UBC RECREATION SUMMER CAMPS GUIDE

APRIL - AUGUST 2016
Youth ages 2 - 18

camps.ubc.ca

Featuring Programs coached by UBC Thunderbirds Varsity Coaches

ADVENTURE • ART & MUSIC • HEALTH & ENRICHMENT • SPORT & RECREATION • EXTRA CARE
TIPS FOR A STRESS-FREE FIRST DAY AT SUMMER CAMP

1. Register early! Camps fill up quickly, and the best way to guarantee your spot is to sign up in advance to avoid disappointment. See page 5 for additional information about how to register.

2. Submit your consent forms ahead of time! We highly recommend consent forms be completed prior to the first day of camp—this will allow for a much smoother and faster experience as a result. Participating in more than one program? Check out our FAQs on page 38 (in the foldout) for more info on submitting consent forms.

3. Read your pre-camp email! On the Thursday before your camp is scheduled to begin you will receive an important email from us. It will include: camp location, complimentary parking code, a list of items that your camper should bring, along with other important information. Read this email carefully to ensure you have all the information you need to have a flawless first day of camp.

4. Plan your parking! We provide a complimentary parking code for picking-up and dropping-off your camper at UBC. Review the campus map (available online and on the back of this guide) to determine the most convenient locations for drop-off and pick-up. Remember to give yourself extra time to navigate construction areas.

5. Ask questions! Planning for a summer of fun and adventure can be challenging. If you are unsure about camp details or simply need advice on which programs best suit your campers’ interests, please get in touch and we’ll be happy to answer any questions!

UBC CAMPS POLICIES

COURSE & PROGRAM CANCELLATION

UBC Recreation reserves the right to cancel any program due to low registration, unforeseen circumstances or conditions that make any such activity unsafe. Notice to participants will occur immediately after the registration/transaction cancellation deadline or where such a date is not available:

• Youth program course updates, including cancellations, will be made a minimum of 5 business days in advance of program start dates.

REFUNDS:

For individual-based program registration, a full refund (minus refund admin fee) or credit will be granted under the following conditions:

• If the program is cancelled.
• If an individual withdraws from a program 5 business days prior to the start of the camp.
• Participants withdrawing for medical reasons must provide medical documentation from a licensed physician. Notes must be received within one week of the date of illness or injury. Participants will receive a pro-rated refund for the remainder of the program.

All successful refund requests will be subject to a refund admin fee:

• Programs < $50: $5.00
• Programs $50 < $100: $10.00
• Programs over $100: $25.00

Refunds will be made in the same form as the payment received.

UFC STAFF/FACULTY RATE

To be eligible for staff/faculty rates and associated access, staff/faculty must:

• Be a current employee of UBC
• Provide a proof of staff/faculty status (e.g. a valid UBC Staff/Faculty Card)

COMMUNITY SERVICE CARD (CSC) & UNA RATE POLICY

To be eligible for CSC rates and facility access, residents must:

• Produce a valid CSC or UNA Access Card to the facility staff upon registration or rental.

• Only one discounted rate is available per card—each person must present their own individual valid card to claim the discounted rate.

METHODS OF PAYMENT

UBC Recreation accepts Visa, MasterCard, Interac, UBC Journal Vouchers and cash. When paying online, only Visa and MasterCard are accepted.
# HOW TO REGISTER

Registration for all UBC Camps programming opens March 1, 2016 and can be completed in three ways:

### Online

Visit camps.ubc.ca and find the camp you’re looking to register for, then follow the “Register” link to our secure online registration portal. If you already know the program(s) you wish to register for, you can find them by searching their Course ID.

### By Phone

Call UBC Camps HQ at 604.822.1540. Visa or Mastercard is required for registration by phone.

### In Person

Visit UBC Camps HQ at 6160 Thunderbird Blvd. from Monday to Friday, 9:00 AM to 4:30 PM. In-person payments can be made by Visa, Debit, Mastercard, or cash.

This guide lists all UBC Camps summer programs. By combining a morning and afternoon program and adding Lunch Supervision, you can custom-build a full-day of camps for your child. Early drop-off and late pick-up are needed. Before Care and After Care services are also available (see page 33). Use the week-by-week schedule (included as a fold out at the back of this publication) to plan how UBC Camps will fit into your summer. Once you’ve selected your camps, you’re ready to register!

### LOCATIONS

UBC Camps programming occurs at the UBC Point Grey campus and in the surrounding community. The location of each camp is listed below the program description. All programming facilities and locations at UBC are identified on the map attached to the rear of this publication. UBC Camps programming includes off-site locations at: Douglas Park, Trimble Park, Jericho Sailing Centre, UBC Golf Course, UBC Boathouse, and others. For more information on off-site locations, please visit camps.ubc.ca or contact UBC Camps HQ.

### MEDICAL AID

All registrants must submit their consent forms prior to the first day of camp. Campers without completed consent forms will not be able to participate. Consent forms can be found online at camps.ubc.ca.

Learn to Swim at UBC Aquatic Centre

Red Cross Swim Lessons Available

All Spring & Summer

Red Cross swim programs feature research-based water safety techniques that are recognized world-wide. UBC Camps’ trained instructors teach swimmers Red Cross skills that promote health and encourage life-long sport participation.

**Red Cross Preschool Swim Lessons**

6 months - 12 years

Red Cross Swim Preschool is an 8 level stand-alone program for 6 months to 5 year-old children that allows swimmers to enter various levels based on age and ability.

**Red Cross Swim Kids Swim Lessons**

5 - 12 years

Red Cross Swim Kids is a 10 level stand-alone program for 5 to 12 year-old children. Children learn to swim, be fit, and stay safe in a fun environment that promotes achieving a personal best and celebrates personal success.

Visit aquatics.ubc.ca for more info and to download detailed program listings or in person to pick up a hardcopy.

UBC Aquatic Centre | 6121 University Blvd. | Vancouver, V6T 1Z1 | 604.822.4501

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**RED CROSS PRESCHOOL SWIM LEVELS**

- **STARFISH** – LEVEL 1
- **DOG** – LEVEL 2
- **SEA TURTLE** – LEVEL 3
- **SEA OTTER** – LEVEL 4
- **SALAMANDER** – LEVEL 5
- **WHALE** – LEVEL 6
- **SEA FISH** – LEVEL 6
- **CROCODILE** – LEVEL 7
- **SEA OTTER** – LEVEL 8

Red Cross swim programs feature research-based water safety techniques that are recognized world-wide. UBC Aquatic Centre’s trained instructors teach swimmers Red Cross skills that promote health and encourage life-long sport participation.

