

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. **Camp is suitable for 9-13 years old.**

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

DATES:

July 8-12

July 29 - August 2

LITTLE LEGIONNAIRES 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. Campers will craft their own shield and baton. 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 5-9 years olds.**

DATES:

March 11-15

July 22-26

August 19-23

MARTIAL ART CAMP

Get a taste of the traditional martial arts of Jiu Jitsu, Karate and Aiki-jujutsu 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. The program is run by the certified Peterborough Multi-Sport Club martial arts instructors. No previous experience is necessary and all equipment is provided. Wear loose fitting athletic clothing including long pants and a T-shirt. Please remove any jewellery, bracelets, necklaces, etc.. Bring shorts, a hoodie for cool days, a water bottle, a nutritious lunch, and several light healthy snacks. **Camp is suitable for 8-13 years old.**

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

DATES:

July 15-19

August 12-16

FENCING PERFORMANCE 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 26-30