



Summer Camps

Ages 7-14

Canada's #1 Track and Field Development Program

Designed for youth athletes aged 7-11 and 12-14 years. The Ottawa Lions is one of Ottawa's premier camp providers as we create a fun and safe environment for all campers. Staffed with passionate and certified provincial and national caliber athletes and coaches, campers will get an experience like no other.

With a maximum coach to camper ratio of 1:10, each camper will receive high level of attention as they are introduced into the sport of track and field. In addition to the outstanding staff and program, the Terry Fox athletics Facility boasts a 400m Mondo track that frequently plays host to the national and provincial championships. The nearby area includes Canada's largest park and Mooney's Bay beach.

The Program

Morning sessions focus on Track and Field, following a similar fashion to our popular Run Jump Throw Programs. We cover all Track and Field events throughout the week and campers join a friendly competition each Friday to put their practice to work!

Afternoon sessions build on this with classic summer camp activities and campers explore other team sports and games. Campers will hike, play, and swim all around Mooney's Bay and the beach. Afternoons are filled with fun with many activities and sports such as arts and crafts, basketball, soccer, and playing on Canada's largest playground.

Drop Off & Pick up

Camp drop off: 8-8:45 AM

Camp begins: 9:00 AM

1/2 day campers end: 12:00 PM

Lunch for full day campers: 12-1:00PM

Full day campers end: 4:00 PM

Schedule

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| Week 1* June 30th - July 4th NO Camp July 1st | Week 2 July 7th - 11th |
| Week 3 July 14th - 18th | Week 4 July 21st - 25th |
| NO CAMP (Hosting Nationals) July 28th - Aug 1st | Week 6* Aug 5th - 8th NO Camp Aug 4th |
| Week 7 Aug 11th - 15th | Week 8 Aug 18th - 22nd |

*Prices for Week 1 and 6

Ages 7-11 - 1/2 Day \$160.00, Full Day \$293.00.

Ages 12-14 - 1/2 Day \$176.00, Full Day \$332.00

****40% Additional discounts will be applied if you register for 3rd week of camp (or more).**

*****50% Additional discount for 3rd (or more) registered sibling.**



Pricing

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|--------------------------------|----------------|---------------|
| Half Day Ages 7-11 | 1 week | 200.00 |
| | 2 weeks | 360.00 |
| Full Day Ages 7-11 | 1 week | 367.00 |
| | 2 weeks | 660.60 |
| Half Day Ages 12-14 | 1 week | 220.00 |
| | 2 weeks | 396.00 |
| Full Day Ages 12-14 | 1 week | 415.00 |
| | 2 weeks | 747.00 |

Get in Touch With Us

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