

Our popular fun-filled Summer Day Camp Sessions are ready for your kids.

Campers will receive an introduction to Track and Field second to none during these one-week day camps.

### **Youth Campers 6-11**

**Half day:** \$175 per week and \$320 for 2 weeks

**\*week 5** \$140

**Full day:** \$280 per week and \$520 for 2 weeks.

**\*week 5** \$250

### **Foundation Camps 12-13 years**

**Half day:** \$185 per week and \$350 for 2 weeks

**\*week 5** \$150

**Full day:** \$300 per week and \$560 for 2 weeks.

**\*week 5** \$270

Mornings are dedicated to running, jumping, and throwing using a track & field model to develop the individual's speed, agility, strength & fitness.

Afternoon sessions cover several other sports, as well as games and crafts.

### **What to Bring:**

Children should be dressed for activity and prepared for the weather in store (shorts, T-shirt, a hat and running shoes). We do not provide spare clothing, please provide jacket and pants if there is inclement weather. Children should have a spare set of clothes in case they get wet. We will continue outdoors in light to moderate rain and sheltered until stronger weather passes. In cool weather warmer clothes might be needed. **Sessions will only be cancelled in cases of severe weather and or lightening.**

Children will need a water bottle. While exercising in hot weather children need to drink every 10 minutes!

Please pack a lunch and several nourishing snacks.

You may need to bring the City of Ottawa Waiver for the first day of camp. **(This is required once every 7 years for each child)**

Multiple week registration, family and team discounts will be applied through the track office. You can pay by e-transfer [to payments@ottawalions.com](mailto:payments@ottawalions.com)(indicate in message who/what payment is for), in person by cheque or cash, or online at registration by credit card.