**RED CROSS SWIM LEVELS**

- **Red Cross Preschool Swim Lessons**
  - 6 months – 12 years
  - Red Cross Swim Preschool is an 8 level stand-alone program for 6 months to 5 year-old children that allows swimmers to enter various levels based on age and ability.

- **Red Cross Swim Kids Swim Lessons**
  - 5 – 12 years
  - Red Cross Swim Kids is a 10 level stand-alone program for 5 to 12 year-old children. Children learn to swim, be fit, and stay safe in a fun environment that promotes achieving a personal best and celebrates personal success.

**Visit** aquatics.ubc.ca for more info and to download detailed program listings or in person to pick up a hardcopy.

UBC Aquatic Centre | 6121 University Blvd. | Vancouver, V6T 1Z1 | 604.822.4501
**Adventures Abound**

**Adrenaline Junkies**
This camp is for the serious thrill-seeker! Activities include: zip- trekking, scaling the UBC Ropes Course, wakeboarding, indoor rock climbing, go-karting, stand up paddle boarding and an afternoon at the beach. Activities subject to change, lunch supervision is included.

Ages 13 - 17 | UBC Camps HQ Alley | $495.00
Jul 18 - Jul 22 9:00 AM - 5:00 PM 16333
Aug 22 - Aug 26 9:00 AM - 5:00 PM 16382

**Super Soakers**
Take part in all the best water activities Vancouver has to offer! Super Soaker activities include: the wave pool and waterslides at Watermania, a day at Splishshimash, dragon boating, a skimmoboardng lesson, ocean kayaking, wakeboarding and a trip to the UBC Pool. Activities subject to change, lunch supervision is included. No sessions on statutory holidays, reduced rate applies.

Ages 9 - 14 | UBC Camps HQ Alley | $365.00
Jul 11 - Jul 15 9:00 AM - 4:00 PM 16530
Jul 18 - Jul 22 9:00 AM - 4:00 PM 16376
Aug 2 - Aug 5 9:00 AM - 4:00 PM 16531
Aug 8 - Aug 12 9:00 AM - 4:00 PM 16537
Aug 22 - Aug 26 9:00 AM - 4:00 PM 16532

**Ultimate Adventure**
Take part in this action packed camp! Ultimate Adventure includes Lynn Canyon Suspension Bridge, biking at Stanley Park, Playland kayaking, go-karting, UBC pool, and outdoor rock climbing (climbing equipment including ropes, harnesses, shoes and helmets will be provided by Squamish Rock Guides). Activities subject to change, lunch supervision is included.

Ages 10 - 16 | UBC Camps HQ Alley | $365.00
Jul 4 - Jul 8 9:00 AM - 4:00 PM 16527
Jul 11 - Jul 15 9:00 AM - 4:00 PM 16379
Jul 25 - Jul 29 9:00 AM - 4:00 PM 16380
Aug 8 - Aug 12 9:00 AM - 4:00 PM 16528
Aug 15 - Aug 19 9:00 AM - 4:00 PM 16381
Aug 29 - Sep 2 9:00 AM - 4:00 PM 16529

**No Limits**
Take part in the best activities Vancouver has to offer! No Limits activities include laser tag, wave pool, skimmoboardng and waterslides at Watermania, Playland, swimming at the UBC pool, biking/rollerblading at Stanley Park and go-karting. Activities subject to change, lunch supervision is included. No sessions on statutory holidays, reduced rate applies.

Ages 9 - 14 | UBC Camps HQ Alley | $365.00
Jul 4 - Jul 8 9:00 AM - 4:00 PM 16373
Jul 25 - Jul 29 9:00 AM - 4:00 PM 16354
Aug 2 - Aug 5 9:00 AM - 4:00 PM 16374
Aug 15 - Aug 19 9:00 AM - 4:00 PM 16535
Aug 29 - Sep 2 9:00 AM - 4:00 PM 16803

**Storm the City**
Off-campus activities like Splishshimash, laser tag, Jericho beach, and bowling, are sure to keep your adrenaline pumping! Remember, if you are combining this camp with a morning program you must also register for Lunch Supervision. No sessions on statutory holidays, reduced rate applies.

Ages 8 - 14 | UBC Camps HQ Alley | $155.00
Jul 4 - Jul 8 9:00 AM - 12:00 PM 16377
10:00 AM - 4:30 PM 16383
Jul 18 - Jul 22 9:00 AM - 12:00 PM 16338
10:00 AM - 4:30 PM 16384
Aug 2 - Aug 5 9:00 AM - 12:00 PM 16385
10:00 AM - 4:30 PM 16386
Aug 15 - Aug 19 9:00 AM - 12:00 PM 16540
10:00 AM - 4:30 PM 16386
Aug 29 - Sep 2 9:00 AM - 12:00 PM 16541
10:00 AM - 4:30 PM 16387

**Ropes Course**

**Ropes Course Weekly Camp**
Provided by Pacific Adventure Learning
Camper get to play fun interactive activities and games that focus on teambuilding, leadership and communication. Group challenges start on the ground and as the group dynamic builds we safely progress high up into our tree obstacles. These include: Giant’s Ladder, Swinging Steps, Giant Swing and Zipline! No sessions on statutory holidays, reduced rate applies.

Ages 8 - 13 | UBC Ropes Course | $215.60
Jul 4 - Jul 8 9:00 AM - 12:00 PM 16820
10:00 AM - 4:30 PM 16821
Jul 11 - Jul 15 9:00 AM - 12:00 PM 16822
10:00 AM - 4:30 PM 16823
Jul 18 - Jul 22 9:00 AM - 12:00 PM 16824
10:00 AM - 4:30 PM 16825
Jul 25 - Jul 29 9:00 AM - 12:00 PM 16826
10:00 AM - 4:30 PM 16827
Aug 2 - Aug 5 9:00 AM - 12:00 PM 16828
10:00 AM - 4:30 PM 16829
Aug 8 - Aug 12 9:00 AM - 12:00 PM 16830
10:00 AM - 4:30 PM 16831
Aug 15 - Aug 19 9:00 AM - 12:00 PM 16832
10:00 AM - 4:30 PM 16833
Aug 22 - Aug 26 9:00 AM - 12:00 PM 16834
10:00 AM - 4:30 PM 16835

**Adventure Add-Ons**

**Storm the Campus**
Have fun with off-campus activities such as skating at Tblurd Arena, swimming at the Aquatic Center, spin class at the BrcCmp and more! Remember, if you are combining this camp with a morning program you must also register for lunch supervision.

