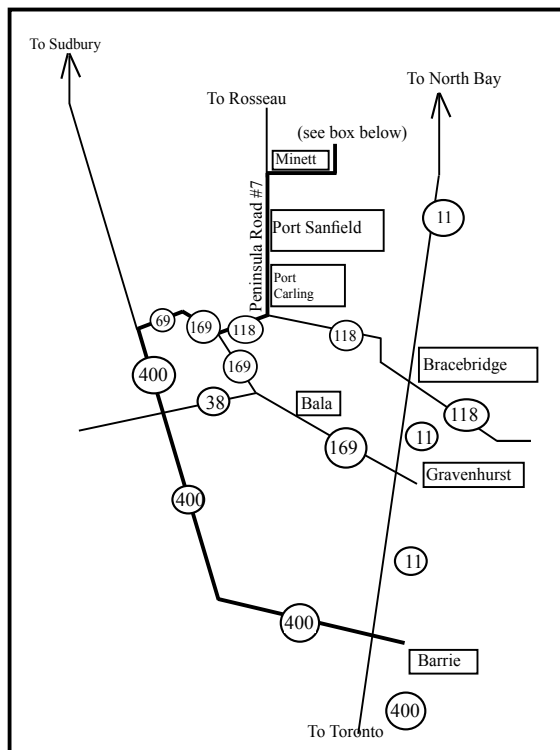
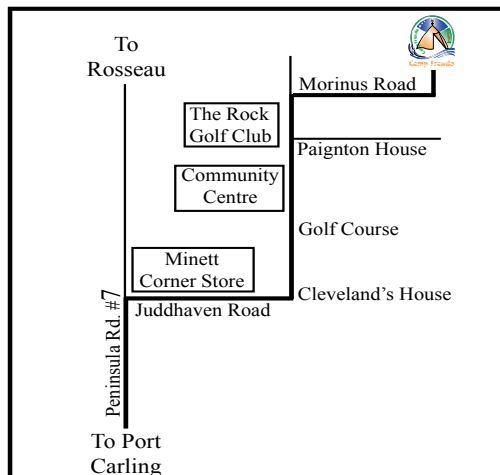


Directions & Maps



From Toronto: Take Highway 400 North to Highway 69 (look for Exit #189). On Highway 69 turn right onto Highway 169, left onto Highway 118, left onto Peninsula Rd. (also known as Muskoka Regional Road #7). Once on Peninsula Road travel 10 km to the hamlet of Minett (directions continue below).



Directions: In Minett you can only turn right onto Juddhaven Road at the Minett Corner Store. Follow this road 1.5 km to Morinus Road, passing Cleveland's House, tennis courts and golf course. You will then pass the Fire Hall/Community Centre on left and then new Rock Golf Course on left. At Morinus Road you can only turn right, go to the road's end. Turn left at the Camp Frenda sign and proceed onto camp property.

Contact Information:

Camp Frenda Head Office:
1110 King Street East
Oshawa, ON L1H 1H8

Phone: 905-571-4211; Fax: 905-571-4781
Email: loliveira@AdventistOntario.org

Camp Frenda (Muskoka)
1231 Morinus Road
Port Carling, ON P0B 1J0

Phone: 705-765-5597; Fax: 705-765-7310

Camp Director: Paul Llewellyn
Email: pllewellyn@AdventistOntario.org

Camp Secretary: Lila Oliveira
Email: loliveira@AdventistOntario.org



www.campfrenda.com

Camp Frenda 2009



www.campfrenda.com



Dear Parents and Campers:

Camp Frenda provides a fun, active and educational outdoor program for young people in beautiful Muskoka. Our well-trained staff provide a caring environment for children to explore nature and discover more about themselves, others and our Creator. From the games in the field, to activities on the lake or in the craft building, to stories around the camp fire, to life lessons shared in camp council, we create a wholesome experience for each child.

Family time is both critical and scarce. That's why we offer two separate Family Camp sessions this summer. Camp Frenda is a great place to vacation together. Our excellent staff creates a warm atmosphere where you and your family can make lasting memories together. There will be excellent family events, time for worship and relaxation with those you love.

Look over the dates for our youth and family camps given in this brochure. Plan to join us this summer for a time of adventure and spiritual rejuvenation. Take the time now to invest in your future and the future of your children by registering today on our website: www.campfrenda.com

We look forward to seeing you this summer at Camp Frenda!



Summer Camp Dates & Rates

Sessions	Dates	Ages	Fees*
Junior	July 19-26, 2009	8-12	\$500
Tween	July 26-Aug 2, 2009	10-14	\$500
Teen I	August 2-9, 2009	12-16	\$500
Teen II	August 9-16, 2009	12-16	\$500
Specialized Horsemanship	July 19-26, 2009	8-12	\$575
Specialized Waterskiing	July 19-26, 2009	8-12	\$575
Specialized Gymnastics	July 19-26, 2009	8-12	\$575
Specialized Horsemanship	July 26-Aug 2, 2009	10-14	\$575
Specialized Waterskiing	July 26-Aug 2, 2009	10-14	\$575
Specialized Gymnastics	July 26-Aug 2, 2009	10-14	\$575
Specialized Horsemanship	August 2-9, 2009	12-16	\$575
Specialized Waterskiing	August 2-9, 2009	12-16	\$575
Specialized Gymnastics	August 2-9, 2009	12-16	\$575
Specialized Horsemanship	August 9-16, 2009	12-16	\$575
Specialized Waterskiing	August 9-16, 2009	12-16	\$575
Specialized Gymnastics	August 9-16, 2009	12-16	\$575

*members of the Seventh-day Adventist Church receive a \$100 discount for general camp fees and \$150 for specialized camps. All rates subject to 3% PST and 5% GST.

Family Camp Dates & Rates

Sessions	Dates	Ages
Family Camp I	July 12-19, 2009	all
Family Camp II	August 16-23, 2009	all
Facility	Ages	Rates**
Lakeview lodge	adults	\$375
	12-17	\$325
	4-11	\$275
Chalets	adults	\$300
	12-17	\$250
	4-11	\$200

**all rates are subject to 3% PST and 5% GST. Alumni receive a \$50 discount before taxes.

Summer Camp Activities

Horsemanship

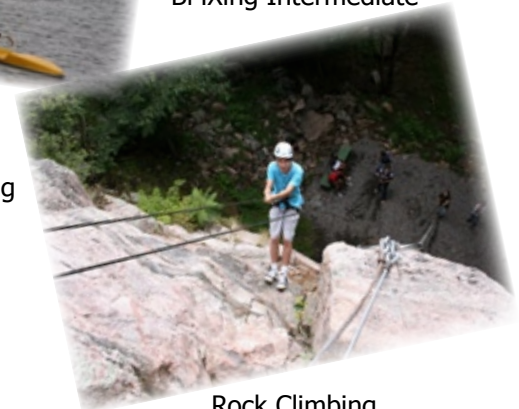


- Archery
- Outdoor Living Skills
- Speed Stacking
- Ceramics
- Model Rocketry
- Gymnastics



- Sports Class
- BMXing Beginner
- BMXing Intermediate

- Canoeing/Kayaking
- Bible Class
- Waterskiing/Wakeboarding



- Swimming
- Aquatic Exploration
- Digital Photography
- Radio DJ Class
- Drama
- Fitness Training (ladies)
- Weight Training (men)

- Rock Climbing
- Country Crafts
- Guitar Class
- Silk Screening