

SAMPLER

Not sure which camp to embrace? Get a taste of it all in this multi-sport sampler. Fencing, archery, jiu jitsu and circus arts all in one convenient camp. Each program is run by certified coaches. Bring shorts, long athletic pants, indoor running shoes (never been worn outdoors), a water bottle, a nutritious lunch/snacks, and a good attitude.

DATES:

July 3-7

FENCING AND ARCHERY CAMP

Participants in this instructional sport camp will be challenged to develop physical literacy, learn new skills in both fencing and archery and have a great time through individual and team activities. No previous experience is necessary and all equipment is provided. Program is led by certified Peterborough Multi-Sport Club instructors. Bring shorts, long athletic pants, indoor running shoes (never been worn outdoors), a water bottle, a nutritious lunch/snacks, and a good attitude.

Participation on the first day of camp is **mandatory** for safety reasons.

DATES:

July 10-14

July 31-Aug 4

FENCING ADVANCED

Participants in this advanced developmental sport camp will be challenged to acquire and consolidate skills in fencing – technically, physically and mentally. Participants **must** have previous fencing experience. Fencers should be prepared to bring a good attitude, focus and a desire to work hard. Activities will include both individual and team. Program is led by certified Peterborough Multi-Sport Club instructors. Bring shorts, long athletic pants, an extra t-shirt and socks, indoor running shoes (never been worn outdoors), outdoor running shoes, a towel, a water bottle or two, a nutritious lunch, and several light healthy snacks.

DATES:

July 17-21

CIRCUS ARTS

Students aged 9-14 will learn the curriculum taught by Canada's National Circus School! Thomas Vaccaro, a graduate of the circus instructor/trainer program and creative director for the Peterborough Academy of Circus Arts, with Opal Elchuk, professional circus artist, choreographer, and certified aerial instructor, will be adapting the youth program taught by the ENC & Cirque Du Soleil. The program focuses heavily on Balance, Acrobatics, Aerials, and Object Manipulation, and uses games as a means to learn. No previous experience is necessary. Circus Arts are essential building blocks for developing self-esteem, physical fitness, good health, spatial awareness, and bringing your body and mind in harmony together. Bring shorts, long athletic pants, indoor running shoes (never been worn outdoors), a towel, a water bottle, and a nutritious lunch/snacks.

DATES:

July 24-28

JIU JITSU AND ARCHERY

Get a taste of the traditional Japanese Martial Art of Jiu Jitsu in this program. Focus, discipline, confidence and self-defence are all taught in a fun and safe environment. Youth will learn about movement and physical fitness. Participants will also learn new skills in archery and have a great time through individual and team activities. The program is run by Jitsu Canada certified coaches. No previous experience is necessary and all equipment is provided. Wear loose fitting, athletic clothing including long pants, and a t-shirt. Bring shorts, indoor running shoes (never been worn outdoors), a water bottle, a nutritious lunch/snacks, and a good attitude.

Participation on the first day of camp is **mandatory** for safety reasons.

DATES:

Aug 14-18

Aug 21-25

SUMMER CAMP DETAILS

COSTS

\$200	Sampler	\$250	Circus Arts
	Fencing/Archery		
	Fencing Advanced		
	Jiu Jitsu/Archery		

TIMES

All camps run 9:00 am until 4:00 pm.

Free extended hours 8:30-9:00 am and 4:00-4:30 pm.

For additional extended hours, contact us info@peterboroughmultisport.com or at 705-775-5095. Fees will apply.

REGISTRATION

Camps, except where noted in the description, are suitable for 8-13 year olds.

Payment in full must accompany all completed registration forms.

Payment can be made with cash, cheque or E-Transfers.

REFUND POLICY

WITHDRAWALS

Prior to camp start date - full refund, \$20 admin fee

After camp start day - prorated refund only with medical certificate, \$20 admin fee

TRANSFERS

Transferring to another camp program must happen prior to start date, \$20 admin fee

Register early to avoid disappointment!