

## G.O.A.T. Sports Camp Camp

Ages 9 - 12

This is the athlete's dream camp. We'll have guest coaches and focus on a new sport each day. Rugby, lacrosse, field hockey and flag football.

Tuesday - Friday | Aug 6 - 9 | 8:30 am - 4:00 pm

4/\$190 | Code: 72944

Cowichan Sportsplex and CCC

## Sailing Camp

Ages 9 - 11

IN the CANSail 1 course, students will learn to sail in an Optimist, a small boat used by young sailors worldwide. Students will start by learning how to rig their vessels and playing games to practice basic sailing terms. Before getting on the water, sailors will learn the theory needed to safely manoeuvre their vessels, including finding wind direction, sail trim, and knot tying. By the end of the course, sailors will be able to skipper their vessels around the bay while performing skills such as tacking, gybing, and stopping their boats. This camp is focused on getting young sailors comfortable on the water while having lots of fun.

Registration includes Sail Canada membership.

Tuesday - Friday | Aug 6 - 9 | 9:00 am - 3:30 pm

5/\$420 | Code: 72832

Instructor: CANSail Certified Instructors

Maple Bay Yacht Club

## MacDowell Summer Rugby Camp

Ages 9 - 12

Join coaches from MacDowell Rugby for this fun introduction to rugby. Each day will consist of skill-building, movement development, fun games, and scrimmage play. Rugby is one of the fastest growing sports in Canada and is a great way for kids to develop confidence, discipline, and fitness. Camp will be non-contact and includes a MacDowell Rugby t-shirt.

Monday - Friday | Aug 12 - 16 | 9:00 am - 12:00 pm

5/\$190 | Code: 73901

Instructor: MacDowell Rugby

Cowichan Sportsplex

## Mountain Bike Camp

Ages 10 - 14

Join our professionally certified coaches and take your riding to the next level as we guide and instruct you on some of Cowichan's best trails! Skill sets covered include on-bike balance, body position, cornering, climbs and descents, braking, gear selection and shifting, small jumps and drops, basic mechanical repairs, trail etiquette, and safe falling techniques. This camp is ideal for kids who have some previous mountain biking experience and enjoy spending time learning outdoors. Riders will be assessed at first session and arranged into appropriate skill groups. Please bring a bike, helmet, lunch, and plenty to drink.

Monday - Friday | Aug 19 - 23 | 9:00 am - 2:00 pm

5/\$450 | Code: 72815

Instructor: Nolan Riding

Mount Tzouhalem

## Summer Skate Camp

Ages 6 - 12

This camp is for children who want to improve their skating in a fun and motivating way. Skaters will learn basic skating skills like forward and backward skating, stopping, turning, and jumping through fun, skills-based activities. This camp will be modelled after the Active Communities Learn to Skate requirements, where campers can have their accomplishments transferred to future Learn to Skate programs. Skate rentals are included. All children must bring and wear a helmet and gloves. Prerequisite: Children must be able to stand unassisted and be comfortable on the ice without their parents.

Monday - Friday | Aug 19 - 23 | 10:30 am - 11:50 am

5/\$65 | Code: 72806

Schedule is subject to change.

Follow us on Facebook and Instagram

@CVRDREC for all the latest updates on programs.

## Wrestling Camp

Ages 8 - 14

Wrestling is a demanding sport, which tests your limits and allows you to see how far you can push yourself. This exciting camp is led by the head coach of the Cowichan Wrestling Club, and will include technique and skill development, drills, strength and cardio training, matches, and plenty of wrestling games. The kids will also participate in gym sports such as floor hockey, basketball, and futsal. Wrestling builds confidence, discipline, strength, and leadership. If you think you have what it takes, come give it a try!

Monday - Friday | Aug 19 - 23 | 9:00 am - 12:00 pm

5/\$130 | Code: 72800

Instructors: Nick Zuback & Cowichan Wrestling

Club Coaching Staff

Be sure to check out our  
Summer Camps and Arena  
Trifolds for more  
Summer Fun!

### Cowichan Community Centre

2687 James Street

Duncan, BC V9L 2X5

250.748.7529 | tcentre@cvrtd.bc.ca

### ONLINE REGISTRATION:

To use online registration you will need login information, and a credit card. Please contact your local recreation centre to set up your family's account. You can access online registration from our website [www.cvrtd.ca](http://www.cvrtd.ca)

 @mycvrd

 [facebook.com/cvrtdrec](https://facebook.com/cvrtdrec)





# Sports Camps

## COWICHAN COMMUNITY CENTRE



  

[cvrd.ca](http://cvrd.ca)

## Mini Sports Camp

Ages 4 - 6

Join us for this action-packed multi-sport camp where we will introduce your child to a variety of sports. We will keep them moving and engaged with a different sport each day, such as basketball, floor hockey, soccer. Our leader will focus on developing sport-specific skills and basic movement skills, such as agility, balance, and speed. Please bring clean runners, a healthy snack, and a water bottle.

