



Out here we raise spirits.

Summer Camp @ Zajac Ranch

Information Package



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Camp Goals

Located on beautiful Stave Lake, Mission, Zajac Ranch, is one of a few camps in BC that welcomes **all individuals between the ages of 7 to 40 living with serious illnesses and disabilities.**

Our programs are customized by highly trained and supportive staff. **We welcome campers with physical and cognitive limitations** including medical diagnoses such as Down Syndrome, Muscular Dystrophy, Cerebral Palsy, Autism, and so more. At Zajac Ranch, **everyone is welcome!**

At the heart of the Ranch is our commitment to **creating a safe and welcoming environment where every camper can participate fully**, feel supported, and be their authentic selves.



ZAJAC RANCH

What Campers will learn...

Over the course of the camp experience, campers will be participating in a wide variety of activities. They will **receive individual instruction in new skills, take part in cabin group activities**, and participate in games and theme events involving the entire camp.

In everything we do at Zajac Ranch, we **emphasize creativity, imagination, and adventure, in a safe, fun-filled atmosphere** designed to encourage growth and the development of self- confidence.

Typically, campers go to activities as their dorm cabin group. We have found that **activities focused around a small group of peers encourages the development of close friendships** as they take part in activities and meet challenges together.

All activities at camp are **"Challenge-by-choice"**, meaning that campers are able to **make their own goals and are not forced to participate or do anything that they do not want to.**

At Zajac Ranch we do our **best to foster an atmosphere of cooperation rather than competition.** If we run an activity containing some element of competition, we focus on challenging campers to achieve their own goals, rather than **encouraging them to measure their accomplishments against the achievements of others.**



Summer Camp Sessions



Autism Spectrum Disorder Camp (Ages 7–17)

Our Autism Spectrum Disorder (ASD) Camp provides a supportive and inclusive environment for **campers aged 7–17 with diagnoses on the autism spectrum.**

This specialized program allows participants to enjoy a full range of Zajac Ranch **summer camp activities—such as horseback riding, ropes courses, climbing wall, canoeing, and swimming—**while fostering comfort, confidence, and meaningful peer connections.

With experienced staff and a structured, sensory-aware approach, campers thrive in an environment that **celebrates individuality and encourages social engagement through shared experiences and adventure.**



Mixed Medical Camp (Ages 7–17)

Our Mixed Medical Camp is designed for campers **aged 7–17 with a range of medical diagnoses**—including cognitive, physical, and mixed conditions.

This fully inclusive program welcomes children and youth with chronic illnesses and disabilities to **experience the magic of camp in a supportive, adaptive, and empowering environment.**

Campers participate in a variety of **engaging activities such as horseback riding, ropes courses, canoeing, and swimming—all tailored to meet individual needs and comfort levels.** With compassionate staff and accessible facilities, the camp encourages independence, confidence, and lasting friendships through shared experiences and joyful participation.



Young Adult Camp (Ages 18–40)

Zajac Ranch created the Young Adult Camp after recognizing that many individuals **over the age of 17 were no longer eligible to attend our standard medical summer camps.** Designed for participants aged 18–40, our

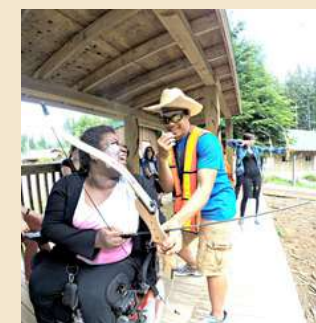
Young Adult Camps **welcome individuals with a wide range of chronic illnesses, cognitive or physical disabilities, and mixed diagnoses.**

This inclusive program offers adults the opportunity to enjoy the same engaging, fully accessible activities that define our traditional summer camps—such as **horseback riding, canoeing, ropes courses, and swimming—while fostering independence, confidence, and connection.**

Campers are supported by compassionate staff who create a **safe and empowering space to build friendships, share experiences, and celebrate all abilities.**

Ask us about our **CIT Program** or **[click here](#)**

ZAJAC FUNtivities





Kayaking



Swimming



Archery



Arts & Crafts



Field Games



Horseback Riding



Petting Zoo



High Ropes



Low Ropes



Skynet



Campfire



Zajac Talent Show



MAKING FRIENDS









A Sneak Peek at Your Week of Camp Magic!



