

SAMPLER CAMP

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, a hoody for cool days, indoor running shoes (never been worn outdoors), a water bottle, a nutritious lunch/snacks, and a good attitude. NOTE: This is a 4-day camp. We will be closed on the stat holiday.

DATES:

July 3-6

August 7-10

FENCING AND ARCHERY CAMP

Participants in this instructional first contact sport camp will be challenged to explore 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, a hoody for cool days, 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 9-13

August 13-17

BOFFER CAMP

Participants in this instructional camp will learn fencing concepts of attacking and defending through the use of light weight, foam batons or boffers. A key focus will be the development of physical literacy through balance, coordination and agility activities. Participants will learn the underpinning values of fair play and good sportsmanship 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, a hoody for cool days, indoor running shoes (never been worn outdoors), a water bottle, a nutritious lunch/snacks, and a good attitude. **THIS CAMP IS FOR 6-8 YEARS OLDS.**

DATES:

July 23-27

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, a hoody for cool days, 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 16-20

FENCING INTERMEDIATE FOIL CAMP

Participants in this intermediate foil developmental sport camp will be challenged to add to their skill sets. Participants **MUST** have previous fencing experience either through attending a previous fencing camp or as a member of PMSC. Fencers should be prepared to bring a good attitude, focus and a desire to work. Activities will include athletic development, skill building, individual and team events. Program is led by certified Peterborough Multi-Sport Club instructors. Bring shorts, long athletic pants, a hoody for cool days, indoor running shoes (never been worn outdoors), a towel, a water bottle, a nutritious lunch/healthy snacks.

DATES:

July 17-21

FENCING ADVANCED FOIL CAMP

Participants in this advanced foil developmental sport camp will be challenged to consolidate and refine skills in fencing – technically, physically and mentally. Participants **MUST** have previous fencing experience. This is an excellent camp for those preparing for the upcoming tournament circuit. Fencers should be prepared to bring a good attitude, focus and a desire to work hard. Activities will include athletic development, skill building in technical and tactical activities, and both individual and team events. Program is led by certified Peterborough Multi-Sport Club instructors. Assistance from our integrated sports team will be arranged. Bring shorts, long athletic pants, an extra t-shirt and socks, a hoody for cool days, 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:

August 20-24