

Children's Activity Camps

Summer 2017

Children's Activity Camps

Program Description

The Children's Activity Camps are weeklong, half-day camps for children ages 5 to 12. A variety of different sports and activities are offered to provide children with an opportunity to learn new skills in a safe, fun, non-competitive environment. The emphasis in the camps is to have fun, meet other children, and become physically active.

Participants may register in either a morning or an afternoon camp, or they may register in both if they wish to stay for a full day of activity. Camps run from 8:30 a.m.- 12:00 noon and from 1:00 - 4:30 p.m., with lunch supervision being provided for children staying all day. **Please note although lunch supervision is provided – children must bring their own lunch and parents MUST register for this service at the time of registration.**

We offer an extended hours program where children are supervised from 8:00 – 8:30 a.m. and 4:30 - 5:30 p.m. at a cost of \$35 per child per week. This must be paid for at the time of registration.

Offerings

Mini Basketball (Ages 5 – 8) and

Basketball (Ages 8 – 12) at Education Gymnasium

Children will be introduced to fundamental basketball skills including dribbling, passing, and shooting. Children will learn these skills through various drills and games, which will be modified according to the ages of the participants. Instruction will provide progression from individual skill development to team skills by the end of the week.

Football (Ages 8 – 12 at Education Fields)

Participants will learn skills such as throwing, catching and kicking. Team skills such as patterns, routes, and field positioning will be taught. A variety of drills and games make this introductory football camp enjoyable for everyone.

Golf and Tennis (Ages 8 – 12 at Education Fields)

This camp exposes children to the lifetime activities of golf and tennis. Instructors teach a variety of skills in both activities and an emphasis is placed on individual practice.

How the Body Moves

(Ages 5 – 8 at Physical Activity Complex Room 295)

Children in this camp will gain experience in the basic, fundamental movement patterns involved in gymnastics. Many skills are taught in a game setting, which makes this camp suitable and enjoyable for younger participants. Throughout the week, children will be exposed to a variety of gymnastics apparatus' including balance beams, bars, rings, and parallel bars.

In-Line Skating

(Ages 5 – 8 at University of Saskatchewan Campus)

Participants will be introduced to the basic skills involved with in-line skating. Activities throughout the week will include games, drills, and obstacle courses. Children must provide their own roller blades, helmet, and protective equipment (elbow pads, knee pads, and wrist protectors).

Mountain Biking

(Ages 8 – 12 at University of Saskatchewan Campus)

This camp is designed for more advanced riders. Children should be comfortable riding on a variety of terrains. During the week, children will be introduced to bicycle safety, and trail riding skills. Children must provide their own bicycle (with hand brakes) and a CSA approved helmet.

Field Lacrosse (Ages 8 – 12 at Education Fields)

A variety of lacrosse skills will be introduced in this camp, including cradling, passing, and shooting. In addition, children will learn the basics of the rules and working as a team. Children must provide their own CSA approved helmet, full face shield and mouth guards.

Racquet Sports (Ages 8 – 12 at Physical Activity Complex courts and Education Tennis courts)

This camp introduces children to racquetball, squash, tennis, and badminton. Participants will be taught fundamental skills such as serving and volleying. Instruction of the rules and strategy involved in each activity will be covered over the course of the week.

Soccer (Ages 5 – 8 and 8 – 12 at Education Fields)

Children will be provided with an opportunity to learn both individual and team soccer skills including dribbling, passing, and shooting. Introduction to these specific skills will be done through games, drills, and scrimmages, which will be modified for each group to ensure a positive learning experience.

Sports and Water Mania

(Ages 5 – 8 at Education Fields and Education Pool)

Children will be introduced to and participate in a variety of cooperative games and sports over the course of the week. An emphasis will be placed on fun, social interaction, and skill development. Pool time each day will consist of co-operative games. All children are required to wear PFDs in the pool.

Sports “R” Fun

(Ages 5 – 8 at Education Fields)

This camp is a great opportunity to introduce children to a number of sports and activities in a non-competitive setting, with a focus on skill development and fun. Children will receive instruction in several different sports over the course of the week.

Sports “R” Fun and Wall Climbing

(Ages 8 – 12 at Education Fields and PAC Climbing Wall)

Children will receive instruction in one different sport each day and will experience climbing the wall in the PAC. Please note waiver forms MUST be filled out prior to children being allowed on the wall. Certified instructors and climbers will belay for the children during this week.

