YOUR SPRING & SUMMER ADVENTURES START HERE!
Explore the guide to see camps and programming for all ages!
YOUR KIDS CAN
BECOME CODE NINJAS

Build Video Games, Learn to Code, Have a Blast!

Turn your kid’s love for computers into a fun and exciting learning adventure.
You’ll be amazed as they progress from white to black belt!

NOW ENROLLING

79 Clair Rd E, Unit #104
Guelph, ON N1L 0J7

(519) 836-2633
codeninjas.com
@CodeNinjasGuelph
@CodeNinjasGuelph
THE DEPARTMENT OF ATHLETICS WELCOMES EVERYONE.

We affirm and celebrate the breadth of our racialized, ethno-cultural, sexual, gender, physical, ability and disability identities and promote equitable, safe and welcoming access to our facilities, events, programs and services.

CONTACT US:
The Department of Athletics office is located in the Gryphon Athletics Centre off East Ring Rd, Guelph, ON • 519-824-4120 ext. 56253 • reghelp@uoguelph.ca • gryphons.ca/fitandrec
RISE TO THE CHALLENGE!

LOW ROPES COURSE

LOCATED ON THE U OF G CAMPUS

Experience a challenge of activities that help to build teamwork, leadership & communication in a group setting. No previous experience is required.

Book your group by contacting Justin Toth - tothj@uoguelph.ca, 519-824-4120 Ext. 53763

TEAM BUILDING

Bond with your teammates & build strong connections with your residence, club, organization or group you’re connected with!

Contact for pricing and customization of programs to fit your team’s needs. Justin Toth - tothj@uoguelph.ca, 519-824-4120 Ext. 53763

HALF DAY SESSIONS MAY INCLUDE:

Ice Breaker & Group Reflections
Physical Activities: Rock Climbing, Nerf Battles, Bubble Soccer and/or Low Ropes

*Lunch options available through Hospitality Services on campus.
WAIT...DO I NEED A 'MEMBERSHIP'?  

Follow this flow chart to find out how you can get access to everything in the Guelph Gryphons Athletics Centre. Memberships are open to everyone - no commitment!

**KIDS & CAMP**
No membership req. to register for Kids & Camp programs. Details start on page 15.

**START HERE!**

**ARE YOU A...?**

**ENROLLED U OF G STUDENT?**
Full/Part Time Undergrad
Full Time Grad
(currently taking courses on-campus)

This membership is included in your tuition and gives you access to:
- ✔ Drop-in rec
- ✔ Building Access
See page 6 for more details.

**BASE MEMBERSHIP**
A subsidized monthly membership is available to you for $21.76/month and is a taxable benefit! This membership gives you access to:
- ✔ Drop-in rec
- ✔ Building Access
See page 6 for more details.

**OPTIONAL ADD-ON**
Purchase the NRG PASS for an additional $50/Semester or upgrade to the NRG PASS for $80/Semester.
NRG Pass includes:
- ✔ Fitness Centre access
- ✔ 97+ NRG classes
See gryphons.ca/NRG for more details.

**FULL TIME STAFF/ FACULTY/RETIREE?**

**BASE MEMBERSHIP**
Available as a monthly membership for $48.73/month. This membership gets you access to:
- ✔ Drop-in rec
- ✔ Building Access
See page 6 for more details.

**OPTIONAL ADD-ON**
Purchase the NRG PASS for an additional $12.50/month or upgrade to the NRG PASS for an additional $30/semester.
NRG Pass includes:
- ✔ Fitness Centre access
- ✔ 97+ fitness classes
See gryphons.ca/NRG for more details.

**OTHER?**
Co-Op/Distance Education Student
Community Member
Temporary Full Time/Part Time Staff
UofG Student not enrolled in classes

**BASE MEMBERSHIP**

No membership req. See page 6 for more details.

**DAY & WEEKLY PASSES**
No membership req. See page 6 for more details.

**LOOK FOR THESE SYMBOLS AT THE TOP OF THE PROGRAMMING PAGES THROUGHOUT THE GUIDE TO SEE WHICH ACTIVITIES REQUIRE A BASE MEMBERSHIP!**

**GO ONLINE!**

Purchase your membership online! Click ‘Membership Services’ > ‘Memberships’
gryphons.ca / fitandrec

PLEASE NOTE: There is no access to the Guelph Gryphons Athletics Facilities and/or programs without a membership, paid registration fee, day pass, event ticket or rental permit.
MEMBERSHIP DETAILS

Our facilities and programs are open all summer and are available to community members, staff, and students!

**U OF G STUDENTS YOU ALREADY HAVE A BASE MEMBERSHIP!**

If you are a registered full or part-time undergraduate or a full-time graduate student at the University of Guelph… YOU ARE A MEMBER (for that specific semester)! You have paid for your Athletics Base Membership in your academic registration fees. **Not enrolled in classes this summer, but still want to use the gym? Purchase our ‘Out of Course Student’ membership.**

**BASE MEMBERSHIP** gryphons.ca/fitandrec > Membership Services

Purchase of the Monthly Base Membership is required prior to purchasing the NRG Pass, NRG PLUS or registering for Skill Development & Group Personal Training Activities, as well as Intramurals & Clubs (additional fees apply). The Base Membership is not a pre-requisite for Certification Courses, the Aquamovability Program or Kids Programming. Your Base Membership includes access to the facilities for all Drop-in Rec for FREE! More details on the next page.

*Youth & Child Base Memberships can only be purchased if their parent/guardian has also purchased a Base Membership and accompanies them at all times in the building

**WHAT DOES A MEMBERSHIP INCLUDE?**

- Access to the facilities for all drop-in recreation (listed on next page)
- Option to register and pay applicable fees for NRG Pass or Fitness and Recreation programming

**DO YOU NEED A MEMBERSHIP?**

Look for these symbols through the guide to see which activities require a membership!

**COMING TO THE GGAC FOR JUST THE DAY OR WEEK?**

**DAILY ACCESS PASS** includes Drop-in Rec.

<table>
<thead>
<tr>
<th>Adult (16-64 yrs)</th>
<th>$10 (includes access to Fitness Centre &amp; NRG Classes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior (65 yrs+)</td>
<td>$8 (includes access to Fitness Centre &amp; NRG Classes)</td>
</tr>
<tr>
<td>Youth (11-15 yrs)</td>
<td>$8 (includes NRG Classes, NO access to Fitness Centre) **</td>
</tr>
<tr>
<td>Child (5–10 yrs)</td>
<td>$5 (NO access to NRG Classes or Fitness Centre)</td>
</tr>
<tr>
<td>Toddler (4 yrs and younger)</td>
<td>Free</td>
</tr>
<tr>
<td>Family Up to 4 people. Min 1 adult, max 2 adults</td>
<td>$20 (NRG classes – min 11yrs / Fitness Centre – min 16 yrs)</td>
</tr>
</tbody>
</table>

**NEW!** One Week Pass (16+ yrs) $25 (includes access to Fitness Centre & NRG Classes)

**Purchase one** adult day-pass & get two child/youth day-passes **FREE** during march break or any Guelph area school board PD Days.

**Registering for Kids & Camp programs?**

You don’t need a membership! Details start on page 15.
NRG PASS = GGAC Fitness Centre + NRG Classes
This amazing membership includes both access to the 22,000 sqft fitness centre PLUS a variety of fitness classes including yoga, pilates, TRX®, aquafit, cycle and group fitness!

LOCKER & TOWEL MEMBERSHIPS
Daily lockers are available free of charge! Bring your own lock or rent a lock from Client Services. Locker & Towel Memberships are available to purchase at Client Services (not available online). Fees apply for unreturned towels and locks. All gym bags and knapsacks must be stored prior to any activity. Please note that you are responsible for the security of your personal items. Leave valuables at home or lock them up! The Department of Athletics is not responsible for the replacement or reimbursement for any lost or damaged items that are stored in the change rooms and/or lockers.

FREE DROP-IN RECREATION FOR MEMBERS included in your base summer membership!
We offer a wide range of recreational activities & Drop-in Rec FREE to members! Individuals under 16 years of age must be accompanied by a parent/guardian at all times. Non-Members can purchase a daily access pass at Client Services.

Free drop-in recreation includes:
- Badminton
- Baseball
- Basketball
- Beach Volleyball
- Boxing (heavy bag)
- Disc Golf
- Hot Tub
- Jogging/Running Track
- Pickleball
- Steam Room
- Soccer
- Squash
- Lane Swimming
- Recreational Swimming
- Table Tennis
- Volleyball

WANT TO FIND OUT WHAT’S HAPPENING TODAY?
Go to gryphons.ca/fitandrec for daily schedules. On the home page you will see this. You can then narrow your search by choosing ‘type’ or ‘location’ & ‘date’ then click the filter button.

For the safety and courtesy of our users, organized and/or coached groups are not permitted to use the facility space during recreation hours. Exclusive use time slots can be booked by contacting: athfacility.booking@uoguelph.ca.

Equipment Rental
A selection of equipment is available for loan during recreational times. Please see Client Services for availability, pricing, and fees for lost equipment. All rental equipment must be returned 30 minutes prior to the building closure.

Questions about memberships, registration or anything else? Contact us! Call 519-824-4120 ext. 56253 or email reghelp@uoguelph.ca

FOR MORE INFO & TO REGISTER GRYPHONS.CA/FITANDREC

- Badminton
- Baseball
- Basketball
- Beach Volleyball
- Boxing (heavy bag)
- Disc Golf
- Hot Tub
- Jogging/Running Track
- Pickleball
- Steam Room
- Soccer
- Squash
- Lane Swimming
- Recreational Swimming
- Table Tennis
- Volleyball
NLS RECERTIFICATION
Effective May 1st, 2013, all NLS Recertification courses will be taught and evaluated following the Revised 2012 NLS Program. Evaluated items will include all ‘management’ items, lifeguarding situations, and the following physical standards: endurance challenge, sprint challenge and object recovery. For more information please visit, www.lifesavingsociety.com/lifeguarding.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Class</th>
<th>Price</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat June 27/20</td>
<td>1-6pm</td>
<td>1class</td>
<td>$112</td>
<td>Activity # 23523</td>
</tr>
<tr>
<td>Sat Aug 22/20</td>
<td>2-7pm</td>
<td>1class</td>
<td>$112</td>
<td>Activity # 23524</td>
</tr>
</tbody>
</table>

EMERGENCY FIRST AID WITH CPR B
This course is designed for individuals wanting to be certified in First Aid principles and the emergency treatment of injuries. Skills include; victim assessment, rescue breathing, CPR, choking, and what to do for external bleeding, heart attack, and stroke victims. All modules are taught with the 2015 CPR guidelines.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Class</th>
<th>Price</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat May 9/20</td>
<td>9am-5pm</td>
<td>1class</td>
<td>$97</td>
<td>Activity # 23517</td>
</tr>
<tr>
<td>Sat June 6/20</td>
<td>9am-5pm</td>
<td>1class</td>
<td>$97</td>
<td>Activity # 23518</td>
</tr>
<tr>
<td>Sun June 14/20</td>
<td>9am-5pm</td>
<td>1class</td>
<td>$97</td>
<td>Activity # 23519</td>
</tr>
</tbody>
</table>

STANDARD FIRST AID WITH CPR C
Lifesaving Society Standard First Aid with CPR C certification course covers a broad spectrum of first aid treatments for medical emergencies and injuries. This course will also cover situation management, use of bystanders, and legal implications. Participants will also perform CPR and choking procedures for Infant, Child and Adult victims. Please note according to WSIB standards, individuals who hold this certification must recertify the award every two years. The recertification process requires participants to alternate between attending the full Standard First Aid course, followed by the recertification course every two years.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Class</th>
<th>Price</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat, Sun June 27 - June 28/20</td>
<td>9am-5pm</td>
<td>2cl</td>
<td>$125</td>
<td>Activity # 23527</td>
</tr>
</tbody>
</table>

STANDARD FIRST AID WITH CPR C RECERTIFICATION
This is a one-day recertification course for participants who already hold the Lifesaving Society Standard First Aid certification. First Aid certification must not be more than 36 months past the original date to be eligible to take the recertification. Individuals who hold a first aid certification through another agency (St. John, Red Cross, Can Ski Patrol) must register for the FULL two-day Lifesaving Society Standard First Aid course. This recertification course covers a broad spectrum of first aid treatments for medical emergencies and injuries. This course will also cover situation management, use of bystanders, and legal implications. Participants will also perform CPR and choking procedures for Infant, Child and Adult.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Class</th>
<th>Price</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat June 20/20</td>
<td>9am-5pm</td>
<td>1cl</td>
<td>$109</td>
<td>Activity # 23529</td>
</tr>
</tbody>
</table>

Beth Fisher Program Supervisor 519-824-4120 ext. 52220
WILDERNESS SURVIVAL & DISASTER PREP NEW 1-DAY FORMAT!

Learn how to survive in the wilderness with this course designed for environmental and resource professionals, hikers, skiers, canoeists & outdoor leaders. Topics include trip planning, map & compass, G.P.S., survival & safety kits, outdoor clothing/footwear, gear & what to do skills (survival game plan) if you become lost: shelters, fire building, signaling, safe use of water, food procurement & basics of search & rescue. The program culminates with a survival simulation weekend outing to a crown land preserve.

Sat May 30/20 10am-4pm 1cl $99 Activity # 23531

ADULT SEMI PRIVATE STROKE IMPROVEMENT

This semi private swim lesson will focus on fine tuning stroke mechanics, efficiency, and endurance of each participant. Swimmers will have an opportunity to set personal goals and develop their progress in a small class environment.

Tue May 5 - June 23/20 6-6:30pm 8classes $144 Activity # 23511
Tue May 5 - June 23/20 6:30-7pm 8classes $144 Activity # 23513

Beth Fisher
Program Supervisor
519-824-4120 ext. 52220

GROUP PERSONAL TRAINING

AQUAMOVABILITY: RESTORE & REALIGN

Participants must receive approval from Lynne Skilton-Hayes to participate in this class by calling 519-824-4120 Ext.52670 (therefore online registration not available). This group water workout is designed for individuals dealing with specific health issues. These include Arthritis, Fibromyalgia, Osteoporosis, Diabetes, Chronic Fatigue, Multiple Sclerosis and more. May & June classes run 10-11am/July & August classes run 9:30-10:30am.

Mon, Wed May 4 - August 12/20 (May/June: 10-11am & July/Aug: 9:30-10:30am)
Student/Member 27 classes $277 Activity # 23543
Non-Member/Off-site 27 classes $306 Activity # 23544

Lynne Skilton-Hayes
Personal Training Program Supervisor
519-824-4120 ext. 52670

FOR MORE INFO & TO REGISTER GYPHONS.CA/FITANDREC
**ACHIEVE RESULTS & MEET YOUR FITNESS GOALS!**

Not seeing results? Our nationally certified personal trainers can help you achieve all your goals. For more information, contact Lynne Skilton-Hayes at 519-824-4120 ext. 52670. To book your session now, visit gryphons.ca/fitandrec > Fitness/Wellness > Personal Training & Nutrition . You will be contacted within 48 hours (Monday-Friday inclusive) to book your first session. Fees include taxes.

