the start of their program. The PFD is branded with the YMCA Wanakita logo and can be worn for years to come!

SECOND YEAR SCs

Participants must be 16 years of age by the end of the attending year to participate in this program. Our Second Year program focuses on camp and community leadership skills, group dynamics, understanding the counselling role, teaching skills, camp philosophy, and program objectives. All participants will do a cabin placement where they will learn about camper care and gain first-hand experience. The skills gained will be widely transferable both at camp and in their home communities.

SECOND YEAR SCs - TRIPPER (SC2T)

Focussing on many of the skills that have brought success to the SC2 program, the SC2T program adds an extended wilderness canoe trip as a 6 day "floating classroom." The SC2T program aims to help shape the next generation of trip leaders.



Supporting Your Child's Bleeding Disorder at Camp

The Bayer Den

One of the most unique aspects of attending Wanakita with Hemophilia Ontario is the presence of our dedicated on-site medical team, housed in the Bayer Den.

The Bayer Den is a building generously donated by Bayer, and it serves as the central hub for bleeding disorder care during the two weeks Hemophilia Ontario is at camp. While Wanakita has its own health centre that supports all campers, the Bayer Den exists specifically for campers from Hemophilia Ontario.

On-Site HTC Nurses

We are incredibly fortunate to have several HTC nurses from across Ontario volunteer their time each summer. These nurses are present for the duration of the two weeks and are available 24/7.

These nurses:

- Know campers' individual treatment protocols
- Are familiar with campers infusion schedules
- Communicate with families and HTCs when needed
- Are accessible 24 hours per day in the event of an emergency



Medication Storage & Safety

Factor products are securely stored in two dedicated refrigerators within the Bayer Den. Nurses oversee medication handling, documentation, and treatment tracking throughout the session.

In the event of a bleed or medical concern, campers are assessed promptly and appropriate treatment protocols are followed. If additional care is required beyond what can be managed at camp, staff coordinate with local medical services and the camper's HTC.

Morning Prophylaxis & Building Independence

Most mornings after breakfast, Hemophilia Ontario campers visit the Bayer Den for prophylaxis.

This daily routine is about more than treatment, it is about independence.

HTC nurses work directly with campers to:

- Teach and support self-injection
- Reinforce proper storage and handling of factor products
- Help campers recognize early signs of bleeds
- Build confidence in managing their own care

For many campers, Wanakita becomes the place where they learn to self-infuse for the first time, a major milestone in managing their bleeding disorder.



HEMOPHILIA ONTARIO

*Supporting the inherited
bleeding disorder community*



“Seeing the older campers manage their factor so confidently changed everything. My son went from avoiding infusions to wanting to take ownership of his own care. The peer influence at camp was more powerful than anything we could say as parents!”

Communication Access at Camp

We understand that sending your child to overnight camp requires trust, especially when they have a bleeding disorder. Clear communication and medical access are priorities for our team.

Camper Phone Calls (Outgoing)

Campers do not have personal phones at Wanakita. However, they are always able to make scheduled or as-needed calls home using the phone in the Bayer Den (the on-site medical centre). As we approach camp, families who feel check-ins are important can coordinate a plan with our team in advance.

Parent-Initiated Calls (Incoming)

If you need to reach your child, you can contact the camp office directly. A message will be delivered, or your child will be brought to the Bayer Den to speak with you.

Email Service

Camp offers a one-way email system that allows families to send messages to campers. Emails are printed and delivered daily. While campers cannot reply directly through this system, staff are aware when communication is especially important and will support additional contact if needed.

Wanakita has a firm no-phone policy for campers. This policy exists to help campers fully unplug, build independence, and develop meaningful connections within their cabin groups.



Registration

Hemophilia Ontario coordinates a dedicated registration pathway for campers attending YMCA Wanakita through our community.

Step 1: Pre-Registration (Hemophilia Ontario)

Families must first complete pre-registration through the Hemophilia Ontario website:

<https://www.hemophilia.on.ca/programs/ymca-camp-wanakita/>

Pre-registration typically opens in late September, at least one month prior to Wanakita's general public registration (which usually opens in late October).

During pre-registration:

- Families submit their camper's information
- Program preferences are indicated
- Payment is collected
- Campers are considered for one of the spots Hemophilia Ontario has pre-reserved with Wanakita

Please note: Pre-registration does not guarantee a spot.

Hemophilia Ontario reserves a set number of spaces across various age groups and programs. We do our best to fill these spots with campers from our community. Registering during the pre-registration period also allows us to assess demand and, when possible, request additional spaces from Wanakita if certain programs fill quickly.

