



A sport, fitness and life skills  
facility for people of all abilities.  
#EveryBodyWelcome



**REGISTER TODAY!**

[varietyvillage.ca/camps](http://varietyvillage.ca/camps)

416.699.7167

**2018**

**CAMPS**

# VARIETY VILLAGE CAMPS

Variety Village is pleased to offer several camps to children of all abilities including March Break Camp, Holiday Camps and Kid Development Day Camps (camps that fall on days that are PA/PD days within the Toronto Board) as well as summer camp for ages 4 to 20+. Please check out our camper toolbox on our website for more information and resources to help your child have a successful day at camp.

## CAMP HOURS & WEEKS

CAMPS	HOURS
General Camps	9:00am-4:00pm
Sport and Social	1:00-8:00pm
Extended Hours /Aftercare	7:30am-6:00pm

WEEK	DATES
Week 1	July 2-6 2018
Week 2	July 9-13 2018
Week 3	July 16-20 2018
Week 4	July 23-27 2018
Week 5	July 30-August 3, 2018
Week 6	August 7-10 2018*
Week 7	August 13-17 2018
Week 8	August 20-24 2018

**\* Short week due to holiday. Prices are pro-rated**

### Extended Hours / After Care

No need to rush to drop off or pick up the kids! Register for extended hours from 7:30am-9:00am and 4:00pm-6:00pm for \$60/week. Kids will enjoy choosing from a variety of activities and continuing to build relationships from the camp day. This time consists of supervised free play, the ratio during this time is 1:7.

## CAMP REFUND POLICY

Refunds for camps will be made if requested in writing, by fax or by email according to the schedule in the chart below. Credit can be obtained for the amount of the refund less \$25 administration Fee towards another program if guidelines are met. Refunds on credit cards or in the form of a personal cheque are subject to administrative fee (per camp session/child) deducted from the total amount. Refunds in the form of a personal cheque may take up to four to six weeks for processing. We reserve the right to grant exceptions to the stated policy in situations limited to illness.

TIME OF REQUEST	REFUND/CREDIT	FEE
At least 15 days before start of the camp	100%	\$25.00
7 – 14 days before start of the camp	75%	\$25.00
Less than 7 days before start of the camp	50%	\$25.00
After the start of camp	NO REFUNDS	

## REGISTRATION INFORMATION

Please submit payment in person or by mail to:  
 Carly Cookman  
 Camp Coordinator  
 Phone 416-699-7167 extension 254  
 ccookman@varietyvillage.on.ca

# LEVEL 1

In level 1 camps, the ratio of staff to campers is 1:3. Inquiries for 1:1 support can be made to the Support Supervisor at [varietycamps@varietyvillage.on.ca](mailto:varietycamps@varietyvillage.on.ca). Prices are for a one week session unless specified otherwise.

## Building Blocks

Looking for a great way to transition your child into summer activities? Or transition back into a school routine? Building blocks camp is the perfect program. Participants learn effective means of communicating through play with peers and develop the skills to assist them with their interactions in the classroom and the playground. Each day we will focus on the skills relating to certain themes (i.e. making friends, personal space, teamwork, etc.). We involve interactive games, new activities and opportunities to interact with peers on various levels, depending on the participant's ability.

CAMP	DAYS	WEEKS	AGE	M	NM
Building Blocks	Mon-Fri	2 & 7	6 - 9	\$300	\$350
Building Blocks	Mon-Fri	3 & 8	10 - 12	\$300	\$350

# LEVEL 2

In level 2 camps, the ratio of staff to campers is 1:5. Inquiries for 1:1 support can be made to the Support Supervisor at [varietycamps@varietyvillage.on.ca](mailto:varietycamps@varietyvillage.on.ca). Prices are for a one week session unless specified otherwise.

## Multi-sport Camp

All of our Multi-sport Camps are groups for all abilities and skill levels, campers will enjoy activities such as a daily swim, playing on our obstacle course, games, sports, and so much more!