**FITNESS ORIENTATION FREE! (ONE-ON-ONE)**

This free one-hour session will give you an overview of the equipment we have to offer in the GGAC Fitness Centre. Book yours today by contacting the GGAC Fitness Centre, 519-824-4120, ext. 52105.

**PERSONAL TRAINING (ONE-ON-ONE)**

These sessions begin with a 1-hour consultation including health history, lifestyle questions, goal setting, postural assessment, and the FMS (Functional Movement Screen). From there, our personal trainers will guide you through a follow-up session to ensure you get the most out of your workout. Purchase a 5, 10 or 25 session package and the consultation is FREE. The more you buy, the more you save!

<table>
<thead>
<tr>
<th></th>
<th>2 Sessions</th>
<th>5 Sessions</th>
<th>10 Sessions</th>
<th>25 Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students</td>
<td>$95</td>
<td>$207</td>
<td>$380</td>
<td>$816</td>
</tr>
<tr>
<td>Member</td>
<td>$119</td>
<td>$267</td>
<td>$486</td>
<td>$900</td>
</tr>
<tr>
<td>Non-Member/Off-site</td>
<td>$131</td>
<td>$297</td>
<td>$546</td>
<td>$1,050</td>
</tr>
</tbody>
</table>

**GROUP TRAINING**

Group Training sessions save you money and keep you motivated while you workout with a buddy under the guidance of one of our personal trainers. Group Training sessions do not include a health screen or consultation and are available to NRG Pass members only. Each individual must register independently and pay the applicable fee.

<table>
<thead>
<tr>
<th></th>
<th>1 Session</th>
<th>5 Sessions</th>
<th>10 Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-Person - Student</td>
<td>$28/person</td>
<td>$130/person</td>
<td>$226/person</td>
</tr>
<tr>
<td>2-Person - Member</td>
<td>$40/person</td>
<td>$181/person</td>
<td>$339/person</td>
</tr>
<tr>
<td>3-Person - Student</td>
<td>$25/person</td>
<td>$113/person</td>
<td>$203/person</td>
</tr>
<tr>
<td>3-Person - Member</td>
<td>$34/person</td>
<td>$158/person</td>
<td>$283/person</td>
</tr>
</tbody>
</table>

**Lynne Skilton-Hayes**
Program Supervisor  
519-824-4120 ext. 52670
Master Trainer (One-on-One)

If you want to push your limits and achieve dramatic results, then our master trainer is the way to go. These individuals have multiple certifications and years of education and experience to offer you. Their expertise means results guaranteed. Sessions with our master trainer include a consultation, postural assessment, FMS (Functional Movement Screen), and gait analysis. The consultation will discuss things such as goal setting, lifestyle modification, and health history. From there, your personal coach will design and assist you through a fitness program tailored to your specific needs.

<table>
<thead>
<tr>
<th></th>
<th>2 Sessions</th>
<th>5 Sessions</th>
<th>10 Sessions</th>
<th>25 Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member/Student</td>
<td>$192</td>
<td>$452</td>
<td>$825</td>
<td>$1,950</td>
</tr>
<tr>
<td>Non-Member/Off-site</td>
<td>$204</td>
<td>$482</td>
<td>$885</td>
<td>$2,100</td>
</tr>
</tbody>
</table>

Water Therapy (One-on-One)

This program is a comprehensive therapeutic approach that uses aquatic exercise to assist in the management of various health conditions ie. Arthritis, pre and post hip/knee replacement, Multiple Sclerosis, chronic back pain, orthopaedic conditions, stroke rehab, Fibromyalgia and more.

<table>
<thead>
<tr>
<th></th>
<th>2 Sessions</th>
<th>5 Sessions</th>
<th>10 Sessions</th>
<th>25 Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member/Student</td>
<td>$192</td>
<td>$452</td>
<td>$825</td>
<td>$1,950</td>
</tr>
<tr>
<td>Non-Member/Off-site</td>
<td>$204</td>
<td>$482</td>
<td>$885</td>
<td>$2,100</td>
</tr>
</tbody>
</table>

Wellness Package (One-on-One)

The Wellness Package is designed to give you an all-encompassing experience. Consisting of personal training, nutrition, and guided meditation, this package helps build healthy minds and bodies, at a discount off of the normal cost of these programs.

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Student/Member</td>
<td>$600</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-Member/Off-site</td>
<td>$650</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Nutrition

Rachel Hannah puts her clinical knowledge to use as a Distance Runner, having won 5 Canadian Championships in Road Racing, Track and Cross Country. She has been the First Canadian in the Boston Marathon and won a Bronze Medal in the 2015 Pan Am Games Marathon. She services all nutritional goal and action planning including:

- Cognitive Behavioural Therapy and Acceptance-Based Behavioural approach to Weight Management
- Energy Availability for Health & Performance and Individual Periodized Nutrition Planning for Athletes

3 Sessions include: 1x 75 min consultation & 2x 45 min follow-up sessions
5 Sessions include: 1x 75 min consultation & 4x 45 min follow-up sessions
10 Sessions include: 2x 75 min consultation & 8x 45 min follow-up sessions

<table>
<thead>
<tr>
<th></th>
<th>3 Sessions</th>
<th>5 Sessions</th>
<th>10 Sessions</th>
<th>25 Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member/Student</td>
<td>$295</td>
<td>$455</td>
<td>$860</td>
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</tr>
<tr>
<td>Activity #</td>
<td>#21356</td>
<td>#21358</td>
<td>#21354</td>
<td>-</td>
</tr>
<tr>
<td>Non-Member/Off-site</td>
<td>$313</td>
<td>$485</td>
<td>$920</td>
<td>-</td>
</tr>
<tr>
<td>Activity #</td>
<td>#21357</td>
<td>#21359</td>
<td>#21355</td>
<td>-</td>
</tr>
</tbody>
</table>

Lynne Skilton-Hayes
Program Supervisor
519-824-4120 ext. 52670

For more info & to register: gryphons.ca/fitandrec
Base Membership Required to register for these activities

HIP HOP - INTRO
This introduction to Hip Hop class will focus on footwork, isolations and development of individual style and flow. If you are looking for a class that is high energy and a lot of fun, this is the one for you!

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Classes</th>
<th>Cost</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu</td>
<td>May 21 - June 25/20</td>
<td>7-8pm</td>
<td>6</td>
<td>$41</td>
<td>#23534</td>
</tr>
</tbody>
</table>

SEDUCTIVE
Seductive Dance will not only provide you with a great workout, but also allow you to feel comfortable and confident as you learn the intricacies of how to dance seductively. This class is designed so you can be yourself and have the confidence to express what makes you feel good both on and off the dance floor. Join this class and let us help you find your seductive side.

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Classes</th>
<th>Cost</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed</td>
<td>May 20 - June 24/20</td>
<td>7:30-8:30pm</td>
<td>6</td>
<td>$41</td>
<td>#23535</td>
</tr>
</tbody>
</table>

LEARN ROCK CLIMBING
Located in the UGAA Rock Wall Centre, this program offers participants a safe and positive environment in which introductory climbing techniques will be taught. Focus will be spent on indoor gym climbing safety, belay methods, rock climbing for fitness, rock climbing technique, games to play on vertical surfaces, indoor route finding, bouldering, and skill & strength training. All equipment is provided.

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Classes</th>
<th>Cost</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue</td>
<td>May 12 - June 9/20</td>
<td>6-8pm</td>
<td>5</td>
<td>$95</td>
<td>#23946</td>
</tr>
<tr>
<td>Thu</td>
<td>May 14 - June 11/20</td>
<td>6-8pm</td>
<td>5</td>
<td>$95</td>
<td>#23948</td>
</tr>
<tr>
<td>Tue</td>
<td>June 23 - July 21/20</td>
<td>6-8pm</td>
<td>5</td>
<td>$95</td>
<td>#23947</td>
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<tr>
<td>Thu</td>
<td>June 25 - July 23/20</td>
<td>6-8pm</td>
<td>5</td>
<td>$95</td>
<td>#23949</td>
</tr>
</tbody>
</table>
All Leagues play a minimum of once a week and run May-August. League registration fee includes: Free league t-shirt and umpires/staff monitors at all games.

### 3-Pitch

<table>
<thead>
<tr>
<th>League Type</th>
<th>Days</th>
<th>Season</th>
<th>Team Fee</th>
<th>Free Agent Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coed</td>
<td>Mondays &amp; Wednesdays</td>
<td>May-August</td>
<td>$600</td>
<td>$60</td>
</tr>
</tbody>
</table>

### Beach Volleyball

Beach Volleyball Leagues play twice a week, playing the 2 games on the same night each week and offer a Spring or Summer Session.

<table>
<thead>
<tr>
<th>League Type</th>
<th>Days</th>
<th>Sessions</th>
<th>Team Fee (per session)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open 2's</td>
<td>Wednesdays</td>
<td>Session 1: May-June / Session 2: July-August</td>
<td>$115</td>
</tr>
<tr>
<td>NEW! Spike Ball</td>
<td>Wednesdays</td>
<td>Session 1: May-June / Session 2: July-August</td>
<td>$250 (per session)</td>
</tr>
</tbody>
</table>

REGISTER ONLINE! gryphons.ca/fitandrec > Sports & Clubs > Community Leagues

### Intramurals

#### Staff Recess League

Open | Thursdays | May-July | Free Agents: $25

Register as an individual player for this Coed league that runs at lunchtime on Thursdays! You’ll get 12 weeks worth of nostalgic recess games. All necessary sports equipment will be provided as well as a sport monitor.

REGISTER ONLINE! gryphons.ca/fitandrec > Sports & Clubs > Intramurals > Recess League

Justin Toth  
Program Supervisor  
519-824-4120 ext. 53763  
iplayim@uoguelph.ca

#### Learn to Survive in the Wilderness

Designed for environmental and resource professionals, hikers, skiers, canoeists & outdoor leaders.

NEW! 1-Day Format  
More details on page 9
I AM A GRYPHON.

I am respectful of others and the physical environment we share.
I have self-respect and I create space for diverse voices to be heard.

I am caring. In my daily interactions I am kind, compassionate, supportive and honest. I want others to feel welcome here and will do my part to convey a caring sense of community.

I am determined. I want to achieve the highest goals I can envision, and I will do so with integrity, perseverance and courage. I will welcome a helping hand when I need it and extend mine to others along the way.

I am engaged. Contributing to the life of my campus and community is important to me. I will strive to meet my commitments and offer my best effort. I will be held accountable for my actions because I understand that they reflect on all of us.

I am authentic. Being true to who I am, my values and beliefs are important to me. I recognize that every person is on a journey of self-discovery and don’t make assumptions about them or their motivations.

These commitments represent my promise to all Gryphons past, present and future, that I will do my part to ensure that Guelph’s legacy as a supportive and inclusive community is upheld today and for years to come.

I am a Gryphon.
IMPORTANT DATES:

**2020 REGISTRATION OPENS:**
Spring/Summer: Mon. February 3/20 at 5:30am
Fall/Winter: Mon. August 17/20 at 5:30am

**FACEBOOK LIVE EVENT: REGISTRATION Q&A**
Sun. January 26/20 at 5pm
Check out our Facebook Live Event on our Guelph Gryphon Summer Camp page for more details.

**CAMPER ORIENTATION**
Sat. June 20/20 1-3pm in the GGAC Mitchell Gym

**LOST & FOUND PICK-UP DAYS**
Thu. July 30/20 4-7pm in the GGAC, Studio 3213
Tue. August 25/20 4-7pm in the GGAC, Studio 3213

**CAMPER APPRECIATION NIGHT**
Wed. August 26/20 at 6:30pm the GGAC Events Centre
Join us for our second annual “Camper Appreciation Night Basketball Game” fundraiser in support of the Children’s Foundation of Guelph & Wellington

**BIRTHDAY PARTY BOOKINGS**
For Fall 2020 will begin Mon. August 17/20
See the back of the guide for more information about Birthday Parties
STARFISH, DUCK | AGES 4 MONTHS - 5 YEARS

Starfish - 4 to 18 months of age or older, and able to hold their head up. The goals are to help babies experience buoyancy and movement through songs & play in water and to teach the parent/caregiver age-specific water safety.

Duck - 18 months of age or older. Participants will perform front, back, and vertical position floats with assistance, as well as, learn how to choose and wear an appropriate Personal Floatation Device (PFD).

Thu May 7 - June 25/20 5:30-6pm 7cl $98 Activity #23556
Mon,Wed Aug 5 - Aug 19/20 5-5:30pm 5cl $70 Activity #23555

SEA TURTLE, SEA OTTER, SALAMANDER | AGES 3 - 5

This program is designed for preschool aged children attending lessons for the first time without a parent/caregiver in the water. With a smoother transition from one level to the next, swimmers learn to float on both front and back, glide and kick, don a PFD and jump into chest deep water. Participants will attempt to swim up to 2m. Games and songs enhance the fun of the class.

Mon May 4 - June 22/20 5-5:30pm 7cl $119 Activity #23554
Tue May 5 - June 23/20 6-6:30pm 8cl $112 Activity #23553
Tue,Thu July 7 - July 30/20 5:30-6pm 8cl $136 Activity #23552

SUNFISH, CROCODILE, WHALE | AGES 3 - 5

This program for preschool aged children will guide swimmers to complete both front and back swims independently. They will explore deep water with an aid, perform a dolphin kick and begin using rhythmic breathing. Participants will attempt to swim up to 10m.

