

CAMP AMY MOLSON



WELCOME GUIDE

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**IMAGINE A WORLD WHERE CHILDREN ARE FREE TO BE THEMSELVES
TO GROW ALONGSIDE OTHER CHILDREN, DEVELOP SOCIAL SKILLS AND
LEARN LIFE SKILLS**

**CHILDREN ARE ABLE TO BUILD SELF-ESTEEM IN A HAPPY OUTDOOR
ENVIRONMENT**

**IMAGINE A WORLD WHERE PARENTS ARE ABLE TO AFFORD THIS
EXPERIENCE**

**A SLIDING SCALE ALLOWS EVERYONE TO COME REGARDLESS OF FAMILY
INCOME**

CHILDREN ARE SAFE DUE TO THE WATCHFUL EYE OF TRAINED STAFF

**THESE CHILDREN ARE ABLE TO DISCONNECT FROM A WORLD OF
TECHNOLOGY, THUS ALLOWING CHILDREN TO FOCUS ON DISCOVERING THE
OUTDOORS. LEARNING ABOUT OUR ENVIRONMENTAL FOOTPRINT AND THE
BENEFITS OF HEALTHY LIVING**

**CHILDREN ARE ABLE TO CHALLENGE THEMSELVES WITH NEW
EXPERIENCES,
DEVELOP LEADERSHIP SKILLS, AND PARTICIPATE IN A PROGRAM
DESIGNED TO DEVELOP THE LEADERS OF TOMORROW**

CAMP AMY MOLSON IS THIS PLACE

**CAMP AMY MOLSON HAS OPERATED FOR OVER 75 YEARS
CREATING AN ENVIRONMENT FOR CHILDREN TO FEEL SAFE AND HAPPY**

**WELCOME TO CAMP AMY MOLSON,
WELCOME HOME.**

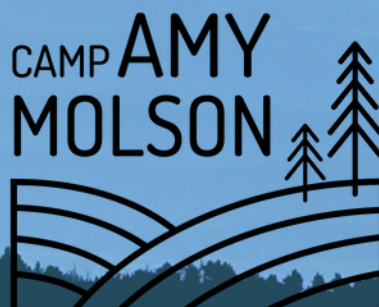


Table of Content

DAILY SCHEDULE (4)

PREPARING (5)

CAMP LIFE (6)

IMPORTANT INFORMATION AND POLICIES (7)

PREPARING FOR HOME-LONELINESS (9)

BUT HOW DOES -----WORK? (10)

PACKING LIST (11)

TECHNOLOGY, SOCIAL MEDIA, CAM4EVER PROGRAM (12)

CAMPER CODE OF CONDUCT (13)

TRANSPORTATION AND MAP (14-15)



Daily Schedule



7:30: Wake Up (First Bell)

8:00 Second Bell

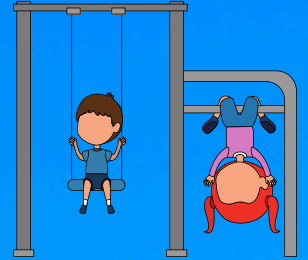


8:15: Breakfast



9:00-9:30: Cabin Clean-Up

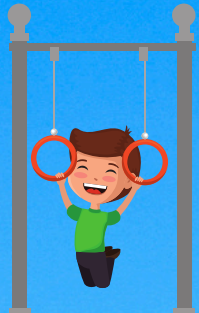
9:30-10:20: 1st Period/Junior Free-Play



10:30-11:20: 2nd Period

11:30-12:20: 3rd Period

12:40-1:20: Lunch



1:15-2:30: Rest Hour

2:30-3:20: 4th Period/ Senior Free-Play

3:20-3:40: Tuck Time



3:40-4:30: 5th Period



4:40-5:30: 6th Period

5:40-7:00: Supper



7:00-7:45 Evening Free-Play

8:00-8:45: Evening Program/Bedtime

PREPARING



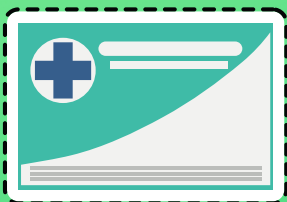
Buses

Parents and guardians are responsible for supervising their children at the buses. They **MAY NOT** leave their child unsupervised before all campers are placed on the bus.

Prohibited Items



Campers are not permitted to have cellphones/tablets at camp. If necessary, they are able to use the camp phone to contact home. However, this should only be used in emergencies. As frequent contact with home tends to cause homesickness as opposed to preventing it. Other prohibited items include other forms of technology i.e. tablets, video game consoles, multitools, money, fire starters.



