

2018 Physical Activity Summer Camps

Campers aged 3-6 yrs

July 2-6 Rolling, tumbling & jumping- campers will explore their creative sides while they respond to movement tasks to create unique movement sequences

July 9-13 Movement, music and dance- campers will work on various movement sequences for our final end of week performance

July 16-20 Drama, puppets and play-do- campers will make puppets, perform shows and sculpt a unique creation.

July 23-27 Kinder karate -campers will learn how to kick, punch, block and roll in a safe environment, students will learn our power kata!

July 30- Aug 3 Fun with fitness- campers will take part in fun and engaging fitness games and circuits

Aug 6-10 Outdoor fun and scavenger hunt adventures- campers will play a variety of outdoor games and take part in an ultimate scavenger hunt

Aug 13-17 Exploring games and sports- campers will take part in a variety of games activities including target, net/ wall, invasion, and batting/fielding

Aug 20-24 Ninja obstacle course challenge- campers will practice a new course everyday leading to the ultimate obstacle course challenge

Aug 27-31 Everybody's got talent- campers will work on individual, partner and group talent performances for our end of summer show and celebration

Campers aged 7- 12 yrs

July 2-6 Extreme kids parkour challenge- test your parkour skills, everyday a new challenge leading to the ultimate extreme kids course- will you finish in time?

July 9-13 Outdoor survival and scavenger hunts- test your survival skills, pitch a tent, start a fire, create a shelter, filter water and scavenger for survival tools

July 16-20 Gymnastics and dance choreography and performance camp- practice writing and performing your own dance, and gymnastics sequence

July 23-27 Ultimate youtube challenge challenge- Take part in a variety of popular youtube fitness challenges, alongside some silly ones

July 30- Aug 3 Strong kid challenge, start with 5 push-ups and end with 10, campers are challenged to improve fitness, various fitness awards will be given out at the end of the week

Aug 6-10 Games and sports from around the world- learn what other kids your age do for fun from one end of the earth to the other

Aug 13-17 Drama, acting and set design- from screen writing to acting, to set design and props, campers will do it all

Aug 20-24 Mixed martial arts, mini octagon challenge: campers will learn a variety of martial arts skills from various styles; and put their skills to practice in our mini octagon- with non-contact partner sparring

Aug 27-31 Everybody's got talent- campers will work on individual, partner and group talent performances for our end of summer show and celebration



Campers aged 13+ Special Needs

July 2-6 Fitness challenge- campers will choose a fitness goal and work intensely throughout the week to improve. Various fitness awards will be given out at the end of the week

July 9-13 Movement, music and dance- campers will work on various movement sequences for our final end of week performance

July 16-20 Drama, puppets and play-do, campers will make puppets, perform shows and sculpt a unique creation.

July 23-27 Martial Arts and Fitness, push yourself to the limit with this martial arts based fitness circuit week.

July 30- Aug 3 Games and sports from around the world- campers will learn what other kids your age do for fun from one end of the earth to the other

Aug 6-10 Outdoor fun and scavenger hunt adventures- campers will play a variety of outdoor games and take part in an ultimate scavenger hunt.

Aug 13-17 Exploring games and sports- campers will take part in a variety of games activities including target, net/ wall, invasion, and batting/ fielding

Aug 20-24 Ninja obstacle course challenge- campers will practice a new course everyday leading to the ultimate obstacle course challenge

Aug 27-31 Everybody's got talent, campers will work on individual, partner and group talent performances for our end of summer show and celebration.

REGISTRATION FORM

* Please send registration form to experiencepa@gmail.com, or phone 905-359-9669 for more info. Visit our web: www.exphysicalactivity.ca

Name of Participant: _____

Age: _____ Participant DoB _____

Name of Guardian(s): _____

Email: _____

Medical Alerts: _____

Health Card # _____

Phone # _____ Home# _____

Emergency Contact Name & Number: _____

Price:

Regular camp price (includes instructor student ratio of 8:1) Full week \$190.0 (member-\$170)

\$10 off per sibling \$30 half day, \$45 Full day

Ratio of 3:1 \$245 (member \$225)

\$10 off per sibling \$35 half day, \$50 Full day

Ratio of 1:1 \$340.0 plus tax (member \$325)

\$10 off per sibling \$45 half day, \$70 Full day

Additional \$15 off multiple weeks. **early bird registration 10% off the total registration price if you register before June 1st

Payment made by cash, check or email transfer. Make check payable to experience physical activity, and email transfer to experiencepa@gmail.com.

I hereby release Steffannie Hancharyk and 'Experience Physical Activity' and all of its employees and volunteers from all responsibility and liability whatsoever from injuries, losses, and/or damages sustained by the above named participant arising out of his/her association with 'Experience Physical Activity.' I also understand that, in the event of an emergency, the participant's health card must be accessible.

I agree () I disagree () I give permission for photos to be taken for marketing purposes. I agree () I disagree ()

Signature of Participant or Parent/Guardian:

_____ **Date:** _____



Don't forget to pack for Camp!

Checklist:

- snacks
- lunch
- water
- towel
- swimsuit
- sunscreen
- extra clothes



Contact us at experiencepa@gmail.com; 905-359-9669; or visit www.experiencepa.info