



Free2BMe

THE STEADWARD CENTRE
UNIVERSITY OF ALBERTA

2019 Summer Camps

Little Activators 3 – 7 yrs

This half day camp is intended to introduce our youngest participants to the joy of physical activity. They will develop physical literacy through play, dance and movement activities.

1A: July 2 – 5; 9am – 12pm; \$125

1B: July 2 – 5; 1pm – 4pm; \$125

2A: August 6 – 9; 9am – 12pm; \$125

2B August 6 – 9; 1pm – 4pm; \$125

Explore Camp 7 – 14 yrs

This camp will expose participants to creative play based activities. Participants and Camp Counselors will explore a variety of environments and equipment together, creating a fun dynamic camp experience.

July 8 – 12; 9am – 3pm; \$175

Splash & Fun 7 – 14yrs

The goal of this camp is to teach participants the fundamentals of swimming. Approximately half of this camp will work to develop the skills in the pool. The other half will be spent developing physical literacy through a wide range of games.

1A: July 22 – 26; 9am-3pm; \$200

2A: August 12 – 16; 9am – 3pm; \$200

Move Your Body 14+

This camp will explore the components of dance, creative movement, gymnastics, martial arts, and other body movement activities. So make your move this summer and join us for a week of friends, fitness, and fun!

July 15 – 19; 9am – 3pm; \$175

Multi-Sport 14+

The goals of this camp are to give participants an opportunity to explore a variety of sports and develop general activity skills. This camp is jam-packed with many sports!

July 29 – August 2; 9am – 3pm; \$175

Suncatcher 14+ yrs

The goal of this camp is to have some fun in the sun. Participants will work to develop the skills of summertime activities such as Frisbee and hiking, plus much more! On one of the camp mornings a swimming session will take place. Make some new friends this summer, while being active in the great outdoors!

August 19 – 23; 9am – 3pm; \$175

Registration opens February 19, 2019.

For more information or to register, please call (780)492-3182.

