



Bonnenfant Y Outdoor Centre

# Weekend Getaway

Friday, May 12 to  
Sunday, May 14, 2023

YMCA of the  
National Capital Region

   [ymcaottawa.ca](https://www.ymcaottawa.ca)

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**\$399**/guest  
Plus applicable taxes.

We are thrilled to invite you to the Bonnenfant Y Outdoor Centre (BYOC) 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 any adult who identifies as female or non-binary 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 of participation. Our staff are skilled programmers and are looking forward to hosting you and creating a welcoming atmosphere for all.

Please contact us with any dietary restrictions at least 10 days in advance to ensure we are able to prepare accordingly.

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 contact us with any questions or concerns, we can't wait to see you at camp!

## The BYOC Staff

**Marisa Yeomans**

**Program Manager & Camp Director, Camp Otonabee**

marisa.yeomans@ymcaottawa.ca | 613-832-1234

1620 Sixth Line Rd, Dunrobin, ON K0A 1T0

## The Weekend Getaway includes

accommodation in our overnight cabins, a healthy meal plan for the entire weekend, and several relaxing workshops hosted by two special guests.

### Carolynne Colbeck



Carolynne Colbeck is a Yoga and Self-Care Guide who has creatively worked in the wellness industry for over 10 years and considers herself an eternal student of living the practice of yoga. She will be joining us for the weekend to offer guided self-care practices and nature-inspired yoga accessible to all abilities. All are welcome. To learn more about Carolynne and her approach to supporting wellness and self-care, please visit her website [www.yogawithcarolynne.com](http://www.yogawithcarolynne.com).

### Darlene Yeomans



Darlene Yeomans is a previous small business owner, and has spent many years instructing craft and quilting workshops for both children and adults. She will be joining us to host a beginner, step-by-step flower arranging session, where each participant will put together a bouquet to take home.

# Schedule

(All activities are optional).

FRIDAY, MAY 12	SATURDAY, MAY 13	SUNDAY, MAY 14
	<b>8:30AM</b> Breakfast in the chalet	<b>8:30AM</b> Breakfast in the chalet
	<b>9:15AM</b> Get ready for the day	<b>9:15AM</b> Get ready for the day
	<b>9:45AM</b> Choose your own adventure: • Archery • Stand up paddle boarding (SUP) • Rock wall • Craft • Nature walk	<b>9:30AM</b> Choose your own adventure: • Yoga and Meditation with Carolynne • Static High Ropes Course • Relaxing
	<b>11:00AM</b> Travel Time	<b>11:15AM</b> Pack up and good bye!
	<b>11:15AM</b> Group Activity – Yoga with Carolynne	
	<b>12:30PM</b> Lunch	
	<b>1:30PM</b> Choose your own adventure: • Archery • Stand up paddle boarding (SUP) • Rock wall • Craft • Nature walk	
<b>6:00PM</b> Welcome! Arrival and unpack	<b>3:00PM</b> Group activity – Floral arrangements with Darlene	
<b>7:00PM</b> Welcome meeting	<b>4:30PM</b> Free/relax time	
<b>7:15PM</b> Get-to-know-you activities	<b>5:15PM</b> Dinner	
<b>8:00PM</b> Cookie decorating and cozy drinks	<b>6:30PM</b> Group activity - Trivia	
<b>9:00PM</b> Sky walk	<b>8:30PM</b> Camp fire	
<b>10:00PM</b> Good night!	<b>9:30PM</b> Good night!	

## 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

## 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
- Waterproof shoes (e.g. Rain boots)
- Bathing suit

## SUPPLIES

- 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
- Book

When preparing to come to 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!**



▲ Rock wall



▲ Overnight cabins



▲ Laisley building



◀ High ropes course

# About the Bonnenfant Y Outdoor Centre

## MEAL SERVICE

All meals are included and will be served buffet-style. The kitchen team at the BYOC are all safe food handlers certified. To ensure we are able to accommodate everyone's needs, please make us aware of any dietary restrictions at least 10 days in advance. 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 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 female or non-binary of all races, socio-economic backgrounds, sexualities, cultures, and religious beliefs.

## ALCOHOL AND SMOKING

The Bonnenfant 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 icaridin 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.



## Directions

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

### FROM HWY 417:

- **600m** 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 wooden arches and our YMCA sign.



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