Mon May 4 - June 22/20 6-6:30pm 7cl $119 Activity #23558
Thu May 7 - June 25/20 5-5:30pm 7cl $119 Activity #23559
Mon,Wed July 6 - July 29/20 6-6:30pm 8cl $138 Activity #23557

Beth Fisher
Program Supervisor
519-824-4120 ext. 52220

Looking for more details or to register? Go to gryphons.ca/kidsandcamps or call Client Services at 519-824-4120 ext. 56253

GO ONLINE!
<table>
<thead>
<tr>
<th>Swim Kids 1</th>
<th>Ages 5-13</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participants will learn to enter shallow water safely; float and glide on the front and back without assistance, move around in a PFD, perform rhythmic breathing 3 times. Jump into chest deep water, do front and back floats and recover and swim on front for 2m.</td>
<td></td>
</tr>
<tr>
<td>Mon</td>
<td>May 4 - June 22/20</td>
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<tr>
<td></td>
<td>6-6:30pm</td>
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<tr>
<td></td>
<td>7cl</td>
</tr>
<tr>
<td></td>
<td>$98</td>
</tr>
<tr>
<td>Activity #23560</td>
<td></td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Swim Kids 2</th>
<th>Ages 5-13</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participants will learn to float front and back, exhale through mouth and nose, flutter kick while gliding on front and back, swim 5m continuously.</td>
<td></td>
</tr>
<tr>
<td>Mon</td>
<td>May 4 - June 22/20</td>
</tr>
<tr>
<td></td>
<td>6:30-7pm</td>
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<tr>
<td>Activity #23561</td>
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<table>
<thead>
<tr>
<th>Swim Kids 3</th>
<th>Ages 5-13</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participants will be introduced to deep water activities, breathe rhythmically 10 times, glide front/back with kick for 5m, and swim 10m continuously.</td>
<td></td>
</tr>
<tr>
<td>Thu</td>
<td>May 7 - June 25/20</td>
</tr>
<tr>
<td></td>
<td>5-5:30pm</td>
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</tr>
<tr>
<td></td>
<td>$98</td>
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<tr>
<td>Activity #23562</td>
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<table>
<thead>
<tr>
<th>Swim Kids 4</th>
<th>Ages 5-13</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participants will be introduced to front crawl, and back swim with shoulder roll. Deep water activities such as kneeling dives and surface support are practiced. Emphasis on achieving endurance through a strong flutter kick towards 15m completion.</td>
<td></td>
</tr>
<tr>
<td>Mon</td>
<td>May 4 - June 22/20</td>
</tr>
<tr>
<td></td>
<td>6:30-7pm</td>
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<td>$98</td>
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<thead>
<tr>
<th>Swim Kids 5</th>
<th>Ages 5-13</th>
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</thead>
<tbody>
<tr>
<td>Participants will learn to surface support 45 seconds, swim front crawl at least 20m, swim on back with kick 10m, swim 25m continuously.</td>
<td></td>
</tr>
<tr>
<td>Thu</td>
<td>May 7 - June 25/20</td>
</tr>
<tr>
<td></td>
<td>5:30-6pm</td>
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</tr>
<tr>
<td></td>
<td>$98</td>
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<td>Activity #23564</td>
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<thead>
<tr>
<th>Swim Kids 6</th>
<th>Ages 5-13</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participants will learn to swim front and back crawl at least 15m, perform the whip kick on back at least 5m, perform kneeling dive and swim 50m continuously.</td>
<td></td>
</tr>
<tr>
<td>Thu</td>
<td>May 7 - June 25/20</td>
</tr>
<tr>
<td></td>
<td>6:30-7pm</td>
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</tr>
<tr>
<td></td>
<td>$98</td>
</tr>
<tr>
<td>Activity #23565</td>
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<table>
<thead>
<tr>
<th>Swim Kids 7,8</th>
<th>Ages 5-13</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participants will learn to swim front and back crawl at least 25-50m, swim coordinated elementary backstroke at least 15-25m, swim 75-150m continuously.</td>
<td></td>
</tr>
<tr>
<td>Mon</td>
<td>May 4 - June 22/20</td>
</tr>
<tr>
<td></td>
<td>5:15-6pm</td>
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<td></td>
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<td>Activity #23566</td>
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<thead>
<tr>
<th>Swim Kids 9,10</th>
<th>Ages 5-3</th>
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<tbody>
<tr>
<td>Participants will learn to swim front crawl and back crawl at least 75-100m, swim elementary backstroke and breaststroke at least 25m, swim 400m continuously, swim head first sculling on back 10m, perform a stride jump and swim 300m continuously.</td>
<td></td>
</tr>
<tr>
<td>Mon</td>
<td>May 4 - June 22/20</td>
</tr>
<tr>
<td></td>
<td>4:30-5:15pm</td>
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<tr>
<td>Activity #23567</td>
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</table>
**SEMI PRIVATE SWIM LESSONS**
Small class size allows for a more personalized lesson. Participants will work with the instructor on focused skill-level goals.

**SEMI PRIVATE LEVEL 1,2 | AGES 3 -16**
Can enter shallow water safely; float and glide on the front and back without assistance, move around in a PFD, perform rhythmic breathing 3 times. Can jump into chest deep water, do front and back floats and recover and swim on front for 2m.

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Class</th>
<th>Price</th>
<th>Activity #</th>
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<tr>
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<td>4:30-5pm</td>
<td>8cl</td>
<td>$152</td>
<td>#23853</td>
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<tr>
<td>Fri</td>
<td>May 8 - June 26/20</td>
<td>6:30-7pm</td>
<td>8cl</td>
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<td>Sat</td>
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<td>9-9:30am</td>
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<tr>
<td>Mon,Wed</td>
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<td>6:30-7pm</td>
<td>8cl</td>
<td>$152</td>
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<tr>
<td>Tue,Thu</td>
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<td>5-5:30pm</td>
<td>8cl</td>
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<tr>
<td>Tue,Thu</td>
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<td>6cl</td>
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<tr>
<td>Mon,Wed</td>
<td>Aug 5 - Aug 19/20</td>
<td>4:30-5pm</td>
<td>5cl</td>
<td>$95</td>
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**SEMI PRIVATE LEVEL 3,4 | AGES 3 -16**
Participants will work with the instructor on deep-water activities, breathe rhythmically, glides front/back with kick for 5m and swim 10m continuously. An introduction to front crawl and back swim with shoulder roll. Deep-water activities such as kneeling dives and surface support are practiced with emphasis on achieving endurance through a strong flutter kick towards 15m completion.

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Class</th>
<th>Price</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
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</tr>
<tr>
<td>Thu</td>
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<td>7cl</td>
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<td>#23862</td>
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<td>Sat</td>
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<tr>
<td>Tue,Thu</td>
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</table>

Looking for more details or to register? Go to gryphons.ca/kidsandcamps or call Client Services at 519-824-4120 ext. 56253

\[18\]
SEMI PRIVATE LEVEL 5,6 | AGES 3 - 16
Can surface support 45 seconds, swim front crawl at least 20m, swim on back with kick 10m, swim 25m continuously. Can swim front and back crawl at least 15m, perform the whip kick on back at least 5m, perform kneeling dive and swim 50m continuously.

Tue | May 5 - June 23/20 | 5-5:30pm | 8cl | $152 | Activity #23867
Thu | May 7 - June 25/20 | 5-5:30pm | 7cl | $133 | Activity #23868
Fri | May 8 - June 26/20 | 5:30-6pm | 8cl | $152 | Activity #23869
Tue, Thu | July 7 - July 30/20 | 6:30-7pm | 8cl | $152 | Activity #23864
Mon, Wed | Aug 5 - Aug 19/20 | 6-6:30pm | 5cl | $95 | Activity #23865

SEMI PRIVATE LEVEL 7,8 | AGES 3 - 16
Can swim front and back crawl at least 25-50m, swim coordinated elementary backstroke at least 15-25m, and swim 75-150m continuously.

Mon | May 4 - June 22/20 | 6:30-7pm | 7cl | $133 | Activity #23872
Thu | May 7 - June 25/20 | 6-6:30pm | 7cl | $133 | Activity #23873
Mon, Wed | July 6 - July 29/20 | 5:30-6pm | 8cl | $152 | Activity #23870
Tue, Thu | Aug 4 - Aug 20/20 | 5:30-6pm | 6cl | $114 | Activity #23871

SEMI PRIVATE LEVEL 9,10 | AGES 3 - 16
Can swim front crawl and back crawl at least 75-100m, swim elementary backstroke and breaststroke at least 25m, swim 400m continuously, swim head first sculling on back 10m, perform a stride jump and swim 300m continuously.

Mon | May 4 - June 22/20 | 6-6:30pm | 7cl | $133 | Activity #23875
Thu | May 7 - June 25/20 | 4:30-5pm | 7cl | $133 | Activity #23876
Tue, Thu | July 7 - July 30/20 | 6-6:30pm | 8cl | $152 | Activity #23877
Mon, Wed | Aug 5 - Aug 19/20 | 5:30-6pm | 5cl | $95 | Activity #23874

Beth Fisher
Program Supervisor
519-824-4120 ext. 52220

PRIVATE SWIM LESSONS

BACK AGAIN!
This summer we have two session length options available for private lessons. Full summer or single month sessions during July & August.

Private Swim Lessons are designed as a 1:1 lesson for individuals of all levels and ages. For a full list of class times and dates for Spring & Summer, visit us online at gryphons.ca.
Convenient camp lunches are one click away!

We now offer an on-line lunch program for all 2020 Gryphon Camps at the University of Guelph!

How to order: Simply follow these steps:

1. Go to lunchboxorders.com and click on Order Lunch.
2. Click on the green Sign Up button to register your family account.
3. When registration is complete, click on Camps.
4. Add your child to your account by clicking on Add a Camper.
5. Click Order Now (beside child’s name) to access the camp lunch calendar.
6. Click on the blue order date to proceed with ordering your child’s lunch.

Already registered with Lunchbox Orders?
No need to sign up again. Use the same email address and password to login for the camp lunch program.

lunchboxorders.com 1 (877) 426-6860 info@lunchboxorders.com

Start ordering February 3rd
## Kids Skill Development

### Dance Fusion | Ages 8-11
Modeled after our Discover Dance Camp, this class will give children exposure to a variety of styles of dance from hip hop to contemporary to musical theatre! Participants will learn technique and choreography with an emphasis on having fun, all dancers welcome! Participants should wear comfortable clothing, barefeet or shoes are appropriate.

**Dates:** Tue May 26 - June 30/20
**Time:** 6-7pm
**Duration:** 6cl
**Cost:** $40
**Activity #:** 23548

### Ballet Beginner | Ages 4-6
A fun introductory class for children with no dance background. The focus will be on fun and children will enjoy learning the basic elements of ballet technique, including the position of arms, feet and body alignment. Participants should wear comfortable clothing, barefeet or ballet shoes are appropriate.

**Dates:** Thu July 9 - Aug 13/20
**Time:** 6-7pm
**Duration:** 6cl
**Cost:** $40
**Activity #:** 23549

### Bronze Star | Ages 11-14
Bronze Star provides training for your body and your brain. You will become a stronger swimmer. You will learn CPR and practice problem-solving and decision making. This course is designed for the strong swimmer who does not yet meet the minimum age for Bronze Medallion. If you hold a Bronze Star you can take Bronze Medallion regardless of your age.

**Dates:** Thu May 7 - June 25/20
**Time:** 7-9pm
**Duration:** 7cl
**Cost:** $94
**Activity #:** 23547

---

A Base Membership is not required to register for these activities.

For more info & to register, visit [Gryphons.ca/KidsAndCamps](http://Gryphons.ca/KidsAndCamps)
MISSION STATEMENT

Our purpose is to support the mission of the Department of Athletics and to improve the quality of life of all campers by providing opportunities for growth, leadership and total human development through physical activity and creative endeavours.

We believe children are our future and strive to provide the best possible environment for them to develop, mature and grow with guidance.

CAMP STAFF

The Gryphon Camp Counsellors are individuals that strive to provide memorable summers for our campers. They are individuals that will connect with their campers, teach new skills, support the growth of our campers, and ensure that our campers are in a safe environment (both emotionally and physically). Our counsellors are primarily University/College students, graduates, and varsity athletes. Some camp staff are older High School students who work closely with our senior staff. All successful applicants have been thoroughly interviewed, participated in extensive staff training, certified in Emergency First Aid and CPR, and have extensive background checks completed.

YOUR CHILD’S SAFETY

All Gryphon Activity Camp Counsellors are certified in Emergency First Aid and CPR to ensure a top quality, and most importantly, safe camp experience for your child. Camp Staff complete extensive training of camp specific safety measures and emergency procedures. Additional topics discussed include: custody arrangements, child abuse, behaviour modification, weather conditions and self-esteem. All of our camp programs have a 1:9 (staff:camper) ratio to ensure high quality supervision. Our Mini-Gryphs camp program has a 1:5 ratio.

While using the swimming pool, certified lifeguards are present at all times as well as the Camp Counsellors. Children take part in a swimming test at the beginning of the first swimming session each week. If your child is not a strong enough swimmer, they will wear a Personal Flotation Device at all times. Safety is our first concern.

Campers are required to bring their own sunscreen, water bottle and hat (younger children will be assisted with sunscreen).

CAMP HOURS

For details on pick-up/drop-off times and extended camp supervision rates, please refer to each individual camp page description. Look for this clock icon!

GO ONLINE!

Looking for more details or to register? Go to gryphons.ca/kidsandcamps or call Client Services at 519-824-4120 ext. 56253
CAMPER READINESS

Only you and your child can determine if your child is ready for camp, and often the best way to determine that is to have a conversation with them. Discuss with them what they can expect at camp. Some key things they must be prepared for in order to have a successful camp experience include:

✓ Be comfortable in both large and small group settings with children they may not know, and be able to get along with them
✓ Be comfortable taking directions from Camp Staff and follow directions
✓ Stay with their group
✓ Be active, but also communicate with camp staff if they need a break
✓ Apply sunscreen or understand the importance of sunscreen and ask Camp Staff for help applying sunscreen
✓ Understand the importance of snacks, lunch and water, and be able to manage their food and drinks on their own or able to ask Camp Staff for help
✓ Dress themselves, know when they have to go to the washroom and ask to go
✓ Keep track of and carry their own backpack

While we encourage all campers to participate in all swims, some campers are not ready. In this case, staff are assigned to remain out of the pool and will have activities for our non-swimmers.

We strive for all of our camps to be accessible and will work with you to help your child transition to camp. Please share any concerns with us so that we can help your child thrive at camp. For example, we can direct you to resources such as The Canadian Mental Health Association. Please also feel free to contact our camps office at 519-824-4120 x56131 or camps@uoguelph.ca.

If we feel that your child is not ready for camp and have exhausted all means to ensure their success at camp, we reserve the right to refund your remaining camp fee and ask that they return when they are better prepared for camp.

LOST & FOUND

We strive our best for all campers to go home with everything that they bring to camp. Gryphon Summer Camps has lost and found tables at all Sign-in/Sign-out tables, along with holding 2 Lost & Found Nights. We encourage campers to not bring valuables, toys, or cell phones as we are not responsible for any damage to items. We will follow up with items that are labeled by email or phone to ensure it gets to its rightful owner.

Lost & Found Pick-up Days: Thu. July 30/20 4-7pm & Tue. August 25/20 4-7pm in the GGAC, Studio 3213

NEW: We have partnered with Mabel’s Labels to provide parents an opportunity to purchase labels from their website mabelslabeled.com.

Keep track of your belongings & support our fundraiser!

Go to mabelslabeled.com and click on ‘Support a Fundraiser’ in the top right corner of the website. Search for ‘Gryphon Summer Camps’ in the drop-down menu when you order your labels. A portion of sales will go to support funding for additional camp related expenses.

FOR MORE INFO & TO REGISTER GYPHONS.CA/KIDSANDCAMPS
HERE’S WHAT TO EXPECT FROM GRYPHON CAMPS:

Sending your child to Gryphon Summer Camp is an enjoyable experience that creates transferable skills for campers to grow in their daily lives along with creating life long memories. This section is designed to help you understand a day in the life at Gryphon Summer Camps.

DATES

Camp runs from Monday to Friday, except on the Civic Holiday week in August (Tuesday to Friday). Individual one day Pre-Camp Programs will be offered on June 29th, July 30th, July 2nd, & July 3rd. No camp program on Canada Day.