Ages 6 - 10 | UBC Camps HQ Alley | $135.00
Jul 11 - Jul 15 1:00 PM - 4:00 PM 16390
Jul 25 - Jul 29 1:00 PM - 4:00 PM 16391
Aug 8 - Aug 12 1:00 PM - 4:00 PM 16392
Aug 22 - Aug 26 1:00 PM - 4:00 PM 16393

Summer 2016 | camps.ubc.ca | 604.822.1540
ART & MUSIC CAMPS

Music
Provided by Mozart School of Music
Achieve Higher RCM Results
It is well known that technique, sight-reading and ear training are often weak areas in examination results. This fun camp will help bring these marks higher by strengthening these areas. This will be taught by Director, Olga Lockwood, an examiner with over 30 years of teaching experience. In addition to these areas, Ms. Lockwood will also cover how to practice effectively. This camp is open to intermediate and advanced piano students from grade 4 - 10.
Ages 9 - 16 | Mozart School of Music | $295.00
Jul 4 - Jul 8 | 1:00 PM - 4:00 PM | 17321

Improvisation and Composition Music Camp
Campers will tap into their creative side and learn to compose music. At the end of the week, they will get the chance to take home a CD recording of their musical work. Open to all instrumental players with at least one year of musical instruction.
Ages 8 - 14 | Mozart School of Music | $240.00
Jul 18 - Jul 22 | 1:00 PM - 3:00 PM | 17318
Aug 22 - Aug 26 | 1:00 PM - 3:00 PM | 17322

Little Violinists
Little violinists prepares a child to approach the violin with an eager, successful and musical disposition. Students will learn the fundamental elements of Suzuki violin playing such as basic posture, bow hold, violin hold, and five Suzuki rhythms in a fun and high-energy setting.
Ages 4 - 7 | Mozart School of Music | $260.00
Jul 11 - Jul 15 | 9:30 AM - 12:00 PM | 17308

Music for Little Mozarts
This camp is ideal for those looking to have an exposure to a variety of musical experiences in a fun, friendly and welcoming environment. The session is broken into short modules, including music through storytelling using Orff method, introductory piano and introductory recorder lessons.
Ages 4 - 5 | Mozart School of Music | $260.00
Jul 11 - Jul 15 | 9:30 AM - 12:00 PM | 17304
Jul 18 - Jul 22 | 9:30 AM - 12:00 PM | 17305
Aug 22 - Aug 26 | 9:30 AM - 12:00 PM | 17306
Aug 29 - Sep 2 | 9:30 AM - 12:00 PM | 17307

Music for Pop Mozarts
This camp is designed to draw the musician out of everyone, whether you have a musical background or not. The session is broken into short modules, including guitar lessons, introduction to percussion (drum set, Soundtrax and Guitar Band. Campers will be exposed to new and exciting aspects of the music world.
Ages 6 - 12 | Mozart School of Music | $275.00
Jul 11 - Jul 15 | 1:00 PM - 4:00 PM | 17314
Jul 18 - Jul 22 | 1:00 PM - 4:00 PM | 17315
Aug 22 - Aug 26 | 1:00 PM - 4:00 PM | 17316
Aug 29 - Sep 2 | 1:00 PM - 4:00 PM | 17317

Improv and Composition Music Camp - 1:00 PM
Song Writing 101
Do you want to write and record your own song? Prerequisite: Basic ability to play an instrument and sing a pop song of your choice. Students will study common pop song structures and use Garage Band as a tool to write/record songs. They will be coached in preparation to record songs. Bringing a laptop (with Garage Band) would be very helpful during class.
Ages 9 - 16 | Mozart School of Music | $250.00
Aug 8 - Aug 12 | 1:00 PM - 4:00 PM | 17319

Sound and Picture 102
Ever wonder how music works for TV, film and video games? Want to try writing music to picture? Music for pop Mozarts, Music for Little Mozarts or Sound and Picture 102 would be very helpful during class.
Ages 11 - 16 | Mozart School of Music | $250.00
Aug 8 - Aug 12 | 1:00 PM - 4:00 PM | 17319

Performing Arts
Glee Camp
Have fun and gain confidence on stage with Kids Glee Club! Youth will spend the week singing and dancing to show tunes, playing theatre games, and learning how to put on a show! The camp will culminate in an original musical theatre presentation worthy of a Tony Award. No sessions on statutory holidays, reduced rate applies.
Ages 5 - 7 | BC Binning Studio | $165.00
Jul 4 - Jul 8 | 10:00 AM - 4:00 PM | 16642
Aug 2 - Aug 5 | 10:00 AM - 4:00 PM | 16644
Aug 29 - Sep 2 | 10:00 AM - 4:00 PM | 16647

Kids Musical Theatre
Children will develop skills in character development, movement, storytelling, improvisation, body awareness and singing. This camp focuses on the creative process, as well as learning about inclusion and respect for others, confidence and team building. An informal sharing of work takes place during the last hour of the final day. No sessions on statutory holidays, reduced rate applies.
Ages 5 - 7 | BC Binning Studio | $165.00
Jul 4 - Jul 8 | 9:00 AM - 12:00 PM | 16641
Aug 2 - Aug 5 | 9:00 AM - 12:00 PM | 16643
Aug 29 - Sep 2 | 9:00 AM - 12:00 PM | 16645

Improvisation and Composition Music Camp - 1:00 PM

Tuning Your Voice
If you want to improve your singing voice this summer, this camp is for you! Join Mozart School of Music’s voice faculty as they guide each participant through a variety of vocal techniques. Participants will be able to practice and perform in small ensembles, staging, movement, acting and dealing with nerves.
Ages 8 - 15 | Mozart School of Music | $250.00
Jul 4 - Jul 8 | 1:00 PM - 3:30 PM | 17310
Jul 11 - Jul 15 | 1:00 PM - 3:30 PM | 17310

Glee Camp - 4:00 PM

Music for Little Mozarts - 4:00 PM

Song Writing 101 - 4:00 PM
Visual Arts

Art-Tastic
Explore the connections between art, innovation, and curiosity. A variety of materials and methods will be used through individual and collective projects. There will also be fun art-based games and tournaments! No sessions on statutory holidays, reduced rate applies.
Ages 5–10 | UBC Camps HQ | $165.00
Jul 4 – Jul 8 9:00 AM–12:00 PM 16736
Jul 25 – Jul 29 1:00 PM–4:00 PM 16740
Aug 2 – Aug 5 9:00 AM–12:00 PM 16737
Aug 22 – Aug 26 9:00 AM–12:00 PM 16741