Medicare Card

To ensure that your child has the best experience at camp, we require that the child undergo a medical examination prior to their arrival at camp. Although the Medicare card number is required on the registration form, we will still need to have the actual card at camp during the session. If you are bringing your child to the buses, please make sure you have their Medicare card on hand. If you are driving to camp, you will need to give the Medicare card to the First Aid Technician or Camp Director at camp.

Camp Life

Your child will be living in a cabin with 5-7 other children. There will be a counsellor in charge of the cabin and often a counsellor-in-training assigned to each cabin. The bell rings promptly at 7:30 a.m. The children get ready for the day and then meet at the bell for morning songs. A hearty breakfast is served to everyone. After breakfast, the campers return to their cabins for “cabin clean-up.” Then the day is underway, filled with these activities : swimming, boating, arts & crafts, sports, music, reading, nature lore, archery and rock-climbing. After lunch, there is a rest period where the children are out of the sun, and resting for the afternoon activities. After dinner, there is an all-camp free play where the entire camp plays in the park. During the day, there is a free play for junior campers and one for the senior campers. The day ends with evening program, which is a series of skits and special performances by staff and campers. Campers are all tucked into bed by 8:45-9pm (with the exception of our LIT program who participate in a night activity.)



Head Lice

Having head lice is a common childhood condition that can affect virtually anyone and is highly contagious. Due to the rise of resistant head lice (lice that cannot be treated with Nix or R&C Shampoo,) Camp Amy Molson will not accept children with head lice at camp. This is to reduce the likelihood that resistant head lice will be passed on to other campers and to staff. Your child will be checked for lice at the buses on departure and will not be accepted at camp until they are free of both lice and eggs. If you have difficulty identifying lice, or would like further information, please call your local C.S.S.S



IMPORTANT INFORMATION AND POLICIES



Paperwork

It is very important that you complete all the necessary forms included in the online registration form and upload all necessary portions in order to consider your registration complete. In addition, please ensure your registration fee is paid as soon as possible in order to reserve your space.



Fees and Refund Policy

Registration fee is \$30.00 per child and must be accompanied by your registration to reserve your child's spot. All camp fees must be paid by Sunday, May 31, 2026. If your fees are not received by this date, your child's spot will be cancelled. Payments can be made by money order, certified cheque, or E-transfer. If you register after the deadline fees are due immediately. In the event that the camper leaves the camp on account of serious illness, a pro-rata refund will be made. In the event that the camper is dismissed by the camp directors for misconduct, the camp fees will not be refunded. Refunds will be issued in September following camp, when two weeks notice for cancellation has been received OR when a medical certificate is received.

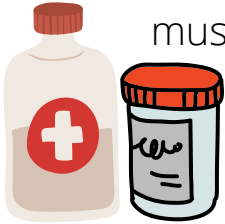
Cancellations and Late Arrival



Cancellations must be made two weeks before the session begins. If we do not receive the cancellation by that time, no refund will be issued. If the cancellation is due to illness, a medical certificate must be presented in order to receive a refund. Refunds will ONLY be made in September. In case of late arrival to camp the camp office

must be notified as soon as possible at Tel: (514)484-9919 or

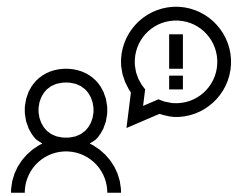
office@campamymolson.com



Medication

Medicare cards, medication and the health forms are kept in the health center at all times while your child is at camp. If your child is on medication, or requires an Epi-pen for severe allergies, please give the medication and/or Epi-pen to the check in person at the buses. Make sure that you send enough medication for your child's entire stay at camp. If your child takes medication to help with concentration or attention during the school year, it is necessary that your child continue taking these medications while at camp. Our program is structured and tends to follow the routine of a school day. It is also important to notify the camp in writing if your child has any changes in his/her medical condition between the time you send the medical information form and the opening day of the camp session. Should your child get sick at camp or require medication, it is the responsibility of the parent/guardian to reimburse the camp.

Complaint policy



In the case of a complaint concerning an issue at camp over the summer we ask that you contact our Director of Operations Dane Savoury at dsavoury@campamymolson.com or the Camp Amy Molson office administrator at office@campamymolson.com or call the office at 514-484-9919.

PREPARING FOR HOME-LONELINESS

In general, if your child is new to Camp Amy Molson, they may experience excitement, anticipation, fear and nervousness prior to leaving for camp. All emotions are a normal aspect of being exposed to something new and different. Please reinforce the positive aspect of going to camp and reassure your child that he/she will have a great time. It is not unusual for a new camper to experience "home-loneliness." Most children tend to overcome this early in their camp experience. Please avoid telling your child that they can easily leave or call home if they are not enjoying camp as this can prevent them from adjusting to camp life.