HOURS

(Unless noted in camp description)

Sign-In: 8am-9am | Program: 9am-4pm | Sign-Out: 4pm-5pm

Extended Supervision (additional cost): 5pm-6pm

ALL CAMPS INCLUDE:

☑ Gryphon Camp Memorabilia (something to remember camp)
☑ Staff to camper ratio 1:9 or better
☑ Free Supervision and Activity Facilitation during sign-in (8am-9am)
☑ Camp Program 9am-4pm
☑ Free Supervision and Activity Facilitation during sign-out (4pm-5pm)
☑ Recreational swims as applicable
☑ Optional post supervision 5 - 6pm, additional fee of $25 per week, per camper

PRIOR TO CAMP

The week before your camp experience you will receive a camp newsletter through email (please ensure you have your correct email on file). This newsletter is to provide you with specific information regarding the upcoming camp program with any changes noted and other imperative information for camp (packing list, themes, parking). The newsletter will state the exact location for your sign-in on day 1 of camp.

SIGN-IN/SIGN-OUT

Our procedures are intended to keep your child safe. You will be asked to sign your child in with our Camp Staff each morning. At the end of the day, you will be asked to sign your child out with our Camp Staff. You will be required to show photo I.D. at sign-out. Individuals picking up the camper must have their name on the registration form as an approved individual to pick up.

At the parent’s discretion, you can waive the sign-in/sign-out requirement during your registration process. This allows your child to sign themselves out at the end of the program at 4pm. All sign-in/sign-out locations are indicated on gryphons.ca camp pages. If on any day your child is unable to attend camp, you must contact us at 519-824-4120, ext. 56131 (please use this phone number and extension only).

All of our campers come together in common areas for sign-in and sign-out each day. For most of our camps, we sign in and out of three main locations: the Guelph Gryphons Athletics Centre, the
Gryphon Field House, and the Gryphon Centre Arena. This means there are a lot of children in one area during these times and it can appear chaotic, and perhaps overwhelming at first. Rest assured that our camp staff are there to greet your child, engage them in camp activities and help them feel welcome.

If your child is not adjusting well to the sign-in activities, please talk with our Camp Staff. We do find that some children are much more comfortable in their smaller groups (see groups below).

Please be prepared on Monday mornings, as there may be a line up at sign-in while our Camp Staff confirm your child’s information and other important details. There are signs in all of our facilities identifying where each camp will be gathering.

It is important that your child understands that they must always remain with their group, even during all-camp events. It can be tempting for them to try to find a brother, sister or friend in another group, but if a camper leaves a group this could cause a very serious situation. If a camper would like to be grouped with another camper, we are happy to do our best to accommodate. Please make this request during your registration process.

**ACTIVITY CAMPS**

Our Activity Camps are designed for a general activity level. All weeks of Activity Camp have a theme that the main activities are based on. However, some sport games, low intensity games, and swimming may not focus on the theme.

Each week there will also be Wacky Wednesday and Fun Friday special events for our younger age group camps, or a field trip (Intermediate Activity, Senior Activity, Girls Inc., Boys Week Out, Rock Climbing 2.0). It is important to note that for field trips we have a better than 1:9 ratio and Senior Camp Staff or senior Athletics staff accompany the groups. It is especially important for your child to stay with their group during field trips.

**SPORT CAMPS**

Sport Camps have a more focused approach to skill development and these camps are very active. There will be some non-sport related activities, but for most of the day they will be playing the camp specific sport. Advanced level sport camps have a specific skill curriculum, while all other sport camps focus on having fun while learning a new sport or improving skills.

Campers will be grouped based on skill and age. It is important to note that our sport camps welcome all campers – from beginners to those who have been playing for many years. All sport camps have some form of competition or tournament at the end of each week.

**PARKING**

Prior to 9am and after 4pm each day, free parking is available in lot P12 (adjacent to the Gryphon Arena, Guelph Gryphons Athletics Centre) and lot P7 (near the Gryphon Field House).

Any visitors to the University of Guelph campus between 9am and 4pm should use the parking meters available in lot P12 to avoid parking fines. The roundabout area in front of the Guelph Gryphons Athletics Centre is for emergency vehicles only and NO cars should be left unattended in this area. Gryphon Camps will not be responsible for parking fines incurred.

**LUNCH AND SNACKS**

Each child will be expected to provide their own lunch, two healthy snacks and should bring plenty to drink. Please avoid nut products. Water fountains are available.

**IMPORTANT:** Lunches are available for purchase through the Lunchbox Program. For more information and ordering options please visit lunchboxorders.com or check page 20.

**NUT PRODUCTS:** All of our camps are nut-free camps. Please help us keep the camp nut-free by choosing lunch and snack products that do not contain nuts. During weeks when a camper with a known allergy of any kind is identified to our staff, additional notification will be provided.
NEW - CAMP REGISTRATION PRE-PAYMENT PLAN

An Initial payment of $25 for each week of camp will be required at time of registration. Remaining balance can be placed on a scheduled payment plan. Payments will be equally divided between scheduled payment dates. Final payment schedule will be 3 full weeks prior to the first day of camp.

1. Payment must be included with your registration. Post-dated cheques are NOT accepted.

Please make cheques payable to the University of Guelph. If you wish to pay by debit or cash or prefer to pay in person, we ask you to come to the Guelph Gryphons Athletics Centre, Client Services, during building hours.

2. Online payment methods include Visa, Mastercard, American Express and online banking payments. You must agree to the Gryphon Camp Waiver to complete registration. If you choose not to agree, your camp registration will not be completed.

3. SAVE $10! The Multi-Week Discount is applied automatically to the 5th week of camp and any subsequent weeks, per child.

4. When registering online (uoguelph.ca/connect), please ensure you print your RECEIPT/CONFIRMATION for your records and income tax purposes.

5. Unless noted, fees include tax, if applicable (14 years and older).

REFUNDS

In the event that you cancel your child’s camp session, 7 days notice is required for a refund less a $30 Withdrawal Fee. Should you provide less than 7 days notice, you will be required to pay the full camp fee.

CAMP SUBSIDIES

Gryphon Camps work with several community partners to provide access to our camps. For more information about camp subsidy opportunities, please contact the Children’s Foundation of Guelph & Wellington, Family and Children Services of Guelph & Wellington County or the Canadian Mental Health Association.

PROTECTION OF PRIVACY

We care about your privacy. Personal information that you provide to the University is collected under the authority of the University of Guelph Act (1964, sections 11 & 13). It is collected for the purpose of Gryphon Camp Registration and will be protected at all times. If you have questions about the use and disclosure of this information please Visit gryphons.ca/kidsandcamps.
PARENTAL RELEASE AND INDEMNIFICATION FORM

I as the legal guardian or custodial parent of the Camper who has been registered to participate in the selected Gryphon Camp operated by the University of Guelph (the “University”), hereby acknowledge that certain risks of injury are inherent to participation in recreational activities, sporting activities, lesson/laboratory experiments and transportation to, from and at camp. These types of injuries may be minor or serious and may result from one’s actions, or the actions or inactions of others or a combination of both.

In return for the University approving the participation of the Camper in this additional activity, I agree to hereby release and forever discharge the University of Guelph, its officers, faculty, staff and agents from all claims for damages, loss and injury, which now or may hereafter be sustained by the Camper arising out of the participation in the camp.

I declare having read and understood the release form in its entirety and hereby agree to be bound by the terms and conditions. Understanding the terms and conditions of this release, I give my consent for the Camper to participate.

EMERGENCY TREATMENT/INFORMATION FORM

As the legal guardian or custodial parent of the Camper, I hereby give my permission to the University of Guelph, its officers, directors, servants, employees and agents to provide basic first aid or procure medical treatment for the Camper in case of injury or accident or otherwise by a nurse, doctor, hospital or clinic chosen by the University and/or its employees, agents. I agree to be responsible for any and all costs associated with such treatment.

Please note that Gryphon Camps will not release a child to a parent or designate that staff reasonably believe are under the influence of alcohol or other intoxicating substances. Staff are instructed to request that the parent/designate take a cab or call another person to come and get them and/or child. If this is not observed by the parent/designate, the Campus Police will be called to enforce this policy.

Pictures are frequently taken throughout the camps and there is a possibility that your child’s picture could appear in future brochures. Please inform us, if this is contrary to your wishes.

EQUIPMENT

I have read the equipment requirements for the camp I am registering my child into on the specific camp page. I acknowledge that it is my responsibility to send my child to camp with that required equipment. The required equipment is not available through the camp unless otherwise specified.

PHOTO RELEASE WAIVER

The University of Guelph’s Department of Athletics Camps collect photos and videos of our camp. These videos and photos are used for marketing, advertising, promotional, publicity and/or communication purposes. Photo and video waivers will be collected each week.
**March Break Camps**

March Break 2020 dates:
Monday, March 16 – Friday, March 20/2020

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**“Colour Feud” Activity Camp | Ages: 4-11 | Born: 2009-16**

Campers will experience a great week of fun with team focused challenges designed around colour themes. Everyone will be divided into groups assigned with a team colour that they will represent during group challenges. Adventures will be facilitated similar to our summer camp programs and include crafts, games, outdoor activities, swimming and our Fun Friday Finale, “The Ultimate Colour Feud”. New friendships will be made as we travel and recognize all the colours of the rainbow.

*Mon Mar 16 - Fri Mar 20/20*  
Activity #23967  
$210

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**“Adventureland” Activity Camp | Ages: 9-14 | Born: 2006-11**

Campers will participate in a variety of fun activities and new experiences. We will have a week filled with activities that may include Nerf action fun, rock climbing & bouldering, Omnikin, Gaga Ball, swimming, ice skating, arts & crafts, and teambuilding challenges to develop teamwork and ‘outside the box’ thinking. Campers will participate in an activity that will take them off campus and into the community for a day trip adventure. Campers will be encouraged to try new things in order to push themselves to new heights as they discover new activities they might like to pursue in the future.

*Mon Mar 16 - Fri Mar 20/20*  
Activity #23968  
$225

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**Camp Hours**

All March Break Camp Programs run 9am-4pm with supervised drop-off 8 - 9am & pick-up 4 - 5pm. Please note that we will offer extended camp supervision from 5 - 6pm during the week for an additional fee of $25 per camper.

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**Looking for more details or to register? Go to gryphons.ca/kidsandcamps & select ‘School Year Programs’**

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**gryphons.ca / kidsandcamps**
**Track & Field Camp | Ages: 7-14 | Born: 2006-13**

Gryphon Track & Field Camp will develop skills that will become a foundation throughout a young athlete’s life. Campers will work through daily sessions providing an exciting mix of technical practice, games and special events; moving from general to more specific. During the week campers will learn about all aspects in Track & Field and practice these skills in preparation for the final day Mini Olympics team challenge.

| Mon Mar 16 - Fri Mar 20/20 | Activity #23965 | $225 |

**Competitive Lifesaving Camp | Ages: 9-14 | Born: 2006-11**

Competitive Lifesaving is a fun combination of swimming/ lifesaving and other skills. Camp will cover all the pool lifesaving events as well as some open water concepts and events adapted for the weather and facilities. Previous competitive experience is not necessary, however level 7 or above Red Cross or equivalent is strongly suggested. Swimmers will be placed in groups based on their ability and progress accordingly.

| Mon Mar 16 - Fri Mar 20/20 | Activity #23963 | $240 |


Note: This is a physically and mentally intensive week of training. Be sure to pack your positive attitude. University of Guelph Varsity Strength & Conditioning Coaches will educate individuals about the basics of strength & conditioning in order to improve athletic performance and feel confident about their next visit to the gym.

Coaches will take athletes through a movement assessment and then develop a comprehensive program emphasizing proper technique. Training sessions will primarily be practical including movement competency, strength, power, speed, agility and conditioning, with some classroom sessions covering injury prevention, nutrition and recovery.

Learn more about the Gryphon Performance Academy at: gryphonperformance.ca

| Mon Mar 16 - Fri Mar 20/20 | Activity #23974 | $325 |

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**Camp Hours** All March Break Camp Programs run 9am-4pm with supervised drop-off 8 - 9am & pick-up 4 - 5pm. Please note that we will offer extended camp supervision from 5 - 6pm during the week for an additional fee of $25 per camper.
Gryphon P.D. Day Camp offers children a unique camp experience similar to our summer camps housed at the Guelph Gryphons Athletics Centre on the beautiful University of Guelph campus. The camp will emphasize fun in a safe and friendly environment through participation in various recreational indoor & outdoor sports, games, crafts, and various themed activities. Programs will include either swimming or ice skating.

Campers will be divided into age appropriate groups for activities to ensure full engagement and connection with other campers of the same age. Counsellors will ensure that all campers are cared for during the program and implement a child-friendly program.

**Runs 9am - 4pm with supervised drop-off 8 - 9am & pick-up 4 - 5pm**

Visit gryphons.ca/kidsandcamps ‘School Year Programs’ page for more specific details about the camp program or for more PD Camps throughout the year.

**HIGHLIGHTS:**
- Themed Activities
- Swimming or Ice Skating
- Outdoor Activities
- Find Out What Our Summer Camps Are All About!

**OUTCOMES:**
- Positive Social Interactions
- Creativity
- Physical Fitness

**AGES: 4-12**
(Born 2008-16)

**DATE**
Fri April 24/20
Fri June 5/20

**ACTIVITY #**
23958
23959

**FEE**
$55
$55

Looking for more details or to register? Go to gryphons.ca/kidsandcamps & select ‘School Year Programs’
Give your child a “taste” of Gryphon Summer Camps without signing up for a whole week of camp. Not sure what to do with your camper during the first week of summer that falls around the Canada Day holiday? We have the perfect one-day camp program for that week to “kick off” the summer.

Our one-day camp programs are designed to emphasize fun in a safe and friendly environment while participating in various age-appropriate recreational indoor & outdoor sports, games, crafts, and various themed activities. Camp counsellors will engage and connect with all campers to ensure they get to experience all aspects of Gryphon Summer Camps.

Runs 9am-4pm with supervised drop-off 8 - 9am & pick-up 4 - 5pm. Extended day supervision is available from 5 - 6pm for an additional $5/program day.

Visit gryphons.ca/kidsandcamps ‘School Year Programs’ page for more specific details about our camp program.
Looking for that first camp experience for your child? Transitioning from daycare? Mini Gryphs is designed specifically for young children ages 3-5 and new to the camp or school environment. This camp will focus on the important elements of social, physical and educational development. This play-based program gives children the opportunity to socialize and develop fine & gross motor skills in order to prepare them for a camp environment. Mini Gryphs will provide your child with the tools to successfully transition into future Gryphon Camp Programs.

With a ratio maximum of 1:5, your child will feel more comfortable in a smaller group setting as instructors will be able to provide individual attention. Several instructors in this program will have a background in Child, Youth Family Studies or are Early Childhood Educators. We do utilize journals to communicate back and forth with parents/guardians about your camper's day.

Please note that daily swims are not part of this program.

Runs 9am - 4pm with supervised drop-off 8 - 9am & pick-up 4 - 5pm. Extended supervision available from 5 - 6pm for an additional $25/week.

Visit gryphons.ca/kidsandcamps and select ‘Activity Camps’ for more specific details about our camp experience, and weekly themes.

