

2023 Summer Camps Themes

Week 1 – Soccer

- This camp will focus on dribbling, passing, goaltending and more. Whether your children dream of playing for Canada's National Teams or simply want to have fun with their friends, this camp will follow lesson plans created using the Canada Soccer Pathway

Week 2 – Volleyball

- Children will have an introduction to the FUNdamental skills of volleyball! Curriculum for the week will be based on the Volleyball Canada Elementary and Community models.

Week 3 – Basketball

- Players will learn core basketball concepts using modified games and drills. Lessons will follow the Canada Basketball Jr. NBA Curriculum, which acts as the first step to success at all levels of basketball.

Week 4 – Run, Jump, Throw

- Using track and field inspired games, activities and skill challenges, children will learn the fundamentals of running, jumping and throwing

Week 5 – Racquet Sports

- Tennis, Badminton, Pickleball oh my! In this camp children will participate in a variety of racquet sports with an emphasis on an Active Start and FUNdamental movement skills. Lesson plans will be based on models from Tennis Canada, Badminton Canada and Pickleball Canada

Week 6 – Multisport

- Kids are given the opportunity to sample a wide variety of sports including ball hockey, soccer, dodgeball, softball and kick ball! This multisport camp will enable kids to get active while playing all of their favorite sports!

Week 7 – Dance

- Campers will learn new moves, choreographed routines, and meet new friends. Campers will experiment with a variety of dance styles including Jazz, Ballet and Hip-Hop!

Week 8 – Basketball

- Players will learn core basketball concepts using modified games and drills. Lessons will follow the Canada Basketball Jr. NBA Curriculum, which acts as the first step to success at all levels of basketball.

Week 9 – Soccer

- This camp will focus on dribbling, passing, goaltending and more. Whether your children dream of playing for Canada's National Teams or simply want to have fun with their friends, this camp will follow lesson plans created using the Canada Soccer Pathway