



Shine On

Women's Weekend Getaway

Y Outdoor Centre

Friday, June 6 to
Sunday, June 8, 2025

ymcaottawa.ca



Women's Weekend Getaway

Friday, June 6 to
Sunday, June 8, 2025

\$359 / Single Room
Occupancy

\$299 / Double Room
Occupancy

Plus applicable taxes.

See page 8 for
registration information.

We are thrilled to invite you to the Y Outdoor Centre this spring for an opportunity to experience a weekend at camp!

Located at our scenic Outdoor Centre along the Ottawa River, the Weekend Getaway is for folks who want to explore and disconnect from their everyday life. We encourage participants to take what they need from this weekend, whether it's a calm and relaxing few days in the forest, or a first-hand experience of what it means to go to camp at the Y!

Throughout the weekend, our staff will be facilitating an assortment of camp activities, including a nature walk, archery, stand up paddle boarding, rock wall, and our high rope static challenge course. These will be open activities with the option to participate. Our staff are skilled programmers and are looking forward to hosting you and creating a welcoming atmosphere for all.

The Y Outdoor Centre has partnered with Marchdale Massage to provide 30-minute private massage services at our waterfront. Samantha Storozuk, RMT & Co-Owner of Marchdale Massage, brings years of experience to the table. Samantha loves using her skills to help clients improve posture & decrease pain, particularly those that are stuck at a desk all day. Her goals are to educate and empower you to move better.

Spots are limited, please add this service on when registering. **Add this to your weekend getaway experience for \$81.50 (+HST) for a 30-minute session.**

We hope this guide provides you with some information and insight on the exciting weekend we have planned for you. Please do not hesitate to reach out to us with any questions or concerns. We can't wait to see you at camp!

Marisa Yeomans

Program Manager & Camp Director, Camp Otonabee
outdoor.centre@ymcaottawa.ca | 613-832-1234
1620 Sixth Line Rd, Dunrobin, ON K0A 1T0

Schedule

The Weekend Getaway includes accommodation in our overnight cabins, a healthy meal plan for the entire weekend, and activities to meet your goals for the getaway.

FRIDAY, JUNE 6	SATURDAY, JUNE 7	SUNDAY, JUNE 8
	8:30AM Breakfast in the chalet	8:30AM Breakfast in the chalet
	9:15AM Get ready for the day	9:15AM Get ready for the day
	9:45AM Choose your own adventure: • <i>Canoeing</i> • <i>High Ropes</i> • <i>Nature Walk</i> • <i>Relax/Personal Time</i>	9:30AM Choose your own adventure: • <i>Yoga with Kelsey</i> • <i>Static High Ropes Course</i> • <i>Relaxing</i>
	12:30PM Lunch	11:15AM Pack up and goodbye!
	1:30PM Choose your own adventure: • <i>Archery</i> • <i>Rock Wall</i> • <i>Stand Up Paddleboarding</i> • <i>Relax/Personal Time</i>	
6:00PM Welcome! Arrival and unpack	3:00PM Yoga with Kelsey	
7:00PM Welcome meeting	4:30PM Free/relax time	
7:15PM Get-to-know-you activities	5:15PM Dinner	
8:00PM Cookie decorating and cozy drinks	6:30PM Group activity - Trivia	
9:00PM Campfire	8:30PM Campfire	
10:00PM Goodnight!	9:30PM Goodnight!	

(All activities are optional)

Challenge by Choice

During all activities, individual participants are in complete control of their own level of involvement. We understand that everyone has different levels of experience and comfort. We encourage individuals to step out of their comfort zones throughout the weekend activities, but we also acknowledge that this can look different for all. Please be respectful of the different levels of challenge for each individual, so that all participants can experience a positive and supportive weekend together.

What to Pack for Camp

When preparing for camp, it's important to ensure you're packing all the essentials.

The weather can be unpredictable and change day to day during the spring months. Please ensure you pack for sunny/rainy days and chilly evenings. Some of our activities (high/low ropes, archery) require closed toed footwear, so please pack accordingly. We want you to be comfortable and well-prepared!

