

A decorative graphic on the right side of the page features three overlapping circles of varying sizes, each with a red-to-white gradient. Two thin red lines intersect at the top left and extend diagonally across the page, framing the circles.

Ottawa Lions 2015 Summer Camp Program

For Ages 6 Through 12

There are many reasons to choose the Ottawa Lions Summer Camp. Check them out!



Why Choose the Ottawa Lions Summer Camps?

Canada's Number 1 Track & Field Development Program

Canada's Number 1 Track and Field Club is your one-stop destination for summer fun, with half-day and full-day offerings for kids (6-12yrs). Campers will receive an introduction to Track and Field second to none. The program targets the physical challenges of our growing youth by applying progressive motor skill development combined with physical strength training and cardiovascular conditioning. Children come away from our program with a higher level of self confidence.

Great Staff

Programs are led by Canada's top Junior Development Coordinator and staffed by top Provincial and National athletes who are technically certified and programming educated.

Outstanding Facilities

*Situated at picturesque Mooney's Bay, **Terry Fox Athletic Complex** (2960 Riverside Drive) includes a Mondo running track as well as three natural grass sports fields suitable for soccer, rugby, lacrosse, cross-country running, ultimate and other field sports.*



Low Coach to Camper Ratio

The maximum coach to camper ratio is 1:10.

Programs offered within the context of Fun

Track and Field skills are introduced in a dynamic, fun, nurturing and cooperative approach to youth development.

Pre and Post Camp Supervision

For a fee of \$10 per hour, parents can drop off their child as early as 8:00 and pick up their child as late as 17:00.

Morning Sessions focus on on track & field related activities. They aim to develop on “all-round” athleticism and a total fitness model to develop the individual’s speed, agility, strength & fitness base. This prepares young athletes for better sport specific performance. It is a primary step for complete development and it will give children the confidence they need to challenge themselves.

Afternoon Sessions will consist of alternate activities such as arts, crafts and games. The aim is to provide a varied program that will interest and amuse the participants.

All Camps are conducted Monday to Friday.

The first camp starts the week of July 6th. There is no camp the week of August 3rd. The last camp starts on August 17th.

Typical Daily Camp Schedule

08:00-08:30	Pre-Camp Supervision available
08:30-09:00	Camp Arrival & Sign In
09:00-09:15	Camp Kick-Off
09:15-10:30	Camp Activities
10:30-10:45	Morning Snack
11:00-12:00	Camp Activities
12:00-13:00	Lunch
12:30	Morning Campers Sign Out
13:00-14:00	Camp Activities
14:00-14:15	Afternoon Snack
14:15-16:00	Camp Activities
16:00-16:15	Camp Wrap Up
16:15-16:30	Camp Sign Out
16:30-17:00	Post Camp Supervision available

Options	Times	Fees
Morning	8:30 – 12:30	\$150 (1 week)
		\$275 (2 weeks)
Full Day	8:30 – 16:30	\$250 (1 week)
		\$420 (2 weeks)

- Registrations are due by midnight on the Thursday prior to the start of the camp.
- Payment of fees is due upon registration.
- Late registrations are subject to an additional \$25 fee.
- Cheque, cash, Visa or Mastercard are accepted.
- Refunds requested after the registration due date are subject to a \$50 admin fee.

https://ottawalionsafc.files.wordpress.com/2012/09/r-form_youth_summer_camp2015.doc

Send Registration Forms:

By mail: Ottawa Lions Track and Field Club Suite 404 2446 Bank St. Ottawa, ON K1V 1A8

By Fax: 613.237-4786

By Email: info@ottawalions.com

More information: 613-247-4886 - www.ottawalions.com