Track and Field

(Ages 8 – 12 at University of Saskatchewan Campus and Griffiths Stadium)

A wide variety of track and field events are introduced over the course of this camp. Children will gain experience in sprints, relays, jumping, and throwing.

Ultimate Frisbee

(Ages 8 –12 at Education Fields)

Children will learn the basics of throwing, catching as well as team concepts and rules. Other co-operative games will be introduced throughout the week to compliment the lessons.

Volleyball

(Ages 8 –12 at Education Gymnasium)

The volleyball camp will provide children with the basic skills necessary to play volleyball. Team concepts and basic skills such as passing, setting, serving, and spiking will be covered throughout the week.

Games Galore

(Ages 5 – 8 at Education Gymnasium and Fields)

This camp provides a great opportunity for children to learn fun, safe, cooperative games with minimal equipment requirements. Activities will include tag games, as well as low organizational and skill related games.

Triathlon

(Ages 8 –12 at PAC Pool and Fields)

Try this unique activity that combines three sports: swimming, biking and running. Games, drills, and simulations will be incorporated to provide a fun and dynamic environment. No previous experience is required. A mountain bike and an approved helmet are required.



Schedule

Children's Activity Camps

Week #1 (July 4 - July 7) Note 4 days only		
	Extended Hours	All ages
am	Sports R Fun	5-8
	How the Body Moves	5-8
	Football	8-12
	Volleyball	8-12
	Sports and Water Mania	5-8
pm	Soccer	5-8
	Golf and Tennis	8-12
	Sports and Wall Climbing	8-12
	Extended Hours	All ages

Week #5 (July 31 - Aug 4)		
	Extended Hours	All ages
am	Mini Basketball	5-8
	Sports R Fun	5-8
	Soccer	8-12
	Golf and Tennis	8-12
	Sports and Water Mania	5-8
pm	How the Body Moves	5-8
	Volleyball	8-12
	Sports and Wall Climbing	8-12
	Extended Hours	All ages

Week #2 (July 10 - July 14)		
	Extended Hours	All ages
am	How the Body Moves	5-8
	Sports R Fun	5-8
	Track and Field	8-12
	Basketball	8-12
	Sports and Water Mania	5-8
pm	Mini Basketball	5-8
	Mountain Biking	8-12
	Sports and Wall Climbing	8-12
	Extended Hours	All ages

Week #6 (Aug 8 - Aug 11) Note 4 days only		
	Extended Hours	All ages
am	How the Body Moves	5-8
	Games Galore	5-8
	Track and Field	8-12
	Football	8-12
	Sports and Water Mania	5-8
pm	In-Line Skating	5-8
	Volleyball	8-12
	Sports and Wall Climbing	8-12
	Extended Hours	All ages

Week #3 (July 17 - July 21)		
	Extended Hours	All ages
am	Games Galore	5-8
	Sports R Fun	5-8
	Triathlon	8-12
	Basketball	8-12
	Sports and Water Mania	5-8
pm	Soccer	5-8
	Racquet Sports	8-12
	Sports and Wall Climbing	8-12
	Extended Hours	All ages

Week #7 (Aug 14 - Aug 18)		
	Extended Hours	All ages
am	How the Body Moves	5-8
	Mini Basketball	5-8
	Field Lacrosse	8-12
	Soccer	8-12
	Sports and Water Mania	5-8
pm	Sports R Fun	5-8
	Racquet Sports	8-12
	Sports and Wall Climbing	8-12
	Extended Hours	All ages

Week #4 (July 24 - July 28)		
	Extended Hours	All ages
am	Sports R Fun	5-8
	Mini Basketball	5-8
	Track and Field	8-12
	Ultimate Frisbee	8-12
	Sports and Water Mania	5-8
pm	Soccer	5-8
	Field Lacrosse	8-12
	Sports and Wall Climbing	8-12
	Extended Hours	All ages

Week #8 (Aug 21 - Aug 25)		
	Extended Hours	All ages
am	Soccer	5-8
	How the Body Moves	5-8
	Golf and Tennis	8-12
	Basketball	8-12
	Sports and Water Mania	5-8
pm	Sports R Fun	5-8
	Mountain Biking	8-12
	Sports and Wall Climbing	8-12
	Extended Hours	All ages

Prices

4 day camps

Week #1 July 4 – July 7

Week #6 August 8 – August 11

Full week

\$140.00 half day

\$280.00 full day

\$35.00 extended hours

\$130.00 half day

\$260.00 full day

\$30.00 extended hours