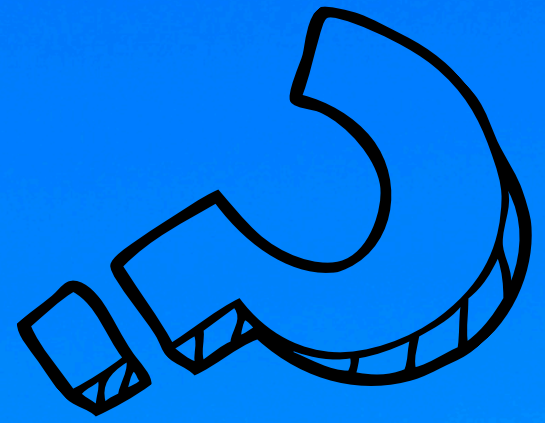
HOME-LONELINESS PREVENTION TIPS

- Fortunately, home-loneliness can be prevented. It starts at home, before your child leaves for camp.
- 1: Encourage and practice time away from home (sleep-overs at friends and family homes).
 - 2: Provide detailed information about camp (pictures, visit our website, come to family day, etc.)
 - 3: Shop and pack for camp together.
 - 4: Provide reassurance to your child that you will miss them, however, they will have two weeks of fun and make new friends.
 - 5: Encourage open discussions with your child about their worries and continue to reassure them.
 - 6: Pack extra stamps and envelopes for your child to write family or encourage your child to bring a diary/journal to write about their camp experience.

But how does _____ work?

Mail/Care Packages

Mail is delivered on week days. Please remember that we are located in a small town, therefore mail service tends to be slow. The mail is distributed to the children at lunchtime. We like to encourage parents to send their child at least one letter for the session. Peanut-free care packages are also always exciting for your child. Clearly label the package with your child's name. In an effort to promote sharing and ensure no campers are left out, counselors expect children to share their care-package goodies with their cabin. The address to camp is on the front of this handbook. In addition, your child will write a postcard home once each session.

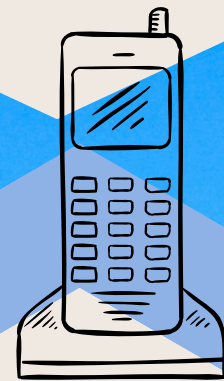
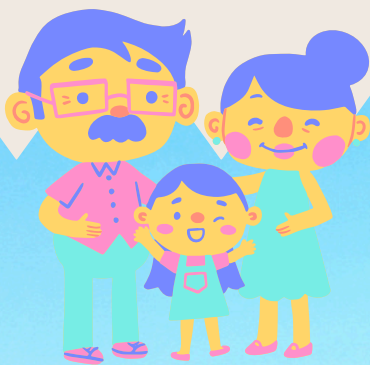


Bedding & Laundry

Your child's laundry will be done twice during the session. This is why we ask that all clothes be labelled ! Don't pack "good" clothes for camp. The laundry is not sorted when washed, all whites and colors are mixed in together. Remember, whatever you pack, your child is responsible for bringing it back! Blankets can be provided, however, we highly recommend that campers bring their own sleeping bags.

Visitors/Family Day

Visiting your child at camp is not permitted. We do have a "Family Day" which is the time when families are welcomed and encouraged to come and see the space that your child will be staying. As you can understand, we are responsible for ensuring the safety of all the children on site and as a result the camp enforces a strict visitor policy. Your child and other children may also be overcoming feelings of home-loneliness and your visit may not help in this regard.



Phone calls

In general, campers are not permitted to use the phone. If your child is having a difficult time adjusting to camp life, you will be notified. If you are concerned about your child, call the camp and someone will gladly answer your questions. Please understand that we are often out of the office throughout the programming day so we may not be able to return your call immediately. Please be patient and leave a message on the answering machine and we will get back to you as soon as possible,

Packing List

The camp does not assume any responsibility for lost, soiled, or damaged items. All clothing and sleeping bags should be CLEARLY LABELLED with the child's full name. Many children find comfort in bringing along their favorite teddy bear or stuffed animal; again please make sure items are labelled. Your child may also want to capture their camping experience on film, feel free to send them with a disposable camera.