- Bedding
- Blanket/sleeping bag
- Pillow

Apparel

- Sweaters/long sleeve shirts
- T-shirts
- Under garments
- Socks (extra pairs)
- Comfortable pants
- Yoga attire
- Shorts
- Wind breaker/rain jacket
- Sleepwear
- Hat
- Towel
- Shower shoes/sandals
- Running shoes (Required for High Ropes or Rock Climbing)
- Bathing suit

Supplies

- Camping chair (for time at the waterfront or around the campfire)
- Toiletries
- Shampoo and conditioner
- Soap
- Bug spray
- Sunscreen
- Water bottle
- Flashlight

Optional

- Sheets for single bed
- Yoga mat/yoga block
- Extra blanket or towel
- Meditation cushion
- Umbrella
- Rain pants
- Books, crossword puzzles, activities to maximize your relaxation at camp





1



2



3



4

- 1 Rock wall
- 2 Overnight cabins
- 3 Lashley Building
- 4 High ropes course

About the Y Outdoor Centre

Meal Service

All meals are included and will be served buffet-style. The kitchen team at the Y Outdoor Centre are all certified safe food handlers. To ensure we are able to accommodate everyone's needs, please make us aware of any dietary restrictions at the time of registration. If you would feel more comfortable bringing your own food, please let us know and we will store it in the chalet kitchen to avoid attracting animals. Please note that we are a nut-free facility.

A True Camp Experience

Just like our overnight campers, Weekend Getaway participants will be staying in our overnight cabins. Each cabin contains four rooms, with each room sleeping 1 to 2 participants for this event. Washrooms and showers are located a short walk away from the cabins. Please be sure to bring bedding so that you can have a comfortable sleep during your stay. To ensure everyone is well-rested for weekend activities, quiet hours will begin at 10PM.

About Our Camp

We are lucky to be located on a beautiful piece of land along the Ottawa River. It is very important that both our camp property and natural environment are treated with respect for the duration of your visit.

Our Y camp values are Honesty, Caring, Respect, Responsibility and Inclusivity. At this Weekend Getaway, we welcome individuals who identify as women or non-binary of all races, socioeconomic backgrounds, sexualities, cultures, and religious beliefs. Please let us know if you have any questions or require accommodations to participate in our programs.

Directions

Our site is located at 1620 Sixth Line Road in Dunrobin, Ontario. In your GPS, our centre may come up as Camp Otonabee/Y Outdoor Centre.

From HWY 417:

- 600 m - Keep right onto March Rd.
- 1.3 km - Turn right onto Herzberg Rd.
- 2.9 km - Turn right onto March Valley Rd.
- 4.5 km - Turn right onto Cameron Harvey Rd.
- 3.0 km - Turn right into our parking lot.

Please look for the red YMCA sign.

Alcohol and Smoking

The Y Outdoor Centre is an alcohol-free and smoke-free site. We reserve the right to ask any individual to leave a program area or the site if the safety of our participants is at risk or if there is a disturbance to programming. At no time are non-prescription drugs permitted on our site. Smokers are asked to smoke in the designated areas and our staff will identify those spots upon arrival. We ask all to follow the above rules to ensure we are respecting others and our environment.

Ticks and Poison Ivy

Being aware of possible risks in our environment at camp is the best way to ensure everyone is prepared beforehand. Unfortunately, our region is classified as a high-risk tick area. We encourage everyone to wear bug spray that contains DEET or icariin as they are most effective in deterring ticks, walk only on the specified paths, and do regular tick checks after spending time outdoors. Our staff are trained on proper tick removal and the appropriate measures that follow. Please refer to our tick policy for further information.

Poison ivy can also be present during our spring months. The best way to avoid coming in contact with poison ivy is to stay on the identified paths. You may see it alongside our paths, so we encourage everyone to be aware of their surroundings on the paths as well. If you do come into contact with poison ivy, please let a staff member know and we will instruct you on proper treatment.



Women's Weekend Getaway

Friday, June 6 to
Sunday, June 8, 2025

\$359 / Single Room
Occupancy

\$299 / Double Room
Occupancy

Plus applicable taxes.

To register, go to:
ycampsottawa.campbrainregistration.com

1. Create your CampBrain account or if you already have a family account, simply log in.
2. Create profiles for each of the people you'd like to register.
3. Select the program and add-ons you wish to register for. You will have 30 minutes to complete the registration from this point onward.
4. Complete all forms.
5. Select the payment option that works best for you. Program fees can be paid by Visa, Mastercard, or Visa/Mastercard Debit.
6. Review your program selections and enter your credit card details. Click Submit.
7. If your registration was submitted and accepted, a confirmation screen will appear and you will receive a confirmation email right away. (If your registration says it is processing, you are registered. The system is just taking some time to think. Return to the page later that day, and you will see the registered icon appear.)
8. Congratulations – You are now registered!

Y Outdoor Centre
1620 Sixth Line Rd,
Dunrobin, ON K0A 1T0
T: 613-832-1234
outdoor.centre@ymcaottawa.ca

ymcaottawa.ca

Shine On  National
Capital
Region