Outcomes:
- Socialization
- Preparation for Camp
- Creativity
- Self-Growth

Highlights:
- Water Activities
- Themed Crafts
- Outdoor Adventures
- Wacky Wednesdays
- Explore

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Find out if your camper is ready for summer camps! See page 23 for a complete checklist.
Is your child looking for fun, creative, and active activities during the summer? The Junior Activity Camp offers an exciting and unique camp experience for each individual camper. We design our programs to include daily physical activities and social interactions through cooperative games, creativity in our themed crafts and drama programs. We offer recreational swims, and special events that include Wacky Wednesdays and Fun Fridays that enable campers to dress up for the specific themes and “get into character”.

We focus on providing experiences that allow campers to try new things, interact with other campers, and create memories that they will remember for a lifetime.

**Ages: 4-7**
(Born 2013-16)

**Highlights:**
- Creative Themes
- Wacky Wednesdays
- Fun Fridays
- Rec. Swims
- Crafts and Games

**Outcomes:**
- Skill Development
- Positive Social Interactions
- Creativity
- Physical Fitness

Visit gryphons.ca/kidsandcamps and select ‘Activity Camps’ for more specific details about our camp experience and weekly themes.

**Runs 9am - 4pm with supervised drop-off 8 - 9am & pick-up 4 - 5pm. Extended supervision available from 5 - 6pm for an additional $25/week.**

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LE CAMP FRANÇAIS

AGES: 4-7 & 7-9
(Born 2013-16 & 2011-13)

NOTE: This is not a full French Immersion camp, but an opportunity for your child to attend camp in a French and English-speaking blended environment.

JUNIOR (4-7 years): Our Junior le Camp Français offers a unique camp experience that enables each camper to embrace the French language at their comfort level. The camp emphasizes skill development and positive social interactions through a variety of fun recreational activities. Our activities are explained in both French and English, and campers are encouraged to speak in French and learn through our activities including: recreational swims, arts & crafts, cooperative camp games, “Wacky Wednesday” and “Fun Friday” special events complement our weekly themes.

INTERMEDIATE (7-9 years) This camp is designed to have campers learn and speak more often in the french language and will provide the opportunity to try new games and activities on-campus and within walking distance to the campus (e.g. parks, fire station tour, etc.), advanced crafts, and recreational swims. Theme-related trip excursions are planned for three weeks in the summer. See below for more details.

Visit gryphons.ca/kidsandcamps and select ‘Activity Camps’ for more details about our camp and weekly themes.
This program allows campers to have a new experience that is familiar, however different from their experience in Junior Activity Camp. Campers will have the opportunity to try new games and activities on campus and within walking distance to campus (for example parks, fire station tour), advanced crafts, and recreational swims. We can look forward to our Wacky Wednesday and Fun Friday events each week.

During three of the weeks in the summer the group will participate in a trip excursion to a local kids’ activity location that connects with our theme.

Intermediate Activity Camp offers opportunities for campers to gain self-confidence, independence, build on creativity, and create new friendships.

**HIGHLIGHTS:**
- On-Campus & Off-Campus Adventures
- Wacky Wednesdays
- Fun Fridays
- Rec. Swims
- Crafts and Games

**OUTCOMES:**
- Skill Development
- Positive Social Interactions
- Creativity
- Physical Fitness

**Runs 9am - 4pm with supervised drop-off 8 - 9am & pick-up 4 - 5pm. Extended supervision available from 5 - 6pm for an additional $25/week.**

Visit gryphons.ca/kidsandcamps and select ‘Activity Camps’ for more specific details about our camp experience and weekly themes.

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Senior Activity Camp gives youth the opportunity to be introduced to new, advanced and experiential activities. This camp acts as a transition to other opportunities within Gryphon Summer Camps, including our Leadership Program. Campers will have the opportunity to participate in teambuilding challenges, arts, recreational swimming, physical activities, our Wacky Wednesday activity days and weekly off-campus excursions. Camp strives to enhance an understanding of teamwork and gain independence through a variety of options and interests best suited for each individual.

Each week there is an off-campus excursion that takes place on Thursday, with the rain date being Friday, unless otherwise noted (see website).

Please note that on excursion days, we require campers to be at camp by 8:15am for departure.

Runs 9am - 4pm with supervised drop-off 8 - 9am & pick-up 4-5pm. Extended supervision available from 5 - 6pm for an additional $25/week.

Visit gryphons.ca/kidsandcamps and select ‘Activity Camps’ for more details about our camp experience, weekly themes and excursions.

### HIGHLIGHTS:
- Weekly Excursions
- Team Building Challenges
- New and Unique Activities
- Rec. Swims

### OUTCOMES:
- Team Building
- Leadership Opportunities
- New Perspectives
- Active Lifestyle

### Weekly Excursions

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Keep track of your belongings & support our fundraiser!

Go to mabelslables.com and click on ‘Support a Fundraiser’ in the top right corner of the website. Search for ‘Gryphon Summer Camps’ in the drop-down menu when you order your labels. A portion of sales will go to support funding for additional camp related expenses.
We are proud to offer this camp program in conjunction with The Director’s Cut. They will be facilitating a daily morning program on Lego/clay animation, in which campers will create a stop motion animation film. Campers will work in small crews and use clay or Lego to build characters and backgrounds, then bring them to life through the film craft of stop motion animation. The crews will add voices, sound effects and titles and all campers will receive their completed film to take home.

Campers should bring their own Lego and clay or small objects to use in the movie, as we do have limited amounts of materials.

The afternoon will be filled with fun, physical outdoor activities, games and recreational swims to keep our campers happy and energized.

Runs 9am - 4pm with supervised drop-off 8 - 9am & pick-up 4-5pm. Extended supervision available from 5 - 6pm for an additional $25/week.

Visit gryphons.ca/kidsandcamps and select ‘Activity Camps’ for more details about this camp program and experience.

<table>
<thead>
<tr>
<th>DATE</th>
<th>ACTIVITY #</th>
<th>FEE</th>
<th>THEME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon July 27 - Fri July 31/20</td>
<td>24052</td>
<td>$250</td>
<td>Stop Motion Animation</td>
</tr>
<tr>
<td>Mon Aug 31 - Fri Sept 4/20</td>
<td>24078</td>
<td>$250</td>
<td>Stop Motion Animation</td>
</tr>
</tbody>
</table>

In partnership with:

Visit gryphons.ca/kidsandcamps and select ‘Activity Camps’ for more details about this camp program and experience.
Boys Week Out is an opportunity for boys to come together to experience a variety of self-development and teambuilding challenges that will enable them to think outside the box, overcome challenges and develop “hard” and “soft” skills.

Our camp program provides opportunities for recreational swims, unique activities, Leaders of the day, off-campus excursions, and skills that are transferable to their daily lives. Under the direction of our positive male role models, we will provide our campers with diverse programming.

During the weeks that contain the overnight camping trip, camp provides the dinner, breakfast and lunch of the trip. The overnight trip is from Thursday to Friday. Tents will be provided; however, we do ask that if you have a tent and are able to share with others, please bring it on this overnight excursion. Please note that the overnight trip is weather permitting, otherwise we will stay at the university. During our overnight camping weeks, there will be a strong focus on outdoor camping skills and recognizing the connections between nature and the environment.

**Ages: 9-13**  
(Born 2007-11)

**Highlights:**
- Nerf Action Fun
- Rec. Swims
- Fitness and Nutrition
- Leaders of the Day
- Outdoor Adventures

**Outcomes:**
- Team Building
- Self-Confidence
- Respect for Others
- Goal Setting

**Runs 9am - 4pm with supervised drop-off 8 - 9am & pick-up 4 - 5pm. Extended supervision available from 5 - 6pm for an additional $25/week.**

Visit gryphons.ca/kidsandcamps and select ‘Activity Camps’ for more specific details about the camp program, trip excursions, and the overnight camping trips.

<table>
<thead>
<tr>
<th>DATE</th>
<th>ACTIVITY #</th>
<th>FEE</th>
<th>EXCURSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon July 13 – Fri July 17/20</td>
<td>23979</td>
<td>$227</td>
<td>Kelso Conservation Area</td>
</tr>
<tr>
<td>Mon July 27 – Fri July 31/20</td>
<td>23978</td>
<td>$245</td>
<td>Overnight Camping at Rockwood Conservation Area</td>
</tr>
<tr>
<td>Mon Aug 10 – Fri Aug 14/20</td>
<td>23977</td>
<td>$227</td>
<td>Bingeman’s Park</td>
</tr>
<tr>
<td>Mon Aug 17 – Fri Aug 21/20</td>
<td>23976</td>
<td>$245</td>
<td>Overnight Camping at Guelph Lake</td>
</tr>
</tbody>
</table>
Girls Inc. camp is designed to provide girls with experiences that will encourage them to explore who they are as individuals, as well as within a team in order to help them tackle issues they may come across in their life. Experiential activities such as goal setting will provide a better understanding & appreciation for a healthy & active lifestyle and strengthen self-esteem. Experiential activities may also include fitness and dance/movement classes, swimming, nutrition seminar, daily reflections and art activities. By the end of the week, girls will have created a more positive self-image and recognize their own personal growth.

During the weeks that contain the overnight camping trip, camp provides the dinner, breakfast and lunch of the trip. The overnight trip is from Wednesday to Thursday. Tents will be provided, but we do ask that if you have a tent and are able to share with others, please bring it on this overnight excursion. Please note that the overnight trip is weather permitting, otherwise we will stay at the university. During our overnight camping weeks, there will be a strong focus on outdoor camping skills recognizing the connections between nature and the environment.

<table>
<thead>
<tr>
<th>DATE</th>
<th>ACTIVITY #</th>
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<th>EXCURSION</th>
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</thead>
<tbody>
<tr>
<td>Mon July 13 – Fri July 17/20</td>
<td>23994</td>
<td>$227</td>
<td>Kelso Conservation Area</td>
</tr>
<tr>
<td>Mon July 27 – Fri July 31/20</td>
<td>23993</td>
<td>$245</td>
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</tr>
<tr>
<td>Mon Aug 10 – Fri Aug 14/20</td>
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<td>Bingeman's Park</td>
</tr>
<tr>
<td>Mon Aug 17 – Fri Aug 21/20</td>
<td>23992</td>
<td>$245</td>
<td>Overnight Camping at Guelph Lake</td>
</tr>
</tbody>
</table>

Runs 9am - 4pm with supervised drop-off 8 - 9am & pick-up 4 - 5pm. Extended supervision available from 5 - 6pm for an additional $25/week.

Visit gryphons.ca/kidsandcamps and select ‘Activity Camps’ for more specific details about the camp program, trip excursions, and the overnight camping trips.

Visa, MasterCard, American Express, and Discover are accepted payment methods.
The Rock Climbing camp is a mixture of top rope climbing and bouldering experiences for campers to climb and strengthen their climbing abilities, have fun and learn about this popular adventure sport. While participating on the climbing wall, youth will build confidence and appreciate the importance of teamwork, safety, setting goals, and supporting others. The skills learned on the rock wall will transfer into their daily lives.

**Rock Climbing 101** is a perfect camp program for those that are just beginning rock climbing and new to the sport. This is a recreational camp where emphasis will be placed on feeling comfortable at the rock wall, understand the different techniques and become familiar with the sport of rock climbing. They will participate in bouldering activities and top rope climbing activities. Campers will also participate in teambuilding activities, group initiatives, recreational swims, and various active games.

**Rock Climbing 2.0** is for those campers that are passionate about climbing and have participated in climbing before as we advance the skill level by learning to belay, tie knots, advanced skill development and have an off-site trip to another climbing facility. Campers will learn more about technique when climbing and strategy along with understanding the safety behind rock climbing and the equipment used. After this program, campers will have a strong confidence in their climbing knowledge and abilities.

All equipment is provided by the camp.

**Highlights:**
- Bouldering
- Top-Rope Climbing
- The “Golden Shoe” Award
- Climbing Challenges

**Outcomes:**
- Self-Confidence
- Strength Building
- Goal Setting
- Teamwork

Runs 9am - 4pm with supervised drop-off 8 - 9am & pick-up 4 - 5pm. Extended supervision available from 5 - 6pm for an additional $25/week.

<table>
<thead>
<tr>
<th>DATE</th>
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</thead>
<tbody>
<tr>
<td>Rock Climbing 101:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon July 6 - Fri July 10/20</td>
<td>24048</td>
<td>$227</td>
</tr>
<tr>
<td>Tue Aug 4 - Fri Aug 7/20</td>
<td>24047</td>
<td>$190</td>
</tr>
<tr>
<td>Rock Climbing 2.0 (with excursions):</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon July 20 - Fri July 24/20 (Trip to Grand River Rocks)</td>
<td>24050</td>
<td>$245</td>
</tr>
<tr>
<td>Mon Aug 24 - Fri Aug 28/20 (Trip to Core Climbing Gym)</td>
<td>24049</td>
<td>$245</td>
</tr>
</tbody>
</table>

* Ages: 9-14
  (Born 2006-11)

* Dates and times: Mon July 6 – Fri July 10/20
  Tue Aug 4 – Fri Aug 7/20
  Mon July 20 – Fri July 24/20 (Trip to Grand River Rocks)
  Mon Aug 24 – Fri Aug 28/20 (Trip to Core Climbing Gym)

* Website: gryphons.ca/kidsandcamps
  and select ‘Activity Camps’
  for more specific details about the camp program,
  and the trip excursions.
The Leadership Development Program is an experiential-learning based program that fosters leadership skill development and personal growth through weekly programs. Each program is focused on a different leadership topic and designed to be in depth and assist the growth of the youth that attend the program.

**Leadership 101 (Intro to Leadership):** This two-week program (one week in-class, one week in-camp) is designed to open youths’ minds to leadership and what it entails. Workshops during the week include communication effectiveness, working in teams, how to lead, decision making, and being a strong team player. During the second week, individuals will actively participate in Junior Activity Camp planning and facilitation as they become comfortable speaking in front of groups and working with others. Participants will receive 40 hours of community service for the in-camp experience.

**Building Your Job Portfolio:** Workshops will focus on teamwork, conflict resolution, job search, resume writing, interview skills, and completion of the Emergency First Aid Certificate.

**School Leadership:** A great way to kick start “back to school”. Are you thinking of taking a leadership role in high school? Student Council? Working on group assignments? Captain or a leader of an organization? We will walk you through the steps to successfully lead meetings, delegate responsibilities, improve time management, develop program planning, gain support from classmates, be fiscally responsible and how to lead your school towards creating a positive atmosphere.