### Jr. Bantam

This camp focuses on our level 1 & 2 Children in Motion curriculum. Instructors will introduce elementary sport skills such as running, jumping, climbing, and balance. Camps games & sports will also focus on camper interaction, cooperation, and following directions.

### Sr. Bantam

This camp focuses on our level 3 Children in Motion curriculum. Campers will be exposed to advanced programming and will be encouraged to participate in more team-based activities. Instructors will take on more of a "coaching role" which will differ from the "facilitator role" offered in Jr. Bantam. Part of our advanced programming includes being out in the community twice a week, this may or may not include the use of public transportation.

### Intermediate

This camp focuses on our Multi-sport curriculum. Instructors will introduce the fundamentals of a variety of popular sports and adapted sports such as basketball, soccer, volleyball, wheelchair basketball, & hockey. Camps games & sports will also focus on teamwork, sportsmanship, agility, and coordination.

### Junior & Senior

Junior & Senior are groups geared towards campers with a disability at any skill level. These camps focus on different ways to be active for life. Campers will have the chance to play a variety of sports, including adapted sports, as well as fitness activities such as dance fitness, yoga, chair fitness, and aquafit. Campers will also have daily social skills groups that focus on topics such as communication, personal space, relationships, etc.

SUMMER CAMP	DAYS	WEEKS	AGE	M	NM
Jr. Bantam	Mon-Fri	1 - 8	4-5	\$220	\$270
Sr. Bantam	Mon-Fri	1 - 8	6-7	\$220	\$270
Intermediate	Mon-Fri	1 - 8	8-10	\$220	\$270
Junior	Mon-Fri	1 - 8	11-13	\$220	\$270
Senior	Mon-Fri	1 - 8	14+	\$220	\$270

## Sport & Social Camp

Sport & Social is a group for campers with a disability. Much like our multisport camps, this camp focuses on different ways to be active for life. Campers will have the chance to play a variety of sports, including adapted sports, as well as fitness activities such as dance fitness, yoga, chair fitness, and aquafit. Campers will also have daily social skills groups that focus on topics such as communication, personal space, relationships, etc. Camp runs from 1-8pm and includes a daily swim and dinner, which campers will help prepare.

CAMP	DAYS	WEEKS	AGE	M	NM
Sport & Social	Mon-Fri	1 - 8	14+	\$240	\$290

## Swim Camp

Swim camp is a group for all abilities and skill levels. This group is a great way for campers to work on their skills and earn their Red Cross swim levels. The day is broken up into instructional swimming, free swim, and a mix of dry land sports & activities. Campers can be registered for a maximum for four weeks.

## Red Cross Level 6-10

During even weeks, a certain number of spots are reserved for campers in Red Cross levels 6-10. Designating certain weeks for upper level swimmers ensures there will be a group of peers with the same skill level during their time at camp. **Upper level swimmers are welcome any week of the summer, however they are encouraged to take advantage of these reserved spots.**

CAMP	DAYS	WEEKS	AGE	M	NM
Swim	Mon-Fri	1 - 8	4+	\$265	\$315
Level 6-10	Mon-Fri	2, 4, 6, 8	6+	\$265	\$315

## Rockwall

Rockwall camp is a group for all abilities and skill levels. Basic elements of terminology, safety, and rock climbing technique will be covered during the week. Kids will have the chance to master our rockwall, as well as participate in two outings to climbing gyms in the community. Other activities include swimming, sports, and games within the facility. This camp is the perfect opportunity to challenge kids, building self-esteem, and have tons of fun!

CAMP	DAYS	WEEKS	AGE	M	NM
Rockwall	Mon-Fri	1,3,5,7	6+	\$265	\$315

## Arts Camp

### Dance

Dance camp is a group for all abilities and skill levels. This camp is the perfect opportunity to introduce your child to the basic elements and principles of dance in ballet, jazz, and hip-hop. The camp will culminate in a dance show performed for parents & staff on Friday at 4:15pm on court 3.