Re-Creation Studio
Express your creativity through re-used materials to build recycled masterpieces. Methods include sculpture, collage, painting and more. We will also play fun games like Junk Wars and Sculpterades! No sessions on statutory holidays, reduced rate applies.
Ages 5–10 | UBC Camps HQ | $165.00
Jul 4 – Jul 8 1:00 PM–4:00 PM 16738
Aug 2 – Aug 5 1:00 PM–4:00 PM 16739
Aug 29 – Sep 2 9:00 AM–12:00 PM 16745

Lights, Camera, Action: Film Production for Tinseltown Teens!
Join us as we explore the magic of movie-making in Hollywood North! From pre- through to post-production, students will collaborate on a script, film, star and edit their own short film. Participants will learn film-making techniques that will help bring their cinematic dreams to life. Young directors will leave the program with a comprehensive understanding of the film-making process and the skills to succeed on and off-camera. All participants must give photo consent in order to participate. Lunch supervision is included.
Ages 11–15 | Classroom TBA | $300.00
Jul 11 – Jul 15 9:00 AM–4:00 PM 16746
Aug 15 – Aug 19 9:00 AM–4:00 PM 16749

Picture Perfect
Picture Perfect offers teens the opportunity to take their photography skills to the next level! Over the course of the week, participants will develop their technical skills and artistic eye as they explore a wide variety of digital photography styles. Participants will gain a thorough understanding of aperture, shutter speed, and ISO to perfectly capture exposed shots. From human portraits to the landscapes of the wild west coast, campers will have the opportunity to apply new skills to a diverse range of subjects. Program is provided in part by MWM Photography.
Ages 9 – 14 | UBC Camps HQ | $165.00
Aug 22 – Aug 26 10:00 AM–4:00 PM 16743
Aug 29 – Sep 2 10:00 AM–4:00 PM 16744
**Nutrition & Health**

Provided by NutriFoodie

**Multicultural Cooking**

Vancouver is unique in its multicultural food scene allowing us to diversify our palate. Campers will learn to create a dish from a different cuisine each day and leave the camp with the experience of cooking four multicultural dishes and a recipe book to perfect them at home.

**Ages 8–13 | University Chapel Kitchen | $470.00**

Aug 22 – Aug 26 | 9:00 AM – 4:00 PM | 16441

**Nature’s Kitchen—Healthy Moving and Healthy Eating!**

This camp focuses on both healthy eating and moving! The goal of this camp is to plan a local hike as well as prepare foods to nourish along the way. The best part, campers learn recipes that can be used during the school year for lunch breaks, after-school snacks, and activities or sports practices!

**Ages 8–13 | University Chapel Kitchen | $300.00**

Aug 8 – Aug 12 | 9:00 AM - 12:00 PM | 16643

**Phony Food Knock Out**

With the rise of ultra-processed foods and subsequent rise of food-related diseases, this camp is set to tackle “junk food” by teaching homemade alternatives. Campers will learn to maneuver the grocery store, read food packages and understand the labels, as well as make a better version of some of their favourite meals.

**Ages 9–12 | University Chapel Kitchen | $300.00**

Aug 15 – Aug 19 | 9:00 AM - 12:00 PM | 16642

**Food Allergies: Keeping Nutrition in Mind**

Allergies, intolerances and restrictions are all too common. As a result, nutritional health can suffer due to lack of informed options. Campers will cook a meal every day that will nourish their bodies and give them skills to balance their meals despite their dietary restrictions. Campers will leave with a recipe book at the end of camp. Allergies considered in this camp are gluten, dairy, nuts.

**Ages 9–12 | University Chapel Kitchen | $370.00**

Jul 11 – Jul 15 | 9:00 AM - 12:00 PM | 16644

**Enrichment**

**Creative Writing**

Students will develop their creative writing skills and create a portfolio of work. Sessions include readings, free writing, slam poetry and more. Campers will gain a deeper understanding of their voice as writers and the opportunity to present their work. Lunch supervision is included.

**Ages 15–18 | Classroom TBA | $335.00**

Jul 11 – Jul 15 | 9:00 AM - 4:00 PM | 16417

Jul 18 – Jul 22 | 9:00 AM - 4:00 PM | 16418

**Lego Design Robotics**

Come and play with LEGO, DUPLO and Educational Early Simple Machines. Participants will build various structures and explore gears, levers, pulleys, and more. The World of LEGO is just an idea away. No sessions on statutory holidays, reduced rate applies.

**Ages 8 – 12 | Classroom TBA | $135.00**

Jul 4 – Jul 8 | 1:00 PM - 4:00 PM | 16434

Jul 11 – Jul 15 | 1:00 PM - 4:00 PM | 16422

Jul 18 – Jul 22 | 1:00 PM - 4:00 PM | 16423

Jul 25 – Jul 29 | 1:00 PM - 4:00 PM | 16435

Aug 2 – Aug 5 | 1:00 PM - 4:00 PM | 16424

Aug 8 – Aug 12 | 1:00 PM - 4:00 PM | 16425

Aug 15 – Aug 19 | 1:00 PM - 4:00 PM | 16426

Aug 22 – Aug 26 | 1:00 PM - 4:00 PM | 16427

Aug 29 – Sep 2 | 1:00 PM - 4:00 PM | 16436

**Uniquely You**

This camp equips girls with the skills they will need to take on their teens and will highlight the benefits of a healthy lifestyle. It integrates physical activity and learning activities to improve social and emotional wellbeing. Topics include goal setting, body image, healthy eating and more. Activities include dance, yoga, and crafts. Lunch supervision is included.

**Ages 10 – 13 | Classroom TBA | $288.00**

Jul 11 – Jul 15 | 9:00 AM - 4:00 PM | 16419

Aug 15 – Aug 19 | 9:00 AM - 4:00 PM | 16421

**Leadership**

**Junior Leadership**

Full-day “Junior Leaders” will spend their mornings volunteering with other camps to gain hands-on leadership experience. afternoon interactive sessions will develop various skills such as teamwork, interview skills, coaching styles, leadership styles and more. afternoon Only “Junior Leaders” will not have the opportunity to practice their skills during the camp, but are encouraged to sign-up as a volunteer with UBC Camps. Lunch supervision is included. No sessions on statutory holidays, reduced rate applies.