The following is a list of the minimum articles your child will need to bring to camp

7 Pairs of Underwear



7 Pairs of Socks

2 Pairs of Pyjamas



5 T Shirts

5 Pairs of Shorts



3 Pairs of Pants or Sweat pants

2 Sweatshirts



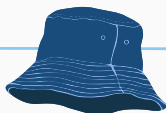
1 Warm Jacket

1 Hooded Raincoat



Rain Boots

Sun Hat



Sleeping Bag

Bathing Suit



2 Pairs of Sturdy Shoes

2 Face Cloths



2 Towels

Toothbrush and Toothpaste



Sunscreen Lotion

Shampoo



Brush or Comb

Insect Repellent



Soap

Stamps/Envelopes



Pillow

Note: Only send your child with enough toiletries to last the session. Most of the time, the child will not return with them, You can find travel sizes at the dollar store or pharmacy.

Camp Amy Molson is not responsible for lost or stolen goods.

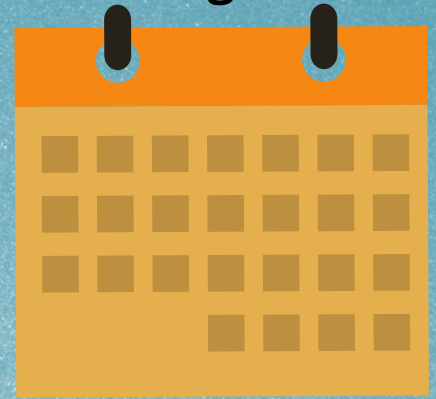
Technology Policy



Social Media



CAM4EVER Program



Campers are not permitted to have cellphones at camp. This is to ensure that campers are able to make the most of their time at camp and experience all that camp has to offer. If the campers arrive on the site with their cellphone, it will be held in the office for them for the duration of the visit.

If you aren't following us on Instagram, Facebook or YouTube...well you should be. There are many benefits to everyone from campers to parents to staff. By following our social media platforms you'll be able to keep up with the latest news, pictures, videos and information both during the summer season and offseason.

Pictures are also posted on our Instagram and Facebook pages throughout the summer. This allows you to keep up with the action and maybe get a glimpse of your child having a blast. Sadly we don't have a full time photographer so not every camper will have their picture posted on Facebook and Instagram.

Parents, do your kids talk about camp constantly? About, how much they miss the staff and fellow campers? We also miss your kids greatly which is why the CAM 4Ever program exists. We are dedicated to having events throughout the year so that campers and staff can reunite with each other for fun activities and parties. If this is something that you would like your kids to be a part of make sure you're part of our email-list.

You can do that by emailing the office at:
office@campamymolson.com

It's only going to be amazing if your kids are a part of it!

Camper Code of Conduct

Behavior	Time out	In Camp Consequences	Phone call home	Camp Reparations	Contact police/DYP (department of youth protection)	Removed from camp
Physical aggression including (fighting, hitting, and throwing objects at others)		x				
Bullying (physical and emotional)	x	x	x	x		x
Stealing from people		x	x			
Threatening others (physically and emotionally)	x	x				
Disrespecting others (staff and fellow campers)	x	x				
Inappropriate language	x	x				
Running away/ walking away from the group		x				
Defacing camp property		x		x		
Disturbing the cabin (being disruptive in the morning and at night)		x				
Sexual harassment		x	x		x	x
Possession/ consumption of drugs			x		x	x

Transportation

We encourage campers to travel to and from camp on the buses provided. All buses leave and arrive at the Westmount High School parking lot. Buses leave promptly at 2:00 p.m. and return between 12:00- 12:30 p.m. If you are driving your child to camp, have your child there for 3:30-4:00 p.m. It is important that if you are driving them up that they come between these times! Staff will not be available to receive campers should they come earlier. If you are picking up your child, please notify the camp office at least 2 days prior to departure and be at camp for 9:30 a.m. on leaving day. If you have to change your child's transportation plans either before or during the camp session, please inform the camp immediately so that we can make the necessary arrangements. A map to the camp is attached at the back of this guide.

