



## March Break Camps 2010 March 15 – 19

### Beach Volleyball Camps

Beach Volleyball March Break Camp is designed for girls and boys to have fun learning or improving their volleyball and beach volleyball skills. Beach Volleyball camp is for campers with moderate to no previous experience. Pre and post camp care from 8 -9am and 4 -5pm is included. All Beach Volleyball camps are held at Beachblast, an indoor facility in the Dufferin and Lawrence area.

| Barcode | Camp name             | Ages    | Time      | Location   | Cost  |
|---------|-----------------------|---------|-----------|------------|-------|
| 14081   | Beach Volleyball Camp | 8 – 11  | 9am – 4pm | Beachblast | \$265 |
| 14082   | Beach Volleyball Camp | 12 – 14 | 9am – 4pm | Beachblast | \$265 |

### Beach Volleyball Academy

The Beach Volleyball academy is for the experienced club player who is committed to improving their skills for the beach circuit in 2009. The Beach Volleyball Academy is under the supervision of Kristine Drakich, head coach of the Varsity Blues women's volleyball team and Team Canada coach at the 19U world beach championships in 2006 and 2007 and head coach at the 2008 World University Games. Beach Volleyball Academy coaches will challenge players to set and achieve goals. This is not a recreational camp; athletes should have a minimum of two years experience and be prepared to work hard. Space is limited to ensure individual instruction. This program runs Tuesday, Wednesday and Thursday only, March 16 – 18.

| Barcode | Camp name                        | Ages    | Time       | Location   | Cost  |
|---------|----------------------------------|---------|------------|------------|-------|
| 14083   | Beach Volleyball Academy, Boys,  | 14 – 18 | 10am – 3pm | Beachblast | \$180 |
| 14084   | Beach Volleyball Academy, Girls, | 14 – 18 | 10am – 3pm | Beachblast | \$180 |

### Golf Camp

Golf Camp helps boys and girls improve their skills, fitness and knowledge in a positive environment where the emphasis is on having fun. This flexible and innovative camp challenges both beginner and advanced players through programming that includes three hours each of golf and multisport activities daily. Held under the dome at Varsity Centre and led by Angus Glen professionals and Camp U of T staff, this camp provides a unique opportunity for kids to get a head start on improving their game for the summer golf season.

Campers will benefit from the small group learning experience with a ratio of six campers to one golf professional. Participants must supply their own equipment. Ages 8 -15. Pre and post camp care from 8 -9am and 4-5pm is included.

| Barcode | Camp name | Ages    | Time      | Location       | Cost  |
|---------|-----------|---------|-----------|----------------|-------|
| 14085   | Golf Camp | 8 – 11  | 9am – 4pm | Varsity Centre | \$350 |
| 14086   | Golf Camp | 12 - 15 | 9am – 4pm | Varsity Centre | \$350 |

## Gymnastics Camp

Boys and girls work with NCCP-certified coaches to develop their gymnastics abilities, build self confidence and have fun in a supportive environment. The program is designed to teach children to tumble, swing, balance and spring from a foundation of fun, fitness and fundamentals. Children will also participate in occasional recreational swimming, arts and crafts and other low organization games. Ages 4-14. Pre and post camp care from 8 -9am and 4-5pm is included. Campers MUST be the minimum age for their group by the first day of camp.

| Barcode | Camp name              | Ages   | Time      | Location        | Cost  |
|---------|------------------------|--------|-----------|-----------------|-------|
| 14068   | Gymnastics Camp        | 4 – 5  | 9am – 4pm | Athletic Centre | \$295 |
| 14069   | Gymnastics Camp, Girls | 6 - 14 | 9am – 4pm | Athletic Centre | \$295 |
| 14070   | Gymnastics Camp, Boys  | 6 – 14 | 9am – 4pm | Athletic Centre | \$295 |

## Hockey Camp

Hockey Camp helps boys and girls improve their skills, fitness and knowledge in a positive environment where the emphasis is on fun. This flexible and innovative camp challenges both beginner and advanced level players through programming that includes three hours each of on- and off-ice activities daily. Power skating sessions, instruction and feedback are all included. A low instructor-to-student ratio allows campers to form lasting relationships while receiving excellent instruction. All participants receive a game jersey. Participants must supply their own equipment, full equipment is required. Pre and post camp care from 8 -9am and 4:30-5pm is included.

| Barcode | Camp name   | Ages    | Time         | Location       | Cost  |
|---------|-------------|---------|--------------|----------------|-------|
| 14066   | Hockey Camp | 7 - 9   | 9am – 4:30pm | Varsity Centre | \$325 |
| 14067   | Hockey Camp | 10 - 12 | 9am – 4:30pm | Varsity Centre | \$325 |

## Track and Field

Track and Field camp is suitable for athletes who want to improve their technique before the start of the outdoor season. This program is targeted at the athlete who is participating on their school team. Campers will work on sprints, hurdles and relays as well as horizontal and vertical jumps. Throws may be introduced, depending on the group discussions. Post camp supervision from 4 – 5pm is available but pre camp supervision is not available for this program.

| Barcode | Camp name       | Ages    | Time    | Location        | Cost  |
|---------|-----------------|---------|---------|-----------------|-------|
| 14248   | Track and Field | 13 – 16 | 1 – 4pm | Athletic Centre | \$180 |

**Registration begins December 10 at 8 a.m.**

### Contact us:

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