**Ages 15 – 18 | Classroom TBA | $288.00**

Jul 4 – Jul 8 | 10:00 AM - 4:30 PM | 16463

Jul 11 – Jul 22 | 9:00 AM - 4:00 PM | 16440

Jul 25 – Jul 29 | 10:00 AM - 4:30 PM | 16465

Aug 2 – Aug 5 | 9:00 AM - 4:00 PM | 16441

Aug 8 – Aug 12 | 9:00 AM - 4:00 PM | 16456

Aug 22 – Aug 26 | 9:00 AM - 4:00 PM | 16442

Aug 29 – Sep 2 | 9:00 AM - 4:00 PM | 16443

**Overnight Outdoor Education**

UBC Camps and UBC Faculty of Education have created a camp that gives youth aged 12–15 a unique educational outdoor learning experience. Camp takes place in an environment where hands-on learning teaches participants lessons that can be applied to everyday life. This program offers campers social, emotional, cognitive, and physical engagement in outdoor settings that no traditional classroom ever could. Experiential learning includes a service learning project, building self-confidence, developing leadership skills, engaging with nature, and forming new friendships. There are also many exciting and engaging activities such as canoeing, hiking, ropes challenge course, cultural programs, overnight tenting trip, plus much more.

**Ages 12 – 15 | Cheakamus Centre (drop off at UBC Camps HQ Alley) | $850.00**

Aug 8 – Aug 12 | Full-day / Overnight | 16833
UBC Recreation offers a wealth of youth programming in addition to Camps. From beginner level to intermediate to advanced programs for youth aged 6 months to 18 years, there’s an activity that is fit for any child/youth. We run year-round programs for youth out of each of our facilities, further details can be found by visiting recreation.ubc.ca.

**AQUATICS**
recreation.ubc.ca/aquatics/
youth-programs

The UBC Aquatic Centre, located at the heart of UBC campus, is open year-round and will continue to provide programming prior to the completion of the new anticipated facility. Summer is our busiest season, where we offer more lessons including Red Cross modelled progressions swim programs. Pick up a copy of a detailed program listing at the Aquatic Centre front desk or download a printable version from our website.

Beginner (6 months–5 years)
- Preschool: Starfish, Duck, Turtle, Sasquatch
- Salamander, Sunfish, Crocodile, and Whale

Intermediate (5-14 years)
- Swim Kats K1 through K10
- Private Lessons (1 student with 1 instructor)

Advanced (8 years+)
- Coached Junior Workout
- Junior Lifeguard Club
- Bronze Medalion
- Bronze Cross
- Lifesaving Camp

**ICE**
recreation.ubc.ca/ice/
youth-programs

The Doug Mitchell Thunderbird Sports Centre is one of Vancouver’s best skating and hockey facility and is home to three ice rinks. During the summer we have hockey school camps that can be found within this guide under Sports & Recreation. Visit our website for more up-to-date information closer to the fall season.

We also offer a more extensive list in the fall that includes:
- Learn to Skate Preschool and School Age
- Beginner Skating and Hockey Skills (5-6 years)
- 3 on 3 Youth Ice Cross Game
- 5 on 5 Pond Hockey
- HI/LO Skating and Hockey Skills (5-6 years)
- HS/PS Skating and Hockey Skills (7-8 years)
- Atom and PeeWee Skating and Hockey Skills (9-12 years)
- Beginner Figure Skating (all ages)

**ROrowing**
recreation.ubc.ca/rowing/
youth-programs

In addition to our rowing camps, we provide a number of youth programs in the summer. Below is the list of summer programming we offer, which does require some experience in rowing. Our Fast Track Camps found within this guide is a great introduction to rowing and will provide the skills to continue onto more advanced programming and training.

Beginner
- Junior Development Rowing League

Intermediate
- Junior Intermediate Rowing Team
- StU/VC Summer Training Camp

Advanced
- Junior Competitive Rowing Team (Blue)
- Junior Competitive Rowing Team (Gold)

**Tennis**
recreation.ubc.ca/tennis/
junior-programs

The UBC Tennis Centre is the only indoor public tennis facility in Vancouver and welcomes players of all ages and abilities. Whether your child is new to the sport or wants to hone their skills, our professional staff and coaches will share their passion for this life-long sport. Start your kids at a young age with our Baby Thunderbirds program.

Beginner
- Baby Thunderbirds
- Red Fundamental
- Orange Fundamental
- Green Fundamental
- Youth Fundamental
- Teen Fundamental

Advanced
- Red Competitive
- Orange Competitive
- Green Competitive
- Teen Competitive
- U12 Champs
- U14 Champs
- U14 Challenges
- U16/18 Champs
- U16/18 Champs Elite
Aquatics

First Aid Camp ★
This first aid camp is for children who are interested in expanding their first aid practical knowledge. Topics covered include: CPR C level and associated AED protocol, airway, breathing and cardiovascular emergencies; bleeding; burns; soft tissue, musculoskeletal, head and spine injuries; plus many more. Manual is included. A mark of 70% is required on written quiz.

Ages 5–12 | UBC Aquatic Centre | $150.00
Jul 18 – Jul 22 9:00 AM - 12:00 PM 16175
Aug 15 – Aug 19 9:00 AM - 12:00 PM 16174
Aug 8 – Aug 12 9:00 AM - 12:00 PM 16173
Aug 1 – Aug 5 9:00 AM - 12:00 PM 16172

H2O FuN Camp ★
This three-day water adventure camp will allow children to be physically active to the max! Water activities include supervised games and activities, diving, rope swing, large inflatables, water basketball, floating toys and more. This camp is in the pool for the full duration (no lesson) of camp time.

Ages 5–12 | UBC Aquatic Centre
Full-day: $150.00 | Half-day: $75.00
Aug 31 – Sep 2 9:00 AM - 4:00 PM 17203
9:00 AM - 12:00 PM 17204
1:00 PM - 4:00 PM 17205

Play & Swim Aquatics Preschool Camp
This program offers interactive fun play, arts and crafts, snack time, circle time and outdoor and indoor play. A daily swim lesson and play time in the pool is also included. No sessions on statutory holidays, reduced rate applies.

Ages 3–5 | UBC Aquatic Centre | $137.00
Jul 4 – Jul 8 9:00 AM - 12:00 PM 16169
Jul 11 – Jul 15 9:00 AM - 12:00 PM 16170
Jul 18 – Jul 22 9:00 AM - 12:00 PM 16171
Jul 25 – Jul 29 9:00 AM - 12:00 PM 16172
Aug 1 – Aug 5 9:00 AM - 12:00 PM 16173
Aug 8 – Aug 12 9:00 AM - 12:00 PM 16174
Aug 15 – Aug 19 9:00 AM - 12:00 PM 16175
Aug 22 – Aug 26 9:00 AM - 12:00 PM 16176

Red Cross Babysitter Training Camp
This camp provides training and instruction about babysitting, childcare for babysitters, toddlers, preschoolers and school-aged children, first aid, and activities for young children. Campers will receive certification in Emergency First Aid, CPR, and Babysitting.

