

Train to Train

(Ages 12 to 14)



GREEN & GOLD Camps

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	NORTH	Main Gym			O		O	BG		BG	
Climbing	NORTH	Main Gym					O			O	O
Discover Aquatics	NORTH	Main Gym		O		O	O	O		O	
Rec Mix	NORTH	Main Gym		O						O	O
Rec Mix Gaming	NORTH	Main Gym	O	O	O	O	O	O	O		
Sport Skills (Multi-sport)	NORTH	Main Gym	O	O	O				O		O
Ultimate Mix	NORTH	Main Gym				O					O
Wrestling	NORTH	Main Gym							O		
Soccer	LISTER	Lister Turf		BG		BG			BG		
Basketball	South	Saville Gym		B	G	B	G		B		
Curling	SOUTH	Saville Gym							O	O	
Flag Football	SOUTH	Saville Gym		O			O	O			
Flag Rugby	SOUTH	Saville Gym			O						
Girls on the Move ^{New}	SOUTH	Curling Rink			O		O				
Olympic Lifting	SOUTH	Saville Gym							O		
Sport Leadership 101	SOUTH	Saville Gym				O		O			
Tennis	SOUTH	Saville Gym		O		O	O			O	
Track & Field	SOUTH	Saville Gym	O			O			O		
Volleyball	SOUTH	Saville Gym	G	G	B	G	G	GB			