

CHILDREN'S ACTIVITY CAMPS

SUMMER 2018



Cary Primeau • Coordinator • Campus Recreation • University of Saskatchewan

Program Description

The Children's Activity Camps are week-long, 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.

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.

Prices

Full week

\$150.00 half day
\$300.00 full day
\$35.00 Extended hours

Short week (4 days only)

Week #5 August 7 – August 10

\$140.00 half day
\$280.00 full day
\$30.00 Extended hours

Mini Basketball (Ages 5 – 8) and Basketball (Ages 8 – 12) at the (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 the 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 the Education Fields and Tennis Courts)

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 the 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 the 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 the 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 the 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 with full face shield.

Racquet Sports

(Ages 8 – 12 at the 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 the 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 the 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 the 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 the Education Building 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 the 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 the 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 the 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 the 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 the PAC Pool and Education 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.

Week #1: July 9 - July 13

am	All Ages	Extended Hours
am	5-8	Sports R Fun
am	5-8	How the Body Moves
am	8-12	Basketball
am	8-12	Ultimate Frisbee
pm	5-8	Sports & Water Mania
pm	5-8	Mini Basketball
pm	8-12	Field Lacrosse
pm	8-12	Sports & Wall Climbing
pm	All Ages	Extended Hours

Week #2: July 16 - July 20

am	All Ages	Extended Hours
am	5-8	Sports R Fun
am	5-8	How the Body Moves
am	8-12	Track & Field
am	8-12	Volleyball
pm	5-8	Sports & Water Mania
pm	5-8	Soccer
pm	8-12	Golf & Tennis
pm	8-12	Sports & Wall Climbing
pm	All Ages	Extended Hours

Week #3: July 23 - July 27

am	All Ages	Extended Hours
am	5-8	Games Galore
am	5-8	Mini Basketball
am	8-12	Football
am	8-12	Triathlon
pm	5-8	Sports & Water Mania
pm	5-8	Sports R Fun
pm	8-12	Racquet Sports
pm	8-12	Sports & Wall Climbing
pm	All Ages	Extended Hours

Week #4: July 30 - Aug 3)

am	All Ages	Extended Hours
am	5-8	Sports R Fun
am	5-8	How the Body Moves
am	8-12	Track & Field
am	8-12	Soccer
pm	5-8	Sports & Water Mania
pm	5-8	Mini Basketball
pm	8-12	Mountain Biking
pm	8-12	Sports & Wall Climbing
pm	All Ages	Extended Hours

Week #5: Aug 7 - Aug 10 *Note 4 days only

am	All Ages	Extended Hours
am	5-8	Sports R Fun
am	5-8	Mini Basketball
am	8-12	Track & Field
am	8-12	Golf & Tennis
pm	5-8	Sports & Water Mania
pm	5-8	How the Body Moves
pm	8-12	Volleyball
pm	8-12	Sports & Wall Climbing
pm	All Ages	Extended Hours

Week #6: Aug 13 - Aug 17

am	All Ages	Extended Hours
am	5-8	How the Body Moves
am	5-8	Games Galore
am	8-12	Football
am	8-12	Basketball
pm	5-8	Sports & Water Mania
pm	5-8	Soccer
pm	8-12	Racquet Sports
pm	8-12	Sports & Wall Climbing
pm	All Ages	Extended Hours

Week #7: Aug 20 - Aug 24

am	All Ages	Extended Hours
am	5-8	Sports R Fun
am	5-8	How the Body Moves
am	8-12	Field Lacrosse
am	8-12	Basketball
pm	5-8	Sports & Water Mania
pm	5-8	In-line Skating
pm	8-12	Soccer
pm	8-12	Sports & Wall Climbing
pm	All Ages	Extended Hours

Week #8: Aug 27 - Aug 31

am	All Ages	Extended Hours
am	5-8	How the Body Moves
am	5-8	Soccer
am	8-12	Basketball
am	8-12	Golf & Tennis
pm	5-8	Sports & Water Mania
pm	5-8	Mini Basketball
pm	8-12	Mountain Biking
pm	8-12	Sports & Wall Climbing
pm	All Ages	Extended Hours