Ages 11–14 | UBC Aquatic Centre | $135.00
Jul 4 – Jul 8 9:00 AM - 12:00 PM 16136
Jul 11 – Jul 15 9:00 AM - 12:00 PM 16137
Jul 18 – Jul 22 9:00 AM - 12:00 PM 16138
Aug 1 – Aug 5 9:00 AM - 12:00 PM 16139
Aug 8 – Aug 12 9:00 AM - 12:00 PM 16140
Aug 15 – Aug 19 9:00 AM - 12:00 PM 16141
Aug 22 – Aug 26 9:00 AM - 12:00 PM 16142

Play & Swim Aquatics Camp
This program has the perfect blend of fun, including arts and crafts, sports, games and outdoor activities, as well as a Red Cross swim lesson each day. Participants will enjoy a variety of indoor and outdoor activities; improve their swimming skills and strokes, while making new friends. No sessions on statutory holidays, reduced rate applies.

Ages 5–12 | UBC Aquatic Centre
Full-day: $259.00 | Half-day: $135.00
Jul 4 – Jul 8 9:00 AM - 4:00 PM 16159
9:00 AM - 12:00 PM 16160
1:00 PM - 4:00 PM 16161
Jul 11 – Jul 15 9:00 AM - 4:00 PM 16162
9:00 AM - 12:00 PM 16163
1:00 PM - 4:00 PM 16164
Jul 18 – Jul 22 9:00 AM - 4:00 PM 16165
9:00 AM - 12:00 PM 16166
1:00 PM - 4:00 PM 16167
Jul 25 – Jul 29 9:00 AM - 4:00 PM 16168
9:00 AM - 12:00 PM 16169
1:00 PM - 4:00 PM 16170
Aug 1 – Aug 5 9:00 AM - 4:00 PM 16171
9:00 AM - 12:00 PM 16172
1:00 PM - 4:00 PM 16173
Aug 8 – Aug 12 9:00 AM - 4:00 PM 16174
9:00 AM - 12:00 PM 16175
1:00 PM - 4:00 PM 16176
Aug 15 – Aug 19 9:00 AM - 4:00 PM 16177
9:00 AM - 12:00 PM 16178
1:00 PM - 4:00 PM 16179
Aug 22 – Aug 26 9:00 AM - 4:00 PM 16180
9:00 AM - 12:00 PM 16181
1:00 PM - 4:00 PM 16182

Scuba Camp
This camp includes one hour of learning techniques for scuba diving followed by two hours of in-water practice progressing from shallow to deep-end. Comfort in deep-water is required. No sessions on statutory holidays, reduced rate applies.

Ages 8–12 | UBC Aquatic Centre | $220.00
Jul 4 – Jul 8 9:00 AM - 12:00 PM 16183
Jul 11 – Jul 15 9:00 AM - 12:00 PM 16184
Jul 18 – Jul 22 9:00 AM - 12:00 PM 16185
Jul 25 – Jul 29 9:00 AM - 12:00 PM 16186
Aug 1 – Aug 5 9:00 AM - 12:00 PM 16187
Aug 8 – Aug 12 9:00 AM - 12:00 PM 16188
Aug 15 – Aug 19 9:00 AM - 12:00 PM 16189
Aug 22 – Aug 26 9:00 AM - 12:00 PM 16190

Advanced Scuba Camp ★
Designed for campers with previous scuba diving experience. Focusing on deep end scuba skills, more emphasis will be placed on diving physics, physiology, and equipment, beyond the skills learned in the prerequisite UBC Scuba Camp.

Ages 10–14 | UBC Aquatic Centre | $227.00
Aug 15 – Aug 19 9:00 AM - 12:00 PM 16191

Water Polo Camp
A great intro to the sport of water polo! Learn ball-handling, passing, shooting, goal-tending, teamwork and game strategies in a fun and friendly environment. Must be comfortable in deep water and have Swim Kids Level 8. No previous water polo experience required. Full-day camp includes swim lessons.

Ages 10–13 | UBC Aquatic Centre | $135.00
Jul 18 – Jul 22 9:00 AM - 12:00 PM 16192

Badminton
Beginner Badminton
You will learn fundamental badminton hitting skills including serves, overhead clear, underhand, forehand and more. Players will also learn basic footwork and will develop balance and coordination. No sessions on statutory holidays, reduced rate applies.

Ages 7–12 | SRC Gyms | $170.00
Jul 25 – Jul 29 10:00 AM - 4:00 PM 16193
Aug 1 – Aug 5 10:00 AM - 4:00 PM 16194
Aug 8 – Aug 12 10:00 AM - 4:00 PM 16195
Aug 15 – Aug 19 10:00 AM - 4:00 PM 16196
Aug 22 – Aug 25 10:00 AM - 4:00 PM 16197

Keep an eye out for programs led by UBC Thunderbirds varsity coaches! Register for select basketball, field hockey, rugby, soccer, strength & conditioning, and volleyball camps to learn to play like a Thunderbird.
Boys Shooting Program
Coached by Kevin Hanson & Spencer McKay (Coaches, UBC Men’s Basketball)

This unique basketball camp will focus on the most important fundamental in basketball: shooting. Proper shooting mechanics are necessary to have consistent accuracy, develop your range, and get shots off against a tough defender.

Boys: Ages 13–18 | War Memorial Gym | $280.00

Girls: Ages 10–14 | SRC Gyms | $170.00

Co-Ed Elementary Camp
Coached by Deb Huband & Carris Watts (Coaches, UBC Women’s Basketball)

This camp will focus on developing basketball fundamentals and movement skills through a variety of games, drills and activities. Campers will learn new ways to improve shooting, ball handling and passing while developing their team play in a fun and positive atmosphere.

Girls: Ages 9–12 | War Memorial Gym | $185.00

Girls: Ages 13–18 | War Memorial Gym | $185.00

Co-Ed Fundamentals Program
Coached by Kevin Hanson & Spencer McKay (Coaches, UBC Men’s Basketball)

Come to UBC and learn from the best! Varsity basketball coaches, along with varsity athletes will provide top-level instruction on all fundamentals that are essential to learning and improving basketball skills.

Boys: Ages 7–14 | War Memorial Gym | $185.00

Girls: Ages 7–10 | SRC Gyms | $170.00

Basketball Fitness Fun Training
This program teaches exercises in a fun group atmosphere using fitness games and simple activities designed to help enhance sport performance in basketball. Participants will focus on improving speed, agility, reaction time, strength, flexibility, and cardiovascular endurance while reducing your risk of injury.