If you wish to participate in additional in-camp experiences after successfully completing the Leadership 101 program, you can contact Kevin Lindner for additional availability at lindner@uoguelph.ca

Leadership Development Workshop Weeks:

<table>
<thead>
<tr>
<th>DATE</th>
<th>WORKSHOP TOPIC</th>
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<th>FEE</th>
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<td>Building Your Job Portfolio</td>
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<tr>
<td>Mon Aug 24 - Fri Aug 28/20</td>
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Leadership 101 (Intro to Leadership) Two Week Program:

<table>
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<tr>
<th>DATE</th>
<th>ACTIVITY #</th>
<th>FEE</th>
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<tbody>
<tr>
<td>Mon July 13 - Fri July 17/20 &amp; Mon July 20 - Fri July 24/20</td>
<td>24036</td>
<td>$360</td>
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<tr>
<td>Mon July 27 - Fri July 31/20 &amp; Mon Aug 10 - Fri Aug 14/20</td>
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</tr>
<tr>
<td>Mon Aug 17 - Fri Aug 21/20 &amp; Mon Aug 24 - Fri Aug 28/20</td>
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<td>$360</td>
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</table>

For more info & to register, go to gryphons.ca/kidsandcamps and select ‘Activity Camps’ for more specific details.
Are you interested in working as a Gryphon Summer Camp Counsellor in the future (maybe next summer)? Want to build camp skills so you are prepared and have the necessary “tools” to be a great counsellor? The Counsellor-in-Training program is a mixture of workshops and in-camp experiences that will allow you to grow and be prepared to be a counsellor at Gryphon Summer Camps in the future. This program will be offered twice during the summer and you must be dedicated and ready to commit for the full experience.

During the workshop week you will go through camp training, so you will have the skills necessary to work with the campers and understand Gryphon Camp policies. Then for three weeks, you will be a counsellor and work on a team while program planning and facilitating activities. The Director will follow up with you weekly with a Wednesday morning workshop to strengthen your skills and give you more “tools”. This program is ideal for those that are not quite of age but wish to be a counsellor in the near future.

The Gryphon Activity Camp Director along with the Active Kids Coordinator, work together closely to create a strong support structure for each individual. Our senior camp leadership team are positive role models that will always be close by to assist and encourage self-development. Counsellor-in-Training participants will be seen as staff members and be evaluated for future employment.

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity #</th>
<th>Fee</th>
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<tbody>
<tr>
<td><strong>July Session (Must participate in all three in-camp experience weeks):</strong></td>
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<tr>
<td>Mon July 6 - Fri July 10/20 (Workshop week)</td>
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<tr>
<td>Mon July 13 - Fri July 17/20 (Experience week)</td>
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<tr>
<td>Mon July 27 - Fri July 31/20 (Experience week)</td>
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<thead>
<tr>
<th>Date</th>
<th>Activity #</th>
<th>Fee</th>
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<tbody>
<tr>
<td><strong>August Session (Must participate in all three in-camp experience weeks):</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon Aug 10 - Fri Aug 14/20 (Workshop week)</td>
<td>23980</td>
<td>$425</td>
</tr>
<tr>
<td>Mon Aug 17 - Fri Aug 21/20 (Experience week)</td>
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<tr>
<td>Mon Aug 24 - Fri Aug 28/20 (Experience week)</td>
<td>23984</td>
<td>-</td>
</tr>
<tr>
<td>Mon Aug 31 - Fri Sept 4/20 (Experience week)</td>
<td>23982</td>
<td>-</td>
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</tbody>
</table>
Love working with children? Want to earn community service hours? Have previous experience in our Leadership Programs or Counsellor-In-Training Program and want to build on those skills? Being part of the Volunteer Program with Gryphon Summer Camps is the perfect opportunity for you!

All volunteers must participate in the formal volunteer training session (prior to approved volunteer week), where information will be provided to ensure individuals are prepared for the in-camp experience. While at camp, volunteers will be supported by Camp Staff who will provide valuable feedback to volunteers as they assist with supervision and facilitation of camper activities.

If you are interested in being a Gryphon Summer Camp Volunteer, please email Kevin Lindner (Active Kids Coordinator) at lindner@uoguelph.ca by June 19th, 2020 to request a Gryphon Volunteer Application form.

We cherish and celebrate our volunteers and ensure they will feel part of the Gryphons Camp team.

PLEASE NOTE: Limited volunteer applications will be accepted for the 2020 Summer Season.

Programs runs 8:30am - 4:30pm daily.

gryphons.ca/kidsandcamps and select ‘Activity Camps’ for more info & to register
The Gryphon Basketball Camp will teach a wide variety of basketball skills & techniques through demonstration and is designed to assist participants who have a love for the game. This updated camp design will separate campers into two separate groups for skill sessions to promote individual growth and success. All camp programs are co-ed.

RECREATIONAL STREAM (FULL DAY)
Geared toward players ages 7-11 who are looking for an action-packed, fun, game-based basketball camp experience. Focus will be placed on drills, player position, basketball fundamentals, and recreational swims or a variety of non-basketball activities. Pizza lunch included on Fridays.

**Dates & Times**
- **Aug 4-7, 11-13:** 9am-12pm
- **Aug 10-14, 13+:** 1-4pm

**Fees**
- **11-13:** $115
- **13+:** $120

**Program Details**
- **Recreational**
  - **Aug 4-7:** 9am-4pm
  - **Aug 10-14:** 9am-4pm
  - **Aug 17-21:** 9am-4pm

**Additional Information**
- Runs 9am - 4pm. Supervised drop-off 8 - 9am & pick-up 4 - 5pm.
- Extended supervision available from 5 - 6pm for an additional $25/week.

**INSTRUCTIONAL STREAM (HALF DAY)**
Geared toward players aged 11 and older who have some knowledge of game structure and are looking for more skills & technique development. Each week will focus on specific basketball skills. Athletes will compete in appropriate age/skill level groups as Gryphon coaches, varsity basketball players & guest speakers provide targeted instruction and descriptive feedback.

**Camps**
- **Shooting Camp (Aug. 4-7)** Focus will be placed on proper shooting technique with the opportunity to compete and review fundamentals through video shot analysis.
- **Guard Post Camp (Aug. 10-14)** A skill-oriented camp focusing on both basic and advanced fundamentals that are vital to both guard and post play.
- **Skills Academy (Aug. 17-21)** 3-on-3 game play will enhance the development of players as they focus on ball control, shooting, passing, decision-making, & movement. Athletes will practice individual & team defensive concepts & movements, footwork, understand move & attack space.

See below for camp hours. Supervised drop-off 8 - 9am & pick-up 4 - 5pm (included in camp fee).

**Dates & Times**
- **Aug 4-7:** 11-13 9am-12pm
- **Aug 4-7:** 13+ 1-4pm
- **Aug 10-14:** 11-13 9am-12pm
- **Aug 10-14:** 13+ 1-4pm
- **Aug 17-21:** 11-13 9am-12pm
- **Aug 17-21:** 13+ 1-4pm

**Fees**
- **Shooting:** $115
- **Guard Post:** $150
- **Skills Academy:** $150

**Additional Information**
- The Gryphon Basketball Camp will teach a wide variety of basketball skills & techniques through demonstration and is designed to assist participants who have a love for the game. This updated camp design will separate campers into two separate groups for skill sessions to promote individual growth and success. All camp programs are co-ed.

Visit gryphons.ca/kidsandcamps and select ‘Sports Camps’ for more specific details about this camp.
ELITE BASKETBALL

This high performance, elite skills camp is geared towards driven athletes. Guest speakers team up with Gryphon Basketball Coaches and elite Varsity Basketball players to deliver a high caliber skills camp to prepare athletes for their upcoming Rep and High School seasons. **Minimum one-year Rep Basketball experience required. This is a half day program.**

Boy’s camp program runs 9am-12pm. Girl’s camp program runs 1-4pm.

<table>
<thead>
<tr>
<th>DATE TIME</th>
<th>TIME</th>
<th>ACTIVITY #</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>BOYS: Mon July 13 - Fri July 17/20</td>
<td>9am-12pm</td>
<td>24302</td>
<td>$150</td>
</tr>
<tr>
<td>GIRLS: Mon July 13 - Fri July 17/20</td>
<td>1pm-4pm</td>
<td>24303</td>
<td>$150</td>
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</table>

HIGH SCHOOL GIRLS SEASON PREP CAMP

This advanced performance skills camp will focus on the development of the player’s fundamentals in both the offensive and defensive facets of the game. Female Athletes will be divided into appropriate age & skill level groups. This week will help athletes prepare for upcoming school tryouts! **Participants in this camp should be ‘registered’ high school students.**

Camp runs 6-8:30pm.

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<tr>
<th>DATE TIME</th>
<th>TIME</th>
<th>ACTIVITY #</th>
<th>FEE</th>
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</thead>
<tbody>
<tr>
<td>Mon Aug 31 - Thu Sept 3/20 (Female)</td>
<td>6pm-8:30pm</td>
<td>24435</td>
<td>$100</td>
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</tbody>
</table>

Visit gryphons.ca/kidsandcamps and select ‘Sports Camps’ for more specific details about this camp.
Note: This is a physically demanding certification course

Get Bronzed! This one-week crash course will take participants through instruction and physical practice in attempts to achieve certification in the following Lifesaving Society certifications; Bronze Medallion, Emergency First Aid with CPR Level B, and Bronze Cross.

While Bronze Crash Course is intended to be fun, exciting and educational, the overarching goal is to prepare the candidates to attempt all three levels of certification by the end of the week. Instruction and evaluation will be ongoing; therefore 100% attendance is mandatory.

Runs 8am-5pm. Extended supervision available from 5 - 6pm for an additional $25/week.

Visit gryphons.ca/kidsandcamps and select ‘Sports Camps’ for more specific details about the course program, participant skill requirements, and what to bring to camp. Registration includes the Canadian Lifesaving Manual & Bronze Workbook, as well as Lifesaving Society Certification for all successfully completed levels.

Outcomes:
- Improved Stroke Efficiency
- Physical Fitness
- Endurance
- Understand First Aid, CPR & Choking Standards
- Understand Entries, Approaches, Carries & Tows To Assist In-Distress Swimmers
- Recognize Communication & Problem Solving In Team Rescues

**Ages: 13-18**
(Born 2002-07)

<table>
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<tr>
<th>DATE</th>
<th>ACTIVITY #</th>
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<tr>
<td>Mon Aug 31 - Fri Sept 4/20</td>
<td>24305</td>
<td>$370</td>
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</table>

11-14 Years Old? **Check out our Bronze Star Program**

Become a stronger swimmer, learn CPR and practice problem-solving & decision making in our 7 week program. **See page 21 for details.**
This skill-based camp will focus on improving technique in all four Olympic strokes as well as the fundamental skills of streamlines, flipturns, dives, backstroke starts and relay takeovers. Campers will swim twice each day and combine their skill work with team relays, and challenges in the pool, as well as fun dryland activities, week-long partner competitions and a chance to show off their hard work at a mini meet on Friday afternoon.

Campers must be able to swim 50m of Freestyle (two lengths of the Gryphon Gold Pool) comfortably (without the aid of the bottom/side of the pool or any PDF).

**HIGHLIGHTS:**
- Learning All Four Olympic Strokes
- Final Day Mini-Meet
- Dryland Activities

**OUTCOMES:**
- Skill Development
- Increase Proficiency
- Have Fun Learning About The Sport Of Swimming

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<tr>
<th>DATE</th>
<th>ACTIVITY #</th>
<th>FEE</th>
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<tr>
<td>Mon Aug 24 - Fri Aug 28/20</td>
<td>24307</td>
<td>$240</td>
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</tbody>
</table>

Runs 9am - 4pm with supervised drop-off 8 - 9am & pick-up 4 - 5pm. Extended supervision available from 5 - 6pm for an additional $25/week.

Visit gryphons.ca/kidsandcamps and select ‘Sports Camps’ for more specific details about the camp program, and what to bring to camp.
This one-week, recreational and skill-based camp is designed specifically for campers with little to no experience in the world of dance. Daily workshops will cover a variety of dance forms such as hip-hop, lyrical, jazz and musical theatre and will focus on technique and choreography to build confidence on the dance floor. The week will conclude with a dance recital that guests can attend on the Friday afternoon. The goal of this camp is to create a fun and rewarding experience for all dancers by combining the love of dance with team building games and activities. This camp is packed with activities including recreational swims, arts & crafts and a whole bunch of dance!

Special attire is not required for this camp. Comfortable fitting clothing and running shoes will be suitable for all classes.

**Runs 9am - 4pm with supervised drop-off 8 - 9am & pick-up 4 - 5pm. Extended supervision available from 5 - 6pm for an additional $25/week.**

**Visit gryphons.ca/kidsandcamps and select ‘Sports Camps’ for more specific details about this camp.**

### HIGHLIGHTS:
- Friday Dance Recital
- Exposure to a Variety of Dance Styles
- Rec. Swims

### OUTCOMES:
- Learn variety of Dance Movements
- Self-Confidence
- Perform a Group Dance
- Technical Mastery

### DATE | ACTIVITY # | FEE
---|---|---
Mon July 13 - Fri July 17/20 | 24310 | $220
Mon July 20 - Fri July 24/20 | 24311 | $220

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Keep track of your belongings & support our fundraiser!

Go to mabelslabels.com and click on ‘Support a Fundraiser’ in the top right corner of the website. Search for ‘Gryphon Summer Camps’ in the drop-down menu when you order your labels. A portion of sales will go to support funding for additional camp related expenses.
This skill-based program is designed for those that dance regularly or have previously attended Gryphon Discover Dance Camp and would like to continue to be challenged throughout the summer. Workshops will focus on each individual’s technique development and choreography in lyrical, jazz and hip hop. Previous exposure to dance is necessary for this advanced level camp that concludes with a dance recital that guests can attend on the Friday afternoon of this program.

Campers will have the opportunity to learn new dance techniques and collaborate to develop routines for their performance but will also have time to relax during a recreational swim. In preparation for the recital, campers may require some extra practice time on their own, outside of camp hours, to work on their choreography.

Special attire is not required for this camp. Comfortable fitting clothing and running shoes will be suitable for all classes.

**Highlights:**
- Friday Dance Recital
- Exposure to a Variety of Dance Styles
- Rec. Swims

**Outcomes:**
- Development of Technical Skills
- Perform in a Group Dance
- Teamwork

**Ages:** 10-14 (Born 2006-10)

**Holiday Camp Dates:**
- Mon Aug 10 – Fri Aug 14/20

**Activity #:** 24309

**Fee:** $230

**Runs 9am - 4pm with supervised drop-off 8 - 9am & pick-up 4 - 5pm. Extended supervision available from 5 - 6pm for an additional $25/week.**

Visit gryphons.ca/kidsandcamps and select ‘Sports Camps’ for more specific details about this camp.

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Looking for more details or to register? Go to gryphons.ca/kidsandcamps & select ‘Sports Camps’
Flag Football is the perfect way to develop skills and techniques that are easily transferable to any sport. Skills such as speed, agility, hand-eye coordination and balance will be developed over the course of the week. It is also a great way to get introduced to the game of football!

Flag Football Camp will expose campers to drills and teachings that are designed to enhance their overall athletic abilities. Those in the 7-10-year-old camp will be introduced to basic football skills such as route running, catching, throwing, and most importantly teamwork. Campers in the 11-13-year-old camp will further their skills at specific positions and be introduced to the tactical side of flag football including scheme and strategy. Campers will also have recreational swims and participate in team initiatives that promote teamwork and cooperation.

