

Learn to Train

(Ages 9 to 11)



Camp Skill Level Expectations

**Explore
(Beginner)**

These camps aim to introduce
and develop the basics

**Engage
(Intermediate)**

These camps aim to develop
and build upon the basics

**Excel
(Advanced)**

These camps aim to challenge in
a high performance environment

O Open Camp

G Girls Only Camp

B Boys Only Camp

Camp	Campus	Sign-in Area	Week 1 July 2-3*	Week 2 July 6-10	Week 3 July 13-17	Week 4 July 20-24	Week 5 July 27-31	Week 6 Aug 4-7*	Week 7 Aug 10-14	Week 8 Aug 17-21	Week 9 Aug 24-28
Aquatics/Climbing ^{New}	NORTH	Main Gym			O				O		
Basketball/Volleyball ^{New}	NORTH	Main Gym		O					O		
Climbing	NORTH	Main Gym	O	O	O	O	O	O	O	O	O
Discover Aquatics	NORTH	Main Gym		O		O	O	O		O	
DiscoverE/Sports [#]	NORTH	Eng Quad				O	O	O			
REC Mix	NORTH	Main Gym					O	O	O	O	O
Science/Sports	NORTH	Main Gym		O	O	O	O	O			
Sport Skills (Multi-sport)	NORTH	Main Gym	O	O	O	O	O	O	O	O	O
Ultimate Mix	NORTH	Main Gym			O					O	
Wrestling	NORTH	Main Gym					O				
Soccer	LISTER	Lister Turf	B		BG	BG	BG	B			
Basketball	SOUTH	Saville Gym	BG		B		B	B	G	G	
Curling	SOUTH	Saville Gym							O	O	
Flag Football	SOUTH	Saville Gym				O	O				
Flag Rugby	SOUTH	Saville Gym			O						
Girls on the Move ^{New}	SOUTH	Saville Gym		O		O					
REC Mix	SOUTH	Curling Rink	O	O	O	O					
Tennis	SOUTH	Saville Gym			O			O	O		O
Track & Field	SOUTH	Saville Gym		O	O	O	O	O		O	O
Volleyball	SOUTH	Saville Gym		O		O	O				

HOCKEY Camps have their own PDF this year

#DiscoverE Registration opens February 3

bearsandpandas.ca/camps

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