Boys: Ages 7–14 | BirdCoop Fitness Centre | $175.00

Girls: Ages 7–14 | BirdCoop Fitness Centre | $175.00

Baseball
Summer Baseball Camp ★
The camp will be running on the baseball field and in the indoor training centre. It will focus on all technical facets of baseball, allowing players to compete and have fun while using their technical gains.

Boys: Ages 8–18 | UBC Indoor Training Centre | $345.00

Basketball
Boys Birdball Program
Coached by Kevin Hanson & Spencer McKay (Coaches, UBC Men’s Basketball)

Guided by Varsity coaches and players, campers will develop their shooting form, ball handling, passing, as well as team and individual defensive principles. Campers will also learn offensive principles and how to read the defense in order to make good basketball decisions.

Boys: Ages 13–18 | War Memorial Gym | $280.00

Aug 2–Aug 5 9:00 AM–3:00 PM 16854

Girls: Ages 9–12 | SRC Studio | $152.00

Aug 22–Aug 25 9:00 AM–12:00 PM 16646

Girls Thunderbird Program
Coached by Deb Huband & Carris Watts (Coaches, UBC Women’s Basketball)

This girls-only camp will focus on the development and refinement of individual basketball skills and team concepts in a positive and competitive environment. Drills and activities will provide opportunities to improve ball handling, passing and shooting skills, while team concepts and application of individual skills will be developed through up-tempo transition and full court games.

Boys: Ages 13–18 | War Memorial Gym | $280.00

Girls: Ages 10–14 | SRC Gyms | $170.00

Girls: Ages 12–18 | War Memorial Gym | $155.00

Aug 15–Aug 19 4:30 PM–7:00 PM 17353

Basketball Fitness Fun Training
This program teaches exercises in a fun group atmosphere using fitness games and simple activities designed to help enhance sport performance in basketball. Participants will focus on improving speed, agility, reaction time, strength, flexibility, and cardiovascular endurance while reducing your risk of injury.

Girls: Ages 7–14 | BirdCoop Fitness Centre | $175.00

Boys: Ages 7–14 | BirdCoop Fitness Centre | $175.00

Aug 25–July 29 9:00 AM–12:00 PM 16415

Aug 22–Aug 26 9:00 AM–12:00 PM 16650

Boys: Ages 7–14 | SRC Gyms | $170.00

Girls: Ages 7–14 | SRC Gyms | $170.00

Girls: Ages 9–12 | SRC Studio | $152.00

Aug 2 – 5 10:00 AM–4:00 PM 16454

Doc Reimer
Head Coach, UBC Men’s Volleyball

Dave Brown
Head Coach, UBC Women’s Field Hockey

Ricardo Chena
Assistant Coach, UBC Women’s Field Hockey

David Brown
Head Coach, UBC Men’s Volleyball

Assistant Coach, UBC Women’s Field Hockey

Doug Reimer
Head Coach, UBC Women’s Volleyball

Women’s Field Hockey

Women’s Basketball

Women’s Basketball

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Fencing
Provided by Ali Ulker (Fencing Expert)

Fencing Fundamentals
This course is ideal for boys and girls with little or no previous experience with fencing, or those younger students looking for an introduction to the sport. Students will participate in a variety of recreational games and activities intended to develop their balance, coordination and reaction speed. No sessions on statutory holidays, reduced rate applies.

Fencing Intermediate
This course is designed for students who have previously participated in an introductory fencing program or those older children who have a more developed skill set. Students will focus more intensely on advanced defensive techniques, reaction speed improvement, whole-body fitness, and combal psychology improvements such as developing self-confidence under pressure. No sessions on statutory holidays, reduced rate applies.

Field Hockey
Coached by Robin D’Abreo (Coach, UBC Women’s Field Hockey)

Co-ed Field Hockey Fundamentals
This camp encourages the development of a love for physical activity. Emphasis will be on fundamental movement skills such as agility, balance, coordination, and speed as well as the core skills and basic game play of field hockey.

Girls to Back School Camp
This program is aimed at high school and club athletes looking to prepare for school and club league play in the fall. It will advance core skills and tactical understanding at speed and under pressure for improved game play.

Girls Learning to Train Camp
This program is aimed at the developing club or regional level players. It will focus on core technical skills for possession, receiving and distributing the ball. It will introduce small game tactics and outline the general approach to attacking and defending strategies. It will also educate on appropriate warm up and cool down practices.

Girls U16 Camp
This program is aimed at club, regional and provincial level athletes looking to advance their skill development, physiological awareness, and tactical understanding of the game. Possession, elimination, goal scoring, and tackling skills will be advanced at speed and under pressure.

Girls Pre-Varsity High Performance
This program is aimed at top high school or provincial athletes graduating in 2017 or 2018 who are interested in playing varsity field hockey at UBC. It will involve on-field technical and tactical development, classroom-based tactical education, strength and conditioning in our varsity fitness centre, a campus tour, and a question and answer session with UBC varsity athletes.

Girls in Motion
This program combines the flow of yoga with the motion of dance to get girls moving in a variety of ways. Girls will be able to improve their flexibility, coordination and strength in this fun and unique camp.

Teen Fit
Be active with our personal trainer! This is a great introduction to various types of fitness activities from weight and cardio training to boot camps, spining and bouldering. Campers will learn about muscle groups, what’s in the food you eat, basic weight training techniques, and how to design their own program at the gym all in a fun group atmosphere.

Train Smart, Play Smart in the Fitness Centre
Get active and discover some fun ways to be fit with our personal trainers at the Birdcoop Fitness Centre. Campers will participate in fitness-based games, boot camps, strength and cardio training, indoor cycling and bouldering in our climbing cave. They will also enjoy some water sports, basketball, soccer and a beach day! No sessions on statutory holidays, reduced rate applies.

Golf
Provided by University Golf Club

Novice Golf
This camp is intended as an introduction to golf. Children will learn the basic fundamentals as well as how to play, practice and have fun. No sessions on statutory holidays, reduced rate applies.

Beginning Skaters & Skills Camp
This program provides the tools to gain hockey confidence both physically and mentally. Emphasis will be on skating technique and balance, and basic skills of puck handling, passing and shooting. No sessions on statutory holidays, reduced rate applies.

Beginners Skating & Skills Camp
This introductory program provides the tools to gain hockey confidence both physically and mentally. Emphasis will be on skating technique and balance, and basic skills of puck handling, passing and shooting. No sessions on statutory holidays, reduced rate applies.