**Runs 9am - 4pm with supervised drop-off 8 - 9am & pick-up 4 - 5pm. Extended supervision available from 5 - 6pm for an additional $25/week.**

Visit gryphons.ca/kidsandcamps and select ‘Sports Camps’ for more specific details about this camp program. *Final day lunch at Bob’s Dogs included within the camp fee.*

### DATE | ACTIVITY # | FEE
--- | --- | ---
**Ages 7-10**  
Mon July 13 – Fri July 17/20 | 24320 | $210  
Mon July 27 – Fri July 31/20 | 24318 | $210
**Ages 11-13**  
Mon July 13 – Fri July 17/20 | 24313 | $210  
Mon July 27 – Fri July 31/20 | 24315 | $210
Synchronized swimming combines the best of dance, gymnastics, and swimming all in one fun creative package. This sport promotes flexibility, strength, endurance, artistic expression and a high level of fitness through land and water training. Campers new to the sport will learn basic synchro skills and create a mini routine to show off in a Friday afternoon water show for family and friends. Campers with previous experience will continue to work on skills and routine creations. Other activities will include bathing suit design, hair & cap design, dance, out-of-water activities, and outdoor games.

Camp participants should have Red Cross Level 5 or equivalent and be able to swim 25m (one length of front crawl).

**HIGHLIGHTS:**
- Bathing Cap and Bathing Suit Designs
- Friday Finale Water Show
- Routine Choreography

**OUTCOMES:**
- Improved Techniques
- Creativity
- Confidence
- Friendships

**DATE** | **ACTIVITY #** | **FEE**
--- | --- | ---
Mon July 27 – Fri July 31/20 | 24327 | $235

Runs 9am - 4pm with supervised drop-off 8 - 9am & pick-up 4 - 5pm. Extended supervision available from 5 - 6pm for an additional $25/week.

Visit gryphons.ca/kidsandcamps and select ‘Sports Camps’ for more specific details about this camp program, participant skill requirements, and what to bring to camp.

Looking for more details or to register? Go to gryphons.ca/kidsandcamps & select ‘Sports Camps’
**GIRL’S HOCKEY**

**GIRL’S HOCKEY**

**Highlights:**

* On-Ice & Off-Ice Training
* Skill Development
* Rec. Swims
* Friday Finale With Lunch At Bob’s Dogs
* Coaching By Varsity Athletes

**Outcomes:**

- Skill Development (Skating, Puck Possession, Passing, Shooting)
- Teamwork
- On-Ice Strategy

**Division: Novice (2012-13 / Novice 20/21 Season)**

This program builds on the most important skills of the game of hockey and is designed for novice aged players who are continuing to develop motor skills and coordination. Fundamentals (skating, puck control, small area games and creative thinking) will be the focus for this group. Ice sessions are designed to both teach and challenge each player while having fun.

**Division: Atom (2010-11 / Atom 20/21 Season)**

Designed for Atom aged players who are beginning to master the fine motor skills required to develop both individual skill and team tactics. Areas of focus include skating, puck control, shooting/scoring, small area games, creative thinking, individual tactics and developing defense.

**Division: Peewee (2008-09 / Peewee 20/21 Season)**

Peewee aged players are entering the window of accelerated adaptation to motor coordination. On the ice, this group will focus on skating and puck control.

**Goalie Program (2008-13)**

Goaltenders will practice on-ice alongside players, at a reduced rate, but will not receive specific goaltending instruction.

**Equipment:** Appropriate hockey equipment is the responsibility of each participant including goaltenders. Full gear must be worn for each on-ice session.

**Runs:** 8:30am - 4:30pm with supervised drop-off 8:30 - 9am & pick-up 4:30 - 5pm. Extended supervision available from 5 - 6pm for an additional $25/week.

**Visit gryphons.ca/kidsandcamps and select ‘Sports Camps’ for more details about this camp, equipment lists, and overall program outline. Final day lunch at Bob’s Dogs included within the camp fee.**

<table>
<thead>
<tr>
<th><strong>Division</strong></th>
<th><strong>Date</strong></th>
<th><strong>Activity #</strong></th>
<th><strong>Fee</strong></th>
</tr>
</thead>
</table>
This camp is designed for novice and first year atom-aged players who are just beginning their hockey journey. Fundamentals (skating, puck control, small area games) will be the focus.

Each day, the first on-ice session will be dedicated to powerskating, while the second session will focus on puck skills. On-ice sessions are designed to both teach and challenge each player while having fun.

**Highlights:**
- Lots of On-Ice Time
- Skill Development
- Coaching by Varsity Athletes
- Rec. Swims
- Off-Ice training

**Outcomes:**
- Hockey Skill Development
- Teamwork On The Ice
- Confidence In Playing Ability

**Ages:** 7-9
(Born 2011-13)

**Runs 8:30am - 4:30pm with supervised drop-off 8:30 - 9am & pick-up 4:30 - 5pm. Extended supervision available from 5 - 6pm for an additional $25/week.**

**Visit gryphons.ca/kidsandcamps and select ‘Sports Camps’ for more details about this camp, equipment lists, and overall program outline. Final day lunch at Bob’s Dogs included within the camp fee.**

**DATE** | **ACTIVITY #** | **FEE**
--- | --- | ---
Mon July 13 - Fri July 17/20 | Player: 24415 | Goalie: 24416 | $310 | $250

**Are you a Jr Gryphon?**
You can save money on your camp registration fees!
Ask your minor sports organization for details.
During hockey camp, we promote solid hockey technique foundations, proper stretching, as well as warm up and cool down techniques. Players will grow in their skating, passing, shooting, and overall abilities on the ice. There will also be an equipment manager on-site every morning to help with any equipment related issues.

**JUNIOR VARSITY (2011-14)**: This program builds on the most important skills of the game of hockey, with an introduction to individual tactics. Drills are designed to both teach and challenge each student, motivating every player to take their game to the next level. If you are 9 years old and play in a competitive league, you may wish to contact us to discuss enrolling in Varsity.

**VARSITY (2007-10)**: This program is designed for hockey players entering their most competitive years. Individual skill development is emphasized along with an introduction to team tactics.

**GOALTENDER PROGRAM (2007-14)**: Goaltenders will practice on-ice alongside players in the correct division, at a reduced rate. Separate goaltending instruction may not be available.

**EQUIPMENT**: Appropriate hockey equipment is the responsibility of each participant including goaltenders. Full gear must be worn for each on-ice session.

**HIGHLIGHTS:**
- Off-Ice Training
- Skill Development
- On-Ice Training
- Rec. Swims
- Friday Finale With Lunch At Bob’s Dogs
- Playing With Varsity Athletes

**OUTCOMES:**
- Skill Development (Skating, Puck Possession, Passing, Shooting)
- Teamwork
- On-Ice Strategy

**Ages: 6-9 & 10-13**
(Born 2011-14 & 2007-10)

**Runs 8:30am - 4:30pm with supervised drop-off 8-8:30am & pick-up 4:30-5pm. Extended supervision available from 5 - 6pm for an additional $25/week.**

Visit gryphons.ca/kidsandcamps and select ‘Sports Camps’ for more specific details about this camp, equipment lists, and overall program outline. Final day lunch at Bob’s Dogs included within the camp fee.

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity #</th>
<th>Fee</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Player: 24350</td>
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<tr>
<td>Player: 24362</td>
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<td>$250</td>
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</tbody>
</table>
Hockey / Lacrosse

Athletes will have the opportunity to develop and enhance both their lacrosse and hockey skills in the same week! Both camp sections will focus on individual fundamentals with the goal of introducing team-focused activities towards the end of the week. This camp will allow individuals to transfer their skills from hockey to lacrosse and vice versa, as skills in each sport are complimentary. What a great way to play both of Canada’s national sports!

**EQUIPMENT:** All participants are required to provide their own appropriate hockey equipment, and lacrosse stick. If new to the sport of lacrosse, you can wear your hockey shoulder pads, gloves, and helmet. Mouth guards are recommended for both activities and cleats are optional.

**Runs 9am - 4pm with supervised drop-off 8 - 9am & pick-up 4 - 5pm. Extended supervision available from 5 - 6pm for an additional $25/week.**

**Highlights:**
- Lots of On-Ice Time
- Fun drills
- Playing with Varsity Athletes
- Championship Friday
- Rec. Swims
- Off-Ice Training

**Ages:** 7-9 & 10-12 (Born 2011-13 & 2008-10)

**Outcomes:**
- Hockey Skill Development
- Lacrosse Fundamentals
- Transference of Skills Between Sports

**Date** | **Activity #** | **Fee**
---|---|---
Mon July 20 - Fri July 24/20 (7-9 years) | 24366 | $285
Mon July 20 - Fri July 24/20 (10-12 years) | 24367 | $285

Visit gryphons.ca/kidsandcamps and select ‘Sports Camps’ for more specific details about this camp, equipment lists, and overall program outline. Final day lunch at Bob’s Dogs included within the camp fee.

**ARE YOU A JR GRYPHON?**

YOU CAN SAVE MONEY ON YOUR CAMP REGISTRATION FEES!

Ask your minor sports organization for details.
ARE YOU A JR GRYPHON?
You can save on your camp fees!
Includes GYBA, GGHA, GMHA, GYVA, GSC & GMFA.
Contact your minor sport organization for details.
Lacrosse Camp will provide all young athletes an opportunity to develop and enhance their lacrosse skills. While the focus will be on individual fundamentals, the camp will gradually work toward the introduction of team-focused activities that may be applied both in Box and Field Lacrosse. Players are encouraged to have had some prior lacrosse experience playing either organized box or field lacrosse.

**EQUIPMENT:** All participants are required to provide their own appropriate lacrosse equipment, including helmet, gloves, stick, arm and rib pads, cleats and a mouth guard.

**Ages:** 7-12 (Born 2008-13)

**Highlights:**
- Lacrosse Fundamentals
- Game Scenarios (Scrimmage)
- Active Participation

**Outcomes:**
- Communication Strategies
- Situational Teamwork

Visit gryphons.ca/kidsandcamps and select ‘Sports Camps’ for more specific details about this camp, equipment lists, and overall program outline.

**Run Time:**
Runs 9am - 4pm with supervised drop-off 8 - 9am & pick-up 4 - 5pm. Extended supervision available from 5 - 6pm for an additional $25/week.

**Fees:**

<table>
<thead>
<tr>
<th>DATE</th>
<th>ACTIVITY #</th>
<th>FEE</th>
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<tbody>
<tr>
<td>Mon July 27 – Fri July 31/20</td>
<td>24368</td>
<td>$210</td>
</tr>
</tbody>
</table>

**ARE YOU A JR GRYPHON?**

You can save money on your camp registration fees!
Ask your minor sports organization for details.
Note: This is a physically and mentally intensive week of training. Be sure to pack your positive attitude.

University of Guelph Varsity Strength & Conditioning Coaches will educate individuals about the basics of strength & conditioning in order to improve athletic performance and feel confident about their next visit to the gym.

Coaches will take athletes through a movement assessment and then develop a comprehensive program emphasizing proper technique. Training sessions will primarily be practical including movement competency, strength, power, speed, agility and conditioning, with some classroom sessions covering injury prevention, nutrition and recovery.

Learn more about the Gryphon Performance Academy at: gryphonperformance.ca

Runs 9am - 4pm with supervised drop-off 8 - 9am & pick-up 4-5pm. Extended supervision available from 5 - 6pm for an additional $25/week.

Visit gryphons.ca/kidsandcamps and select ‘Sports Camps’ for more specific details about this camp program.

<table>
<thead>
<tr>
<th>DATE</th>
<th>ACTIVITY #</th>
<th>FEE</th>
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<tbody>
<tr>
<td>Mon July 20 - Fri July 24/20</td>
<td>24335</td>
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<tr>
<td>Mon Aug 17 - Fri Aug 21/20</td>
<td>24404</td>
<td>$350</td>
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</tbody>
</table>
Learn the importance of fitness and being active with this hands-on experience under the direct supervision of Fitness Centre staff by utilizing the University of Guelph Gryphons Fitness Centre (equipment includes: treadmills, elliptical trainers & strength equipment).

Fitness classes (such as circuit, yoga, cardio kickbox) will also be offered each day, allowing campers to have fun in a dynamic environment full of energy and movement. To further add to the experience, games and activities incorporating nutrition and anatomy will provide an understanding of how the body works and how to make it work even better.

The goal of this camp is to create a fun and unique experience by combining both fitness and play. If campers are looking to learn, improve sport skills or just have fun, this unique camp is for them.

Ages: 10-14 (Born 2006-10)

Highlights:
- Work-out in the GGAC Fitness Centre
- Trip to Boathouse for Canoeing
- Participating in University Fitness Classes
- Rec. Swims

Outcomes:
- Understanding of Healthy Lifestyles
- Exposure to Various Types of Fitness
- Introduction to Anatomy
- Gain Confidence When Making Fitness Decisions

Runs 9am - 4pm with supervised drop-off 8 - 9am & pick-up 4 - 5pm. Extended supervision available from 5 - 6pm for an additional $25/week.

Visit gryphons.ca/kidsandcamps and select ‘Sports Camps’ for more specific details about this camp program.

<table>
<thead>
<tr>
<th>DATE</th>
<th>ACTIVITY #</th>
<th>FEE</th>
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<tbody>
<tr>
<td>Mon July 6 - Fri July 10/20</td>
<td>24403</td>
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</tr>
<tr>
<td>Mon Aug 24 - Fri Aug 28/20</td>
<td>24402</td>
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</tbody>
</table>
Focus will be placed on basic skills and technical development in order to strengthen each camper’s soccer foundation and enhance skill levels all with an emphasis on having fun. Depending on age (Recreational/Instructional) and skill level, campers will be grouped with others of similar ability. All-camp games, including Friday tournament day, will include groups of mixed age ranges.

Ages: 6-9 & 9-13
(Born 2011-2014 & 2007-2011)

Highlights:
- Lots of Play on a Variety of Fields
- Playing with Varsity Soccer Players
- Tournament Friday
- Off-Field Training

Outcomes:
- Understanding of Soccer Game Basics
- Skill Development
- Teamwork
- Confidence

 Runs 9am - 4pm with supervised drop-off 8 - 9am & pick-up 4 - 5pm. Extended supervision available from 5 - 6pm for an additional $25/week.

Visit gryphons.ca/kidsandcamps and select ‘Sports Camps’ for more specific details about this camp and overall program outline. Friday pizza lunch included within the camp fee.

<table>
<thead>
<tr>
<th>DATE</th>
<th>ACTIVITY #</th>
<th>RECREATIONAL</th>
<th>FEE</th>
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<tr>
<td>Recreational (Ages 6-8)/Instructional (Ages 9-13)</td>
<td>Rec: 24381</td>
<td>Inst: 24375</td>
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<tr>
<td>Mon July 6 - Fri July 10/20</td>
<td>Rec: 24382</td>
<td>Inst: 24376</td>
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<tr>
<td>Mon July 13 – Fri July 17/20</td>
<td>Rec: 24380</td>
<td>Inst: 24374</td>
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<tr>
<td>Mon July 20 - Fri July 24/20</td>
<td>Rec: 24383</td>
<td>Inst: 24377</td>
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<tr>
<td>Mon July 27 – Fri July 31/20</td>
<td>Rec: 24379</td>
<td>Inst: 24373</td>
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<tr>
<td>Tue Aug 4 – Fri Aug 7/20</td>
<td>Rec: 24378</td>
<td>Inst: 24372</td>
<td>$210</td>
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<tr>
<td>Mon Aug 10 – Fri Aug 14/20</td>
<td>Rec: 24384</td>
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<td>*Wed July 22 - Fri July 24/20</td>
<td>*Goaltenders: 24385</td>
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<tr>
<td>Goaltender Session (Ages 9-13)</td>
<td>Mon July 20 - Tue July 21/20</td>
<td>24384</td>
<td>$100</td>
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</table>
Designed for Rep players with at least one season of playing Rep level soccer that are looking for a structured, drill-based training camp with off-field training and classroom strategy sessions. There is no recreational swim in this camp program.