"It is just really nice to be separated from the bombardment of news and social media."



Registration

Step 2: Confirmation & Wanakita Registration

If your camper is selected for one of Hemophilia Ontario's reserved spots, you will receive:

- Confirmation from Hemophilia Ontario
- A unique discount code

This discount code must be entered when completing registration directly through YMCA Wanakita's system. The code will reduce the camp cost to \$0 in your Wanakita registration cart and can only be used once.

This two-step process allows us to:

- Secure community-specific spots
- Apply Hemophilia Ontario's subsidy
- Ensure accurate program placement
- Streamline communication between families, Wanakita, and our medical team

Cancellation Policy

*Families may cancel their camper's spot without penalty **up until April 30**. If cancellation occurs after April 30, a doctor's note is required in order to receive a refund. Without medical documentation, **families will be responsible for the full camp cost, not the subsidized amount**. Please note that Hemophilia Ontario reserves and financially commits to camper spots in advance, and late cancellations without medical justification directly impact our ability to offer these spaces to other families in the community.*

For camp dates and full program costs, please refer to Page 17: Dates & Rates.

"In a world that never seems to slow down, camp gives our kids space to breathe."



Financial Assistance

Hemophilia Ontario is committed to ensuring that cost is never a barrier to participation in our camp programs.

All campers attending YMCA Wanakita through Hemophilia Ontario automatically receive a 75% subsidy of the total camp cost. The remaining program fee reflects only a portion of the true cost of camp.

If your family requires additional financial support including partial or full coverage, Our goal is participation and we are here to help. Families can complete a short Financial Assistance request form available on our website. The process:

- Does not require disclosure of financial information
- Requires only confirmation from your HTC nurse
- Is reviewed confidentially

To access the form and learn more, please visit:

<https://www.hemophilia.on.ca/programs/ymca-camp-wanakita/>

If you have questions or would prefer to speak directly with a member of our team, we welcome that conversation.

Inclusion

YMCA Wanakita offers an Inclusion Program designed to support campers who may benefit from additional assistance in order to fully participate in the camp experience.

Through this program, campers with autism, developmental differences, or other support needs may be paired with a dedicated one-to-one counsellor for the duration of their stay. This counsellor provides individualized support with daily routines, social integration, program participation, and overall well-being.

Campers in the Inclusion Program are typically integrated within a traditional cabin group, participating in all camp activities alongside their peers, while receiving the added support of their assigned counsellor.

Wanakita & Hemophilia Ontario work collaboratively with families prior to camp to understand each camper's needs and to ensure the right level of support is in place for a successful and positive experience.

If you believe your camper may benefit from additional support, please indicate this during registration so that planning can begin early.

YMCA WANAKITA 2026 - DATES AND RATES

Summer Overnight Camp & Leadership Development - Sessions are now Sunday to Friday!

SESSION	2026 DATES (Sunday-Friday)	PROGRAMS AVAILABLE
One Week Programs		
A1	July 5 - July 10	Kita - J, Kita - I
A2	July 12 - July 17	Kita - J, Kita - I
B1	July 19 - July 24	Kita - J, Kita - I
B2	July 26 - July 31	Kita - J, Kita - I
C1	Aug. 2 - Aug. 7	Kita - J, Kita - I
C2	Aug. 9 - Aug. 14	Kita - J, Kita - I
D1	Aug. 16 - Aug. 21	Kita - J, Kita - I
D2	Aug. 23 - Aug. 28	Kita - J, Kita - I
Two Week Programs		
A	July 5 - July 17	J, I, Sr. Spc, Sr. Tr, Trippers
B	July 19 - July 31	J, I, Sr. Spc, Sr. Tr, Trippers
C	Aug. 2 - Aug. 14	J, I, Sr. Spc, Sr. Tr, Trippers
D	Aug. 16 - Aug. 28	J, I, Sr. Spc, Sr. Tr, Trippers
Four Week Programs		
AB	July 5 - July 31	SC (1st & 2nd Year)
CD	Aug. 2 - Aug. 28	SC (1st & 2nd Year)

*J=Junior ; I=Intermediate; Sr. Spc.=Senior Specialty; Sr. Tr=Senior Traditional; SC=Student Counsellor