Drop off/ Pick up location:
Westmount High School 4350
St. Catharine St. W, Montreal, Qc

Check-in Time: 1:00p.m.
Departure Time: 2:00 p.m.
Retuning from Camp:
12:00p.m



Camp Amy Molson 2026 Summer Season

1st Session:
Saturday June 27th, 2026
Saturday July 11th, 2026

2nd Session:
Wednesday July 15th, 2026
Wednesday July 29th, 2026

3rd Session:
Saturday August 2nd, 2026
Saturday August 16th, 2026

MAP TO CAMP AMY MOLSON FROM MONTREAL

APPROXIMATELY 100 KM FROM THE SHERBROOKE ST. W. OFFICE

If you are driving to camp please make sure you put 1 Concession Boyd
Grenville-sur-la-Rouge, QC J0V 1B0 in your GPS

1—Take 15 North

2—Take exit 70-E to merge onto Autoroute 15 N/ Autoroute 40 E

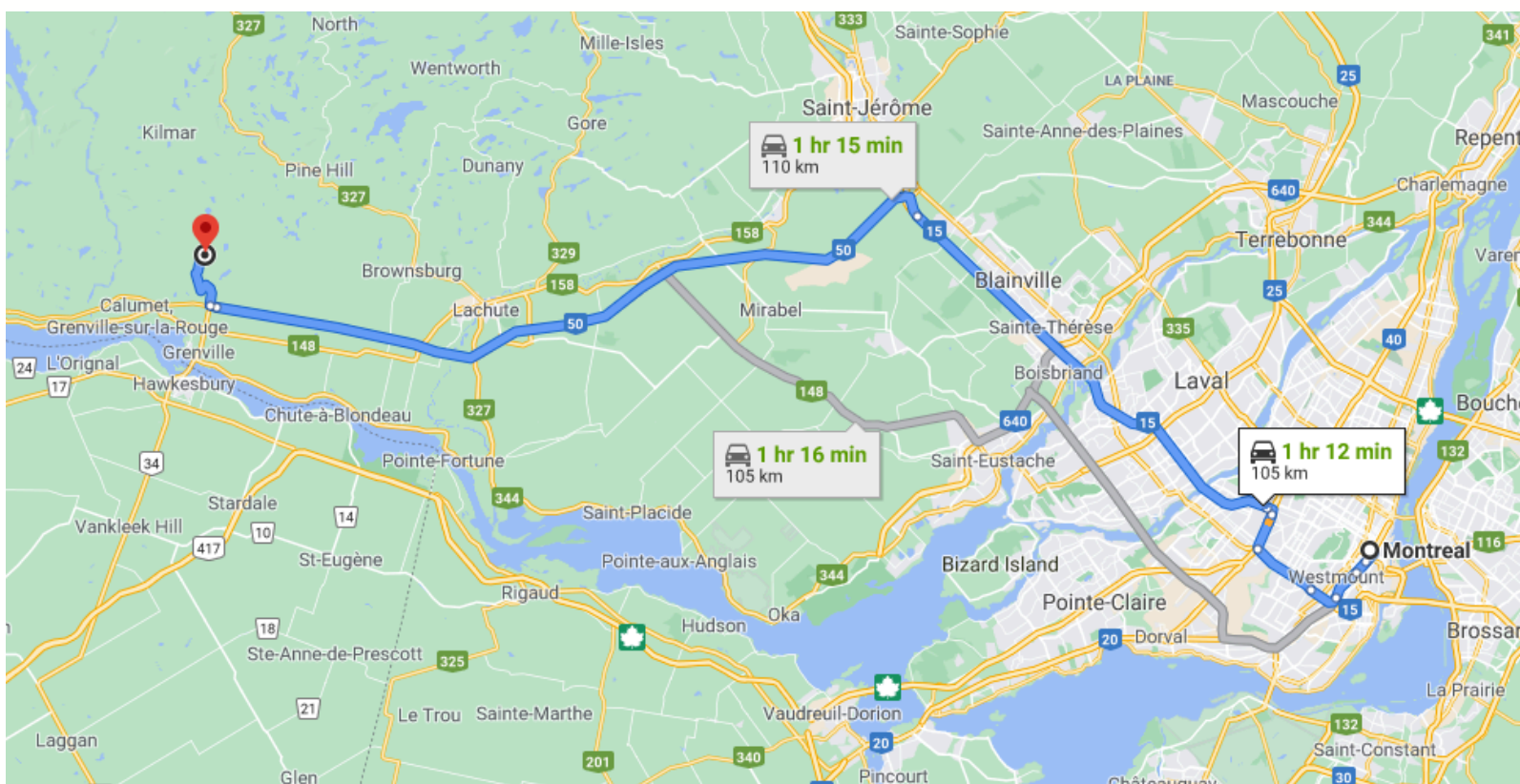
3—Take exit 70 to merge onto Autoroute 15 N toward Laval/Saint
Jerome

4—Take exit 35 to merge onto Autoroute 50 Ouest towards Lachute

5—Take exit 239 toward Grenville/Hawkesbury

6—Turn right onto Scotch Rd.

7—Camp will be on your left.



In case of an emergency please contact Dane at
dsavoury@campamymolson.com