Ages: 10-17  
(Born 2003-10)

**HIGHLIGHTS:**
- Lots of Play on a Variety of Fields
- Directed by Varsity Soccer Coaches
- Video Review
- Off-field training

**OUTCOMES:**
- Soccer Game Basics
- Skill Development
- Teamwork
- Confidence

**DATE** | **ACTIVITY #** | **FEE**
--- | --- | ---
Boys: Mon July 6 - Fri July 10/20 | 24371 | $265
Girls: Mon July 6 - Fri July 10/20 | 24370 | $265

Runs 9am - 4pm with supervised drop-off 8 - 9am & pick-up 4 - 5pm. Extended supervision available from 5 - 6pm for an additional $25/week.

Visit gryphons.ca/kidsandcamps and select ‘Sports Camps’ for more specific details about this camp and overall program outline. Friday pizza lunch included within the camp fee.

ARE YOU A JR GRYPHON?
YOU CAN SAVE MONEY ON YOUR CAMP REGISTRATION FEES!
Ask your minor sports organization for details.

FOR MORE INFO & TO REGISTER  
gryphons.ca/kidsandcamps
Gryphon Track & Field Camp will develop skills that will become a foundation throughout a young athlete’s life. Daily sessions (half or full day options available) will include an exciting mix of technical practice, games and special events; moving from general to more specific. Campers will have the opportunity to try multiple events and then grow in specific track and field events they are passionate about. Mini-Olympics on the final day will be the highlight of the week when campers compete as countries in events to determine the champion. Campers that are attending the half day program are permitted to participate for the full day on the “Friday Olympics”.

Track & Field camp provides opportunities for campers to learn and recognize their strengths in this field, while working together as a team and celebrating the successes of fellow campers.

Half day camp program runs 9am - 12pm with supervised drop-off 8 - 9am. Full day camp program runs 9am - 4pm with supervised drop-off 8 - 9am & pick-up 4 - 5pm. Extended supervision is available from 5 - 6pm for an additional $25/week.

Visit gryphons.ca/kidsandcamps and select ‘Sports Camps’ for more specific details about this camp program.

<table>
<thead>
<tr>
<th>DATE</th>
<th>ACTIVITY #</th>
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<tbody>
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<td>Mon July 20 - Fri July 24/20</td>
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<td>Mon Aug 10 - Fri Aug 14/20</td>
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<tr>
<td>Mon Aug 17 - Fri Aug 21/20</td>
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<td>Mon Aug 24 - Fri Aug 28/20</td>
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<tr>
<td><strong>Half Day (9am-12pm)</strong></td>
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<tr>
<td>Mon July 13 - Fri July 17/20</td>
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<tr>
<td>Mon Aug 24 - Fri Aug 28/20</td>
<td>24396</td>
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</tbody>
</table>
Is your camper looking to put their love of cycling, swimming and running all together and try a triathlon? This is a skill-based camp, focused on improving technique in cycling, running and swimming skills. Each day will include a swim, bike and run that will combine skill work with team relays, challenges and fun dryland activities. Campers may get to experience guest coaches from past and present National Team members of Tri Canada. On Friday afternoon campers get to show off their hard work by partaking in a Triathlon around the university campus. This camp is great preparation for the many youth triathlons offered throughout the summer.

Campers must be able to swim 50m of front crawl comfortably (without the aid of the bottom/side of the pool or using a pfd). Each camper must provide their own bicycle, an approved helmet, running shoes, and swimming attire for the week.

**HIGHLIGHTS:**
- Team Relays
- Final Day Triathlon
- Outdoor Activities

**OUTCOMES:**
- Improved Techniques
- Triathlon Knowledge
- Self-Confidence

**DATE ACTIVITY # FEE**
Tue Aug 4 – Fri Aug 7/20 24398 $195

**Runs 9am - 4pm with supervised drop-off 8 - 9am & pick-up 4 - 5pm. Extended supervision available from 5 - 6pm for an additional $25/week.**

**Visit gryphons.ca/kidsandcamps and select ‘Sports Camps’ for more specific details about this camp program, participant skill requirements, and what to bring to camp.**

**Keep track of your belongings & support our fundraiser!**

Go to mabelslabels.com and click on ‘Support a Fundraiser’ in the top right corner of the website. Search for ‘Gryphon Summer Camps’ in the drop-down menu when you order your labels. A portion of sales will go to support funding for additional camp related expenses.
Gryphon Volleyball Camp will help athletes to develop their individual volleyball techniques (setting, passing, serving, defense, etc.). Players will be divided into groups of same ability levels to ensure that they are taught skills and techniques which suit their skill level.

Camp will also include an introduction to beach volleyball, including basic techniques of offense, defense and movement (weather permitting), and instruction on the differences between the indoor and beach games. There will be plenty of playing opportunities in many different formats (doubles, triples, 4s, and 6s).

**HIGHLIGHTS:**
- Beach Volleyball
- Skill Challenges
- Volleyball Tournament
- Rec. Swims

**OUTCOMES:**
- Improved Techniques
- Teamwork
- Positional Development

**DATE** | **ACTIVITY #** | **FEE**
---|---|---
Mon Aug 31 – Fri Sept 4/20 | 24400 | $210

Visit gryphons.ca/kidsandcamps and select ‘Sports Camps’ for more specific details about this camp program.

**ARE YOU A JR GRYPHON?**

YOU CAN SAVE MONEY ON YOUR CAMP REGISTRATION FEES!
Ask your minor sports organization for details.
IMPORTANT: For each positional session, the female participant must have at least 2 years of playing that specific position (setter, middle blocker, liberos, outside hitter). The program is designed for athletes who are participating in high performance club volleyball and have interest in playing the sport at the post-secondary level.

Setters: This training camp will focus on setting technique, hand position, jump setting, defense, tempo sets, and running an offense.

Middle Blockers: This training camp will focus on blocking technique & footwork, first tempo attacking, transition footwork, serving, defense, and setting 2nd contact.

Liberos: This training camp will focus on defensive technique, recovery/floor skills, service reception technique, setting 2nd contact, and developing the libero mindset.

Outside Hitters: This training camp will focus on attacking from outside positions, service reception technique, defense, serving, blocking technique and footwork.

Setters & Liberos Camp Program runs 9am - 12pm.
Middle Blockers & Outside Hitters Camp Program runs 1 - 4pm.

Visit gryphons.ca/kidsandcamps and select ‘Sports Camps’ for more specific details about this camp program and participant skill requirements.

<table>
<thead>
<tr>
<th>POSITION</th>
<th>DATE</th>
<th>ACTIVITY #</th>
<th>TIME</th>
<th>FEE</th>
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<tbody>
<tr>
<td>Setters</td>
<td>Mon Aug 24 – Thu Aug 27/20</td>
<td>24333</td>
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<tr>
<td>Middle Blockers</td>
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<td>Liberos</td>
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<tr>
<td>Outside Hitters</td>
<td>Mon Aug 31 – Thu Sept 3/20</td>
<td>24332</td>
<td>1pm-4pm</td>
<td>$120</td>
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2020 SUMMER CAMP CALENDAR

**JULY 6-10**
- Mini Gryphs
  - Ages: 3-5
- Junior Activity
  - Ages: 4-7
- Jr. le Camp Français
  - Ages: 4-7
- Int. le Camp Français
  - Ages: 7-9
- Intermediate Activity
  - Ages: 7-9
- Senior Activity
  - Ages: 9-13
- Rock Climbing 101
  - Ages: 9-14
- Counsellor-In-Training
  - Ages: 15-16
- Hockey
  - Ages: 6-9 & 10-13
- Soccer
  - Ages: 6-9 & 9-13
- Elite Soccer (Boys & Girls)
  - Ages: 10-17
- Youth Fitness
  - Ages: 10-14

**JULY 13-17**
- Mini Gryphs
  - Ages: 3-5
- Junior Activity
  - Ages: 4-7
- Jr. le Camp Français
  - Ages: 4-7
- Int. le Camp Français
  - Ages: 7-9
- Intermediate Activity
  - Ages: 7-9
- Girls Inc.
  - Ages: 9-13
- Boys Week Out
  - Ages: 9-13
- Leadership 101 (2 Weeks)
  - Ages: 7-9
- Elite Basketball
  - Ages: 13-17
- Discover Dance
  - Ages: 8-12
- Flag Football
  - Ages: 7-10 & 11-13
- Girl’s Hockey (Beginner)
  - Ages: 7-9
- Hockey
  - Ages: 6-9 & 10-13
- Soccer
  - Ages: 6-9 & 9-13
- Track and Field
  - Ages: 7-14

**JULY 20-24**
- Mini Gryphs
  - Ages: 3-5
- Junior Activity
  - Ages: 4-7
- Jr. le Camp Français
  - Ages: 4-7
- Int. le Camp Français
  - Ages: 7-9
- Intermediate Activity
  - Ages: 7-9
- Senior Activity
  - Ages: 9-13
- Rock Climbing 2.0
  - Ages: 9-14
- Discover Dance
  - Ages: 8-12
- Hockey/Lacrosse
  - Ages: 7-9 & 10-12
- High Performance Training
  - Ages: 13-18
- Soccer
  - Ages: 6-9 & 9-13
- Soccer (Goalkeeper)
  - Ages: 9-13
- Track and Field
  - Ages: 7-14

**AUG 17-21**
- Mini Gryphs
  - Ages: 3-5
- Junior Activity
  - Ages: 4-7
- Jr. le Camp Français
  - Ages: 4-7
- Int. le Camp Français
  - Ages: 7-9
- Intermediate Activity
  - Ages: 7-9
- Boys Week Out (Camping)
  - Ages: 9-13
- Girls Inc. (Camping)
  - Ages: 9-13
- Leadership 101 (2 Weeks)
  - Ages: 14-16
- Basketball
  - Ages: 7-11
- Basketball (Skills Academy)
  - Ages: 11-13 & 13-17
- Girl’s Hockey
  - Ages: 7-12
- High Performance Training
  - Ages: 13-18
- Track and Field
  - Ages: 7-14

**AUG 24-28**
- Mini Gryphs
  - Ages: 3-5
- Junior Activity
  - Ages: 4-7
- Jr. le Camp Français
  - Ages: 4-7
- Int. le Camp Français
  - Ages: 7-9
- Intermediate Activity
  - Ages: 7-9
- Senior Activity
  - Ages: 9-13
- Rock Climbing 2.0
  - Ages: 9-14
- Leadership (School Leadership)
  - Ages: 14-16
- Competitive Swimming
  - Ages: 8-14
- Hockey
  - Ages: 6-9 & 10-13
- Track and Field
  - Ages: 7-14
- Youth Fitness
  - Ages: 10-14
- Women’s Volleyball Skills
  - (Setters & Middle Blockers)
  - Ages: 15-18

**AUG 31 - SEP 4**
- Mini Gryphs
  - Ages: 3-5
- Junior Activity
  - Ages: 4-7
- Jr. le Camp Français
  - Ages: 4-7
- Int. le Camp Français
  - Ages: 7-9
- Intermediate Activity
  - Ages: 7-9
- Senior Activity
  - Ages: 9-13
- Lego/Clay Animation
  - Ages: 8-13
- Bronze Crash Course
  - Ages: 13-18
- Hockey
  - Ages: 6-9 & 10-13
- Volleyball
  - Ages: 10-14
- Women’s Volleyball Skills
  - (Liberos & Outside Hitters)
  - Ages: 15-18
**SUMMER CAMP CALENDAR**

- **Mini Gryphs**
  - Ages: 3-5
- **Junior Activity**
  - Ages: 4-7
- **Jr. le Camp Français**
  - Ages: 4-7
- **Int. le Camp Français**
  - Ages: 7-9
- **Intermediate Activity**
  - Ages: 7-9
- **Boys Week Out (Camping)**
  - Ages: 9-13
- **Girls Inc. (Camping)**
  - Ages: 9-13
- **Lego/Clay Animation**
  - Ages: 8-13
- **Leadership 101 (2 Weeks)**
  - Ages: 14-16
- **Flag Football**
  - Ages: 7-10 & 11-13
- **Girl's Synchro Swimming**
  - Ages: 6-15
- **Hockey**
  - Ages: 6-9 & 10-13
- **Lacrosse**
  - Ages: 7-12
- **Soccer**
  - Ages: 6-9 & 9-13

**NEW! CAMP DOWNPAYMENT PLAN**

An initial payment of $25 for each week of camp will be required at the time of registration. Remaining balance can be placed on a scheduled payment plan. Payments will be equally divided between scheduled payment dates. Final payment schedule will be 3 full weeks prior to the first day of camp.

**QUESTIONS ABOUT CAMPS?**

[www.gryphons.ca/kidsandcamps](http://www.gryphons.ca/kidsandcamps)  
519-824-4120 ext.56131 or camps@uoguelph.ca

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**NEW! SUMMER KICK-OFF CAMP**

- Ages: 4-7 & 8-13
- Find out what summer camps are all about!
- Daily camps June 29 - July 3

**LEADERSHIP DEVELOPMENT**

- Ages: 14-16
- **Leadership 101 (2 Weeks):**
  - July 13-17/20 & July 20-24/20
  - July 27-31/20 & Aug 10-14/20
  - Aug 17-21/20 & Aug 24-28/20
- **Leadership Workshop Weeks:**
  - Job Portfolio: Aug 4-7/20
  - School Leadership: Aug 24-28/20

**COUNSELLOR-IN-TRAINING**

- Ages: 15-16
- **Leadership 101 (2 Weeks):**
  - July 6-10/20 or Aug 10-14/20
- **Leadership Workshop Weeks:**
  - Job Portfolio: Aug 4-7/20
  - School Leadership: Aug 24-28/20

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We have birthday party packages to fit all ages, party sizes and budget! Pick the one that's right for you, and we'll do the rest.

**Party package options:**
- **Camp Birthday:** 5-9 yrs
- **Adventurous Birthday:** Rock Climbing | 7-13 yrs  
  Bubble Soccer | 11-13 yrs  
  Nerf Action | 7-13 yrs

Options based on availability.

**All packages include:**
- Host for the full duration of the party
- The use of the birthday party room for the group
- Special surprise for the birthday Guest of Honour

For more details, visit gryphons.ca/fitandrec & click ‘Kids & Camps’ OR contact Kevin Lindner, Active Kids Program Coordinator lindner@uoguelph.ca | 519-824-4120 ext. 53738