12:30 PM - 1:15 PM	<div>MON</div> <div>CAMPER ARRIVAL 2:00 PM - 4:00 PM</div> 	<div>TUE</div>			<div>WED</div> Lunch	<div>THR</div>	<div>FRI</div> <div>CAMPER FAREWELL 10:00 AM - 12:00 PM</div> 
1:15 PM - 2:15 PM		Cabin GAMES					
2:30 PM - 3:50 PM		ALL-Camp Aquatics					
		Pool Time	Waterfront Swim	ZAY-O			
3:50 PM - 4:10 PM	Snack						
4:15 PM - 5:00 PM	Icebreakers/ Names/ Orienteering Scavenger Hunt	Pool Time	Waterfront Swim	Shower/Reset			
5:30 PM - 6:15 PM	Dinner						
6:30 PM - 7:15 PM	Cabin Covenant	Cabin Adventure Time	Themed All- Camp Game	Packing Party			
7:30 PM - 8:30 PM	Opening Campfire	Zajac Court	Talent Show	Dance/Awards			
8:30 PM - 8:45 PM	Snack						
8:45 PM - 9:30 PM	Shower/Unwind						
9:30 PM - 9:45 PM	Into Bed/Rose, Bud, Thorn						
10:00 PM	Lights Out						

Your Camp Menu Adventure!



BREAKFAST

LUNCH

DINNER

MON

- BBQ chicken legs
- Sweet potato mash
- Mixed market vegetables
- Tossed salad
- Macaroni salad
- Chocolate pudding

TUE

- Ham and cheese puffs
- Home fries
- Sausages
- Fresh fruit

- Beef burgers
- Fresh fries
- Tossed salad
- Soup of the day
- Fresh market salad

- Teriyaki chicken stir fry
- Rice
- Tossed salad
- Market salad (Farkey Asian) noodle
- Jello

WED

- Pancake, sausage and egg sliders
- Home fries
- Fresh fruit cup with granola

- Soup of the day
- BBQ chicken quesadilla
- Tossed salad
- Potato wedges
- Mexican corn salad

- Spaghetti with meat sauce
- Ceasar salad
- Market salad
- Garlic bread
- Butterscotch pudding

THU

- Scrambled eggs
- Bacon
- Home fries
- Fresh fruit

- Chilli dogs
- Soup of the day
- Mixed greens
- Potato salad
- Carrot chips

- Turkey meatloaf with bacon
- Turkey gravy
- Mashed potatoes
- Mixed vegetables
- Rice pudding
- Tossed salad
- Market salad

FRI

- Blueberry french toast with syrup
- Home fries
- Sausages
- Fresh fruit

2025 Camper Spotlight!



HOLLY B.

Holly, 12, had an **unforgettable experience at Zajac Ranch this summer. She attended our Autism Spectrum Camp**, which is designed for kids and teens on the spectrum, where she faced her nerves and stepped into a world where she could truly be herself.

From **horseback riding and climbing the rock wall to tackling the high ropes course**, Holly embraced every activity with courage and excitement. She also discovered a love for swimming, enjoyed delicious meals, and even challenged herself to try things she hadn't done before. But as Holly herself said, ***"But the best part wasn't just the activities. For once, I felt like I could just be myself without having to 'mask' like I often do at school. Everyone was so friendly and understanding, and I felt included in everything."*** The inclusive, friendly, and understanding community at Zajac Ranch allowed Holly to feel fully accepted, included, and part of a supportive group.