***Campers sent through Hemophilia Ontario must attend during session C**

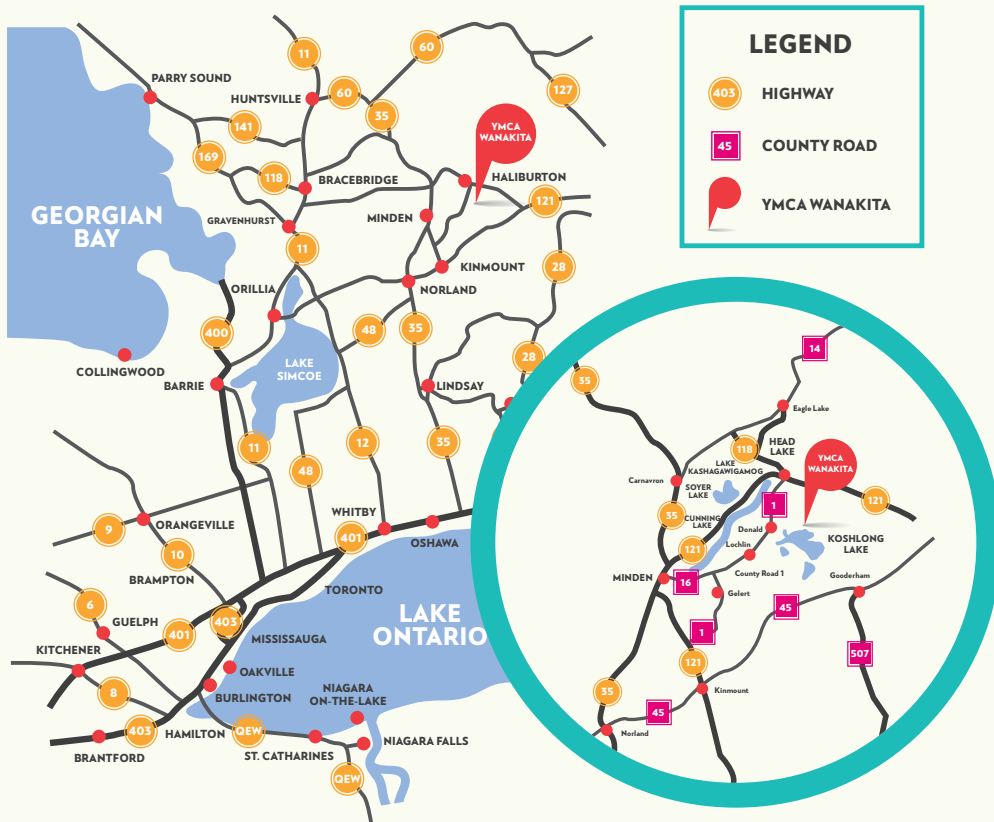
PROGRAM	Hemophilia Ontario Fee
Kita - J, Kita - I	\$1,185 \$250
Two Week - J, I	\$2,250 \$250
Two Week - Sr. Spc, Sr. Tr	\$2,370 \$500
Trippers	\$2,370 N/A
1st Year SC	\$4,200 \$1,000
2nd Year SC	\$4,150 \$1,000
Laundry	\$37.50
Bus Transportation (1-way)	\$96
Bus Transportation (round trip)	\$192





“Our kids LOVE camp and as a parent, there is simply nothing better than seeing their happy, confident smiles at pick-up.”



MAP



LEGEND

-  HIGHWAY
-  COUNTY ROAD
-  YMCA WANAKITA

How to Contact Us

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Haliburton, Ontario K0M 1S0

Tel: 705-457-2132

Fax: 705-457-1597

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wanakita@ymcahbb.ca

YMCAWanakita.ca



For other YMCA programs and locations,
visit YMCAHBB.ca.

Our Mission

The YMCA of Hamilton|Burlington|Brantford is a charitable organization helping people achieve personal growth in spirit, mind and body.

Our Vision

Creating a vibrant and healthy community where everyone belongs and has the opportunity to reach their full potential.

Partners in Camping

YMCA Wanakita proudly partners with a number of exceptional organizations. We are accredited by the Ontario Camps Association, and abide by a number of additional standards as a YMCA camp.

We also work with organizations such as Hemophilia Ontario and AMICI to make YMCA Wanakita possible for all children and youth.

THE TIME OF YOUR LIFE SINCE 1953

WHAT ANIMAL ARE YOU?



Eagle Rising above the material to see the big picture.



Owl A deep connection with wisdom and intuitive knowledge.



Fox A teacher providing guidance - swiftly finding your way around obstacles.



Bear Inner strength, courage and leadership.



Charitable Registration #10808 3825 RR0001



The Standards Program Trustmark is a mark of Imagine Canada used under licence by YMCA of Hamilton | Burlington | Brantford.



YMCA Wanakita
1883 Koshlong Lake Road
Haliburton, ON K0M 1S0

Registration opens November 15th!