### Art

Campers of all abilities and skill levels will focus on painting, illustration, music, and crafts. This camp encourages campers to be creative while learning about mediums, techniques and applications.

### Drama

Campers of all abilities and skill levels will learn the fundamentals of drama in this week long program. Instructors will introduce elements such as character and plot formation, and improvisation. Campers will also learn behind the scenes techniques to prepare for the show. The camp will culminate in a dance show performed for parents & staff on Friday at 4:15pm in The Barall Theatre.

CAMP	DAYS	WEEKS	AGE	M	NM
Dance	Mon-Fri	2, 4, 8	6+	\$240	\$290
Art	Tues-Fri	6	6+	\$195	\$235
Drama	Mon-Fri	5	10+	\$240	\$290

## LEVEL 3

In level 3 camps, the ratio of staff to campers is 1:7. Prices are for a one week session unless specified otherwise.

### Camp Extreme

This popular camp for children of all abilities includes high energy activities and games. Campers will get the chance to try our rockwall, go on outdoor adventures, and swim Monday and Friday. This camp goes on excursions to places of interest around the city on Tuesday through Thursday.

CAMP	DAYS	WEEKS	AGE	M	NM
Extreme	Mon-Fri	1- 8	9-13	\$265	\$315

### Adventure Camp \*NEW\*

In this new camp, children experience the great outdoors like never before. Activities include hiking, survival skills, building forts, and playing games to help campers explore nature. Campers will be outside everyday regardless of weather, so please dress them accordingly! This camp is the perfect opportunity to challenge kids, building self-esteem, and have tons of fun!

CAMP	DAYS	WEEKS	AGE	M	NM
Adventure	Mon-Fri	2,3,5,7	8-13	\$240	\$290

## Sport Specialty Camps

This popular camp is for children of all abilities and skill levels. Each week, campers have an initial assessment and a final assessment. Progress reports go home detailing the skills they have mastered over the course of the week, as well as areas for improvement. This camp goes on excursions relating to that week's sport or to places of interest around the city on Tuesday & Thursday.

### Sport Mash-up

Covers a wide variety of sports over the course of the week and focuses on specific skills related to them. Sports covered include some from other weeks as well as sports which do not have a week dedicated to them, such as volleyball, baseball, cricket, lacrosse and ultimate Frisbee.

CAMP	DAYS	WEEKS	AGE	M	NM
Soccer	Mon-Fri	2	6+	\$240	\$290
Basketball	Mon-Fri	4	6+	\$240	\$290
Sport Mash-up	Tue-Fri	6	6+	\$195	\$235
Hockey	Mon-Fri	8	6+	\$240	\$290

## Mountain Bike Camp

This camp will focus on the fundamentals of riding trails and negotiating technical sections of the trail. There is instruction in basic bike maintenance, trail and riding etiquette and trail sustainability. There are regular excursions to trails around the east end of the city. Children interested in the camp must have a bicycle in good working condition, an approved helmet and be able to ride up 30km in a day.

### Intermediate Mountain Biking

Participants must have successfully completed a previous week of mountain bike camp with Variety Village. This advanced program will expand on the fundamentals covered in the introductory course. Participants should also be prepared to take on longer, more advanced trails throughout the week.

SUMMER CAMP	DAYS	WEEKS	AGE	M	NM
Mountain Bike	Mon-Fri	3	9 - 13	\$240	\$290
Intermediate	Mon-Fri	5	9 - 13	\$240	\$290

## Leaders in Training

This two week camp is designed to encourage young teens to become more confident leaders in a recreational setting. They will spend the first week participating in workshops focused on leadership, lesson planning, and strategies to deal with difficult situations. During the second week, LIT's will be integrated into camps and have the opportunity to lead activities and interact with campers. They will have the chance to receive feedback on different aspects of their leadership. Over the course of the two weeks, participants will work towards becoming certified in Standard First Aid and CPR-C, a qualification required to work in any recreational field. **Price includes both weeks of camp.**

CAMP	DAYS	WEEKS	AGE	M	NM
LIT	Mon-Fri	4 & 5	14+	\$265	\$295

# VVAC CAMPS

Ratio of staff to campers varies. Prices are for one week sessions.

