

Kids Fitness



Are you ready for the excitement?

Then join the fun! ORC offers a fun-filled, action-packed and safe Fitness Fun Summer Camp. Daily activities include:

- Mini Olympics
- Teamwork Games
- Exercises (coordination, agility, balance, core, cardio...)
- Team sports (e.g. soccer, frisbee, volleyball...)
- Athletic Skills (run, jump, throw and catch)
- Health and nutrition activities
- On-site water games
- Recreational swimming



For more information
please contact:
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Ontario Racquet Club

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Fitness Fun Summer Camps



Summer

Kids Fitness Camps

ORC strives to provide a fun filled, safe learning experience for all campers.



The ORC Fitness Fun Camp's principle is to promote fun, while introducing children to a wide range of activities that will help foster healthy habits throughout life.

Camp Info

Time: 9:00 am - 4:30 pm

Location: ORC

Drop off & pick up: Studio 5

Age: 3-8 and 9-13 years old

Minimum: 6 Maximum: 20

Kids Fitness Camps

Register On-Line!
www.ontarioracquetclub.com
 or pick up a registration form at the Front Desk



Fees

Members: \$200

Non-Members: \$230

*for 4 day weeks

Members: \$160

Non-Members: \$184

(All prices are subject to applicable taxes)

Camp Sessions Age 3-8 years

Program Code	start Date	End Date
10-sum-350	June 21—	June 25
10-sum-351*	June 28—	July 1
10-sum-352	July 5—	July 9
10-sum-353	July 12—	July 16
10-sum-354	July 19—	July 23
10-sum-355	July 26—	July 30
10-sum-356*	Aug 3—	Aug 6
10-sum-357	Aug 9—	Aug 13
10-sum-358	Aug 16—	Aug 20
10-sum-359	Aug 23—	Aug 27
10-sum-360	Aug 30-	Sept 3

Camp Sessions Age 9-13 years

Program Code	Start Date	End Date
10-sum-350.1	June 21—	June 25
10-sum-351.1*	June 28—	July 1
10-sum-352.1	July 5—	July 9
10-sum-353.1	July 12—	July 16
10-sum-354.1	July 19—	July 23
10-sum-355.1	July 26—	July 30
10-sum-356.1*	Aug 3—	Aug 6
10-sum-357.1	Aug 9—	Aug 13
10-sum-358.1	Aug 16—	Aug 20
10-sum-359.1	Aug 23—	Aug 27
10-sum-360.1	Aug 30-	Sept 3

*No camp on July 2 and Aug 2