Monday - Friday | June 24 - 28 | 1:00 pm - 3:00 pm  
5/\$75 | Code: 72778  
CCC - Heritage Hall

Monday - Friday | July 15 - 19 | 1:00 pm - 3:00 pm  
5/\$75 | Code: 72779  
CCC - Heritage Hall

Monday - Friday | Aug 19 - 23 | 1:00 pm - 3:00 pm  
5/\$75 | Code: 72780  
CCC - Heritage Hall

## Tennis Camp

Ages 6 - 15

Learn the basics of tennis, ground strokes, volleying, the service return, as well as strategies for game play and keeping score. The emphasis is on FUN. Please make sure you bring sunscreen, a hat, water, snack, and a tennis racquet. Racquets are provided if necessary.

Ages 6 - 9

Tuesday - Friday | July 2 - 5 | 9:30 am - 11:30 am  
4/\$84 | Code: 72808  
Instructor: Alex Dodd  
Maple Bay Properties - Kingsview Road

Ages 9 - 12

Monday - Friday | July 8 - 12 | 9:30 am - 11:30 am  
5/\$105 | Code: 72809  
Instructor: Alex Dodd  
Maple Bay Properties - Kingsview Road

Ages 12 - 15

Monday - Friday | July 15 - 19 | 9:30 am - 11:30 am  
5/\$105 | Code: 72810  
Instructor: Alex Dodd  
Maple Bay Properties - Kingsview Road

## Junior Sports Camp

Ages 6 - 9

Join us for this exciting camp where we will put away the screens and get active! Our leaders will create a fun and safe environment for developing sport-specific skills and basic movement skills, with any necessary modifications. Spend time outdoors, play sports, and try new activities in this dynamic camp. Please wear athletic clothing and running shoes, and bring a healthy lunch and a water bottle.

Tuesday - Friday | July 2 - 5 | 8:30 am - 4:00 pm  
4/\$140 | Code: 72819

Monday - Friday | July 22 - 26 | 8:30 am - 4:00 pm  
5/\$175 | Code: 72819

Monday - Friday | Aug 12 - 16 | 8:30 am - 4:00 pm  
5/\$175 | Code: 72819

## World Cup Soccer Camp

Ages 4 - 6

This professionally developed program includes skills, drills, mini games, and fun competition for young soccer players wanting to learn new tricks and play the game of soccer. This session includes parent participation. Please remember your water bottle and appropriate clothing for rain and shine!

Ages 4 - 5

Monday - Friday | July 8 - 12 | 9:30 am - 10:30 am  
5/\$52 | Code: 72782  
Instructor: Brett Hyslop  
**Cowichan Sportsplex**

Ages 5 - 6

Monday - Friday | July 8 - 12 | 10:30 am - 12:00 pm  
5/\$80 | Code: 72783  
Instructor: Brett Hyslop  
**Cowichan Sportsplex**

## World Cup Soccer Camp

Ages 6 - 12

This professionally developed program will hype you up! Former European Pros and National Level coaches will provide skills, drills, mini games, and fun competition. Bring your water bottle and protective sun gear.

Monday - Friday | July 8 - 12 | 9:00 am - 12:00 pm  
Ages 6 - 9 | 5/\$169.50 | Code: 72817  
Ages 10 - 12 | 5/\$169.50 | Code: 72818  
Instructor: Brett Hyslop  
**Cowichan Sportsplex**

## Superstar Sports Camp

Ages 9 - 12

Join us for this exciting camp and get active! Our leaders will create a fun and safe environment for developing sport-specific skills and basic movement skills, with any necessary modifications. Spend time outdoors, play sports, and try new activities in this dynamic camp. Please wear athletic clothing and running shoes, and bring a healthy lunch and a water bottle.

Monday - Friday | 8:30 am - 4:00 pm  
July 8 - 12 | 5/\$175 | Code: 72822  
July 29 - Aug 2 | 5/\$175 | Code: 72822  
Aug 26 - 30 | 5/\$175 | Code: 72822

## Extreme Adventure Camp

Ages 10- 12

Learn Don't miss this special week of morning adventure. Each day will bring a new activity such as scuba, golfing, bouldering, paddle boarding and disc golf.

Monday - Friday | July 15 - 19 | 8:30 am - 12:00 pm  
5/\$399 | Code: 72945

## Skateboard Camp

Ages 8 - 12

Learn how to shred all of the gnar with these skateboard lessons meant for beginner to novice skateboarders. The lessons will be led by a qualified instructor from BOLD Skate, and will include individual assessments; setting goals and working towards accomplishing those goals; and one-on-one instruction. Participants will learn their stance, basic foot placement, how to get moving, how to fall safely, how to control their boards, and maybe a few tricks too. Helmets are mandatory and additional safety gear is recommended. Don't miss out on this awesome opportunity to get shredding

Monday - Friday | July 22 - 26 | 10:00 am - 2:00 pm  
5/\$250 | Code: 72807  
Instructor: Carla Hyslop

**Duncan X-treme Skate Park**

## GAME ZONE Sports Camp

Ages 6 - 12

This is not the usual sports camp! Every day is full of fun games to play and inspiring stories about champions. You will also make your own wooden pickleball paddle to take home at the end of the week. Join "Coach K" and get in the GAME ZONE! Please wear athletic clothing and running shoes for all weather conditions, and bring a healthy lunch and a water bottle.

Monday - Friday | July 22 - 26 | 9:00 am - 3:00 pm  
5/\$240 | Code: 72802  
**Cowichan Sportsplex**

