

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:

Heather MacDonald,
Fitness Camp
Coordinator
at ext 697

Or

**Nicole Crewe, Fitness and
Sports Performance**

Director
at ext 272 or

ncrewe@ontarioracquetclub.com



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: 3-6 and 7-13 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: \$180

Non-Members: \$210

*for 4 day weeks

Members: \$144

Non-Members: \$168

(All prices are subject to applicable taxes)

Camp Sessions Age 3-6 years

Program Code	start Date	End Date
09-sum-301	June 22—	June 26
09-sum-302	June 30—	July 3
09-sum-303	July 6—	July 10
09-sum-304	July 13—	July 17
09-sum-305	July 20—	July 24
09-sum-306	July 27—	July 31
09-sum-307*	Aug 4—	Aug 7
09-sum-308	Aug 10—	Aug 14
09-sum-309	Aug 17—	Aug 21
09-sum-310	Aug 24—	Aug 28

Camp Sessions Age 7-13 years

Program Code	Start Date	End Date
09-sum-301.1	June 22—	June 26
09-sum-302.1	June 30—	July 3
09-sum-303.1	July 6—	July 10
09-sum-304.1	July 13—	July 17
09-sum-305.1	July 20—	July 24
09-sum-306.1	July 27—	July 31
90-sum-307.1*	Aug 4—	Aug 7
09-sum-307.1	Aug 10—	Aug 14
09-sum-308.1	Aug 17—	Aug 21
09-sum-309.1	Aug 24—	Aug 28

*No classes August 3