## Synchronized Swimming

Synchro Camp is for athletes of all abilities. Campers learn a wide range of synchronized swimming skills. Camps include Synchro-specific work; sessions for strength, speed, stamina, suppleness and stability; dance classes; speed swimming; stroke development; multi-sport games; and nutrition and goal setting. Prices are for one week sessions. Synchro camp is for athletes of all abilities. Campers learn a wide range of synchronized swimming skills. Activities include synchro-specific sessions for strength, speed, stamina, and stability; swimming & stroke development, and multi-sport games. Campers will put on a show at the end of camp to showcase the skills and routines they have learned during the week.

For more information, contact [vvscoach@gmail.com](mailto:vvscoach@gmail.com).

CAMP	DAYS	WEEKS	AGE	M	NM
Synchro	Mon-Fri	3, 5, 7	6+	\$275	\$325

## Flames Swimming

Flames camp is an excellent opportunity for swimmers that are comfortable swimming in the deep end and are interested in learning competitive swimming principles and technique. This camp incorporates a long swim in the morning, where swimmers will learn drills for all competitive strokes, proper starts and turns, and water based swim conditioning. Dry land activities focus on principles of physical fitness, goal setting, team building, and the rules of competition. Special consideration is given to swimmer with a physical disability.

Requirement: Swimmers must be able to swim 25 meters of front & back crawl, and breaststroke or whip kick in deep water.

For more information, contact [rjones@varietyvillage.on.ca](mailto:rjones@varietyvillage.on.ca)

CAMP	DAYS	WEEKS	AGE	M	NM
Flames	Mon-Fri	2, 6	8+	\$275	\$325

## Sunshine Swimming

This camp will continue to work on skills that the athletes have been working on throughout the season.

Requirements: any swimmer who has not trained with the team and is interested in joining this camp must be able to demonstrate the following standards; 25 metres of front & back crawl, vertical kick for 90 seconds, as well as meet with the head coach.

For more information, contact [wchisholm@varietyvillage.on.ca](mailto:wchisholm@varietyvillage.on.ca).

CAMP	DAYS	WEEKS	AGE	M	NM
Sunshine	Mon-Fri	4	8+	\$275	\$325

## Taekwondo

Discover the dynamic sport and popular martial art of Taekwondo. Our summer camp support the recreational and performance stream of the sport. TKD camps are for children of all abilities and skill levels.

For more information please contact [rommel.cabanatan@gmail.com](mailto:rommel.cabanatan@gmail.com).

CAMP	DAYS	WEEKS	AGE	M	NM
TKD	Mon-Fri	1,3,5,7	6+	\$250	\$300

## Track and Field (Fundamental Movement Camp)

Whether you're new to track & Field or looking to improve, this program is Geared to teach the Fundamental and technical development needed to maximize athleticism and participation! The fundamentals and Biomechanics of body positioning, stride, proper stretching, and cool-down techniques as well as sprints, hurdles, jumping and throwing are all covered in this unique program. This fun filled day will feature a half day of track and field and half day of pool and various game play opportunities to maximize fitness. Participants will put it all together for one fun-filled day at the end of the week at a track meet. Space is limited so sign up fast!

For more information, contact coach Jamal [extremevelocity.track@gmail.com](mailto:extremevelocity.track@gmail.com)

CAMP	DAYS	WEEKS	AGE	M	NM
Track	Mon-Fri	2,4,8	6-14	\$250	\$300