



SUMMER CAMPS 2023

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JULY 4 - 7

ACTIVITY CAMPS

- Junior Activity (5-7 yrs)
- Intermediate Activity (7-9 yrs)
- Rock Climbing (9-13)
- Senior Activity (9-13 yrs)

SPORT CAMPS

- Discover Dance (8-14 yrs)
- Flag Football Skills (8-13 yrs)

*** No camps on Canada Day
Holiday Monday**

JULY 10 - 14

ACTIVITY CAMPS

- Junior Activity (5-7 yrs)
- Intermediate Activity (7-9 yrs)
- Gryphon Sport Extravaganza (9-13 yrs)
- B.E.A.T. Program (9-13 yrs)
- G.R.O.W.T.H. Program (9-13 yrs)
- CIT Program - Wk 1 (15-17 yrs)

SPORT CAMPS

- Triathlon - Half Day (11-15 yrs)
- High Performance - Half Day (13-19 yrs)

JULY 17 - 21

ACTIVITY CAMPS

- Junior Activity (5-7 yrs)
- Intermediate Activity (7-9 yrs)
- Swim 2 Survive (7-9 yrs)
- Stop Motion Animation (8-11 yrs)
- Gryphon Sport Extravaganza (9-13 yrs)
- Movie Making (11-14 yrs)
- CIT Program - Wk 2 (15-17 yrs)

SPORT CAMPS

- Track & Field (9-13 yrs)
- Aquatic Fitness - Half Day (10-14 yrs)
- She's Got Game (12-17 yrs)

JULY 24 - 28

ACTIVITY CAMPS

- Junior Activity (5-7 yrs)
- Intermediate Activity (7-9 yrs)
- Swim 2 Survive (7-9 yrs)
- Arboretum Camp (9-12 yrs)
- Rock Climbing (9-13)
- Senior Activity (9-13 yrs)
- CIT Program - Camp Volunteer Opt. 1 (15-17 yrs)

SPORT CAMPS

- Soccer - Recreation (7-9 & 10-13 yrs)
- Youth Fitness (10-14 yrs)
- Soccer - Elite (U11 / U12 / U13)
- Track & Field (9-13 yrs)

JULY 31 - AUG 4

ACTIVITY CAMPS

- Junior Activity (5-7 yrs)
- Intermediate Activity (7-9 yrs)
- Swim 2 Survive (7-9 yrs)
- B.E.A.T. Program (9-13 yrs)
- G.R.O.W.T.H. Program (9-13 yrs)
- CIT Program - Camp Volunteer Opt. 1 (15-17 yrs)

SPORT CAMPS

- Soccer - Recreation (7-9 & 10-13 yrs)
- Basketball - Recreation (7-9 & 10-13 yrs)
- Track & Field (9-13 yrs)



AUG 8 - 11

ACTIVITY CAMPS

- Junior Activity (5-7 yrs)
- Intermediate Activity (7-9 yrs)
- Swim 2 Survive (7-9 yrs)
- Gryphon Sport Extravaganza (9-13 yrs)
- Leadership Dev. - Week 1 (14-16 yrs)

SPORT CAMPS

- Soccer - Recreation (7-9 & 10-13 yrs)
- Basketball - Recreation (7-9 & 10-13 yrs)
- Hockey Skill Camp (U9 / U10 / U11)
- Track & Field (9-13 yrs)

*** No camps on Civic Holiday Monday**

AUG 14 - 18

ACTIVITY CAMPS

- Junior Activity (5-7 yrs)
- Intermediate Activity (7-9 yrs)
- le Camp Français (7-9 yrs)
- Rock Climbing (9-13)
- Senior Activity (9-13 yrs)
- Leadership Dev. - Week 2 (14-16 yrs)
- CIT Program - Camp Volunteer Opt. 2 (15-17 yrs)

SPORT CAMPS

- Soccer - Recreation (7-9 & 10-13 yrs)
- Hockey Skill Camp (U12 / U13 / U14)
- Pre-Season Swim Camp (13-18 yrs)

AUG 21 - 25

ACTIVITY CAMPS

- Junior Activity (5-7 yrs)
- Intermediate Activity (7-9 yrs)
- Stop Motion Animation (8-11 yrs)
- Arboretum Camp (9-12 yrs)
- Movie Making (11-14 yrs)
- Leadership Dev. - Optional Volunteer Week (14-16 yrs)
- Leadership Foundations (13-15 yrs)
- CIT Program - Camp Volunteer Opt. 2 (15-17 yrs)

SPORT CAMPS

- Hockey Half Day (U9 - U11)
- Girl's Half Day Hockey (U11 & U13)
- Youth Fitness (10-14 yrs)

AUG 28 - SEP 1

ACTIVITY CAMPS

- Junior Activity (5-7 yrs)
- Intermediate Activity (7-9 yrs)
- Senior Activity (9-13 yrs)
- le Camp Français (7-9 yrs)
- Gryphon Sport Extravaganza (9-13 yrs)
- Leadership Dev. - Optional Volunteer Week (14-16 yrs)

SPORT CAMPS

- Hockey Half Day Rep (U9 - U14)
- Volleyball - Recreation (11-14 yrs)



CAMP PROGRAM DETAILS

8 - 8:45am | Drop Off

8:45am - 4:45pm | Camp Program

4:15 - 4:45pm | Pick Up

*POST-CAMP EXTENDED DAY

Post-Camp Extended Day will be offered between 4:45-5:45pm for an additional fee. Registration for extended day programming will take place in June.

