

# 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



**Ontario Racquet Club**

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[www.ontarioracquetclub.com](http://www.ontarioracquetclub.com)



# 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](http://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)

## 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