Holly's mom shared that at pick-up, they were pleasantly surprised to learn that Holly had emerged as a leader in her cabin—something that doesn't happen at home. For the first time, Holly focused on the positive rather than dwelling on challenges or setbacks. **She formed meaningful friendships and experienced genuine connection, a contrast to the isolation she sometimes feels at home.** Holly found joy in simple moments, from laughing with her new friends to sharing in group activities, and she returned home with stories of camp adventures that made her parents smile.

Even with her usual separation anxiety, **Holly found confidence and independence at camp, reassured by the attentive care of the staff and nurses.** Her mom reflects, "It was incredible to see Holly thrive in a place where she felt safe, included, and empowered. She made friends, faced her fears, and had the time of her life." Holly's experience at Zajac Ranch helped her face challenges, build confidence, and celebrate her own achievements—lessons she will carry with her long after camp has ended.

For Holly, **Zajac Ranch wasn't just a camp—it was a place of growth, joy, and belonging.** She returned home with new confidence, new friendships, and memories that will last a lifetime. Holly's story is a reminder of the transformative power of a welcoming and inclusive camp community, where every camper has the opportunity to shine.



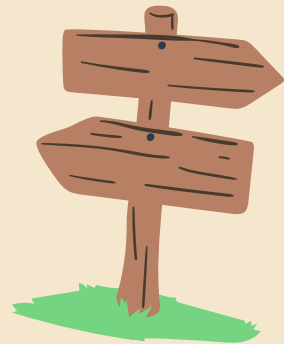


Important Info

Camp staff are highly trained in providing quality care for our campers, and will always try several methods for supporting and transitioning difficult behaviour. **Staff will utilize the behaviour support strategies, as well as any suggestions from the camper's guardians for reinforcing positive behaviours.** In extreme cases, Zajac Ranch staff have the right to send campers home without notice should the behaviour/acts of a camper have potential to harm or impede others' experience at camp. The parents/guardians will be responsible for any costs associated with the camper's dismissal for behavioural reasons. If a camper is removed from camp for behavioural reasons, no refund will be given for any portion of the camp session. **We have prepared and a Camper Full Value Contract to help prepare for a successful week at camp and this will be provided to all parents along with the Welcome Package after approval and payment has been received.** Please read through it with your camper, have both of you sign it and upload it to your registration profile.

Smoking, vaping the consumption of alcohol, and the use of Illegal drugs are not permitted on Zajac Ranch property. Any camper or staff member who disregards this policy will be automatically removed from the program regardless of circumstance or degree of participation.

Location & Other details



The Zajac Ranch is located on 15600 Florence Lake Road, V4S 1C4

We are on km 8.5 of Florence Lake Road. We are about 45 minutes from Abbotsford, 40 minutes from Maple Ridge and 30 minutes from Mission.



ARRIVAL & DEPARTURE TIMES

Camper **drop-off will be between 2:00 PM and 4:00 PM** on the first day of camp (Monday). One week prior to your camp, you will receive an **email providing details on your specific drop-off time**. Please review carefully the time indicated for your camper.

Please, NOT earlier and NOT later! Meet the **Camp Director and Team!**
Check in at the Tent in front of the OK Corrale and meet the Counsellors!

Please do NOT arrive before the scheduled arrival times.

Pick-up time on the last day of camp is between **10:00 AM and 12:00 PM**





Contact Information

General inquiries, Registration,
Payment, Campership Subsidies, and
feedback on your camp experience:

Medical Care, Camp Activities,
Updates on a Camper's Progress,
Emergency calls:

The Mel Jr. & Marty Zajac Foundation
300 – 2006 West 10th Avenue
Vancouver, BC V6J 2B3

Zajac Ranch
15600 Florence Lake Road
Mission, BC V4S 1C4



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***“Every child deserves to go to camp.
let's work on that together.”***

-Mel Zajac, Founder & Chairman