

SPA CAMP



Coaches

Nicole Crewe Ext 272

Fitness and Sports Performance Director

Provincial and National Level tennis player, NCCP Coach 2, Fitness Coach for over 7 years

Janet Liguori Ext 667

Personal Trainer and Fitness Coach

Pro soccer player and coach

Andrew Grossi Ext 626

Personal Trainer and Fitness Coach

Extensive background in playing and coaching football and wrestling

Milos Arsic ext 707

Personal Trainer and Fitness Coach

Extensive background in Coaching and playing football and soccer



For more information please contact:

Nicole Crewe

**Fitness and Sports
Performance Director
Ext 272**

ncrewe@ontarioracquetclub.com



Ontario Racquet Club

884 Southdown Rd
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(905) 822-5240
www.ontarioracquetclub.com



Sports Performance Academy Camp



Summer

Sports Performance Academy Camp

Your young athlete will benefit from the SPA camp by:

- Fitness testing
- Prehabilitation and stretching or optimum healthy body performance
- Strength training
- Endurance training
- Power and Speed training
- **A**gility, **B**alance, **C**oordination Training

The goal of the Sports Performance Academy Camp is to give ALL athletes the tools to reach their full **POTENTIAL** in sport.

Camp Info

Time: 8:30am—12pm

Drop off & pick up: Main Hallway

Age: 8– 16 yrs old

Minimum: 4 Maximum: 20

Sports Performance Academy Camp

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



Fees

Members: \$175

Non-Members: \$200

**for 4 day weeks*

Members: \$140

Non-Members: \$165

(plus applicable taxes)

Camp Sessions

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**

Sports Performance Camp