Hockey & Skating

Skating & Skills Camp
Designed for players and goaltenders of all skill levels with the desire to improve their fundamental hockey skills. Campers get to experience our new off-ice skills area with slinkyknot products. On-ice instruction is focused on skating, shooting, puck control, passing and receiving, and some team strategy. No sessions on statutory holidays, reduced rate applies.

Teen Fit Camp
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**SPORT & RECREATION CAMPS**

**SPLASH, PEDAL, AND DASH**

Kids triathlon-style event hosted by UBC Recreation on the famous UBC Campus. Registration open from Mar 8th with early bird discounts!

- **Saturday, June 18th 2016** | Ages 6 - 12 (12+ ask for more details)
- Visit [pointgreytri.ca](http://pointgreytri.ca) for more information

Choose your distance, everyone's a winner!

**INCLUDED**

- Guided and timed swim, cycle and run.
- Water bottle gift.
- Finish zone medal

Have a picture on the podium after you finish and tell the other kids how much fun you had at UBC in a real swim, cycle and run!

**August 22 - Aug 26**

### **Rep Elite Development & Conditioning Camp**

Players at a Rep Level will experience an exciting on-ice training program, integrated with an off-ice fitness and wellness program. Our professional staff featuring some of our UBC varsity coaches will deliver a fun but challenging program to prepare you for your upcoming tryouts.

#### Ages 6 - 15 | Doug Mitchell Centre | $425.00

### **H3/H4 (AGES 6 - 8)**

- Jul 11 - Jul 15 9:00 AM - 3:30 PM 16981
- Jul 18 - Jul 22 9:00 AM - 3:30 PM 16986
- Jul 25 - Jul 29 9:00 AM - 3:30 PM 16989
- Aug 1 - Aug 5 9:00 AM - 3:30 PM 16991
- Aug 8 - Aug 12 9:00 AM - 3:30 PM 16994
- Aug 15 - Aug 19 9:00 AM - 3:30 PM 17012
- Aug 22 - Aug 26 9:00 AM - 3:30 PM 17015

### **ATOM (AGES 8 - 10)**

- Jul 11 - Jul 15 9:00 AM - 3:30 PM 16992
- Jul 18 - Jul 22 9:00 AM - 3:30 PM 16996
- Jul 25 - Jul 29 9:00 AM - 3:30 PM 16999
- Aug 1 - Aug 5 9:00 AM - 3:30 PM 17001
- Aug 8 - Aug 12 9:00 AM - 3:30 PM 17004
- Aug 15 - Aug 19 9:00 AM - 3:30 PM 17013
- Aug 22 - Aug 26 9:00 AM - 3:30 PM 17015

### **PEEWEE (AGES 10 - 13)**

- Jul 25 - Jul 29 9:00 AM - 3:30 PM 17029
- Aug 1 - Aug 5 9:00 AM - 3:30 PM 17034
- Aug 8 - Aug 12 9:00 AM - 3:30 PM 17036
- Aug 15 - Aug 19 9:00 AM - 3:30 PM 17041
- Aug 22 - Aug 26 9:00 AM - 3:30 PM 17045

### **BANTAM (AGES 12 - 15)**

- Jul 11 - Jul 15 9:00 AM - 3:30 PM 17022
- Jul 18 - Jul 22 9:00 AM - 3:30 PM 17026
- Jul 25 - Jul 29 9:00 AM - 3:30 PM 17030
- Aug 1 - Aug 5 9:00 AM - 3:30 PM 17038
- Aug 8 - Aug 12 9:00 AM - 3:30 PM 17039
- Aug 15 - Aug 19 9:00 AM - 3:30 PM 17042
- Aug 22 - Aug 26 9:00 AM - 3:30 PM 17046

**Development & Sports Camp**

- Jun 27 - Jun 30 9:00 AM - 3:30 PM 17008
- Jul 11 - Jul 15 9:00 AM - 3:30 PM 17016
- Jul 18 - Jul 22 9:00 AM - 3:30 PM 17015
- Jul 25 - Jul 29 9:00 AM - 3:30 PM 17013
- Aug 8 - Aug 12 9:00 AM - 3:30 PM 17010
- Aug 15 - Aug 19 9:00 AM - 3:30 PM 17017
- Aug 22 - Aug 26 9:00 AM - 3:30 PM 17018

**Martial Arts**

**Self Defense Camp**

An exciting and fun environment where kids learn street safety, bully proofing and practical self-defense! Featuring Kar Mon and combat jujitsu, our award winning, multi-black belt instructors will help in the development of campers confidence, fitness and other critical life skills.

- Ages 8 - 12 | SRC Dojo | $205.00

### **Pre-summer Camp**

This 5-day camp prepares campers for summer programming. Children will participate in a variety of indoor/outdoor sports, create masterpiece artworks and play at on-campus facilities, such as the Aquatics Center, BirdCooop climbing cage and more! Remember to bring a packed lunch. No sessions on statutory holidays, reduced rates apply.

- Ages 5 - 12 | UBC Camps HQ | $228.00
- Jul 20 - Jun 24 9:00 AM - 4:00 PM 16597
- Jun 27 - Jun 30 9:00 AM - 4:00 PM 16598
Hockey & Soccer Combo Camp

This full-day camp offers daily one-on-one sessions and one-off ice skills session in our skills/floorball zone (made up of shuffleboard stickhandling drills, as well as soccer practice working on skills and one full or small sided scrimmage on our brand new synthetic turf fields.

 Ages 7 - 13 | Doug Mitchell Centre | $425.00
Jul 11 - Jul 15  9:00 AM - 3:30 PM  17299
Jul 18 - Jul 22  9:00 AM - 3:30 PM  17300

Rowing

Fast Track Rowing Camp

This program will teach youth the basics of rowing, including land and on-water components. Following completion of the Fast Track Camp, youth will be invited to join the Loran Development Team, if there’s interest to continue rowing. There is no prerequisite to this program. No sessions on statutory holidays.

 Ages 13 - 18 | John M.S. Lecky UBC Boathouse $300.00
Jun 27 - Jun 30  12:00 PM - 4:00 PM  15723
Jul 4 - Jul 8  12:00 PM - 4:00 PM  15724
Jul 11 - Jul 15  12:00 PM - 4:00 PM  15725
Jul 18 - Jul 22  12:00 PM - 4:00 PM  15726
Jul 25 - Jul 29  12:00 PM - 4:00 PM  15727
Aug 1 - Aug 5  12:00 PM - 4:00 PM  15728
Aug 8 - Aug 12  12:00 PM - 4:00 PM  15729
Aug 15 - Aug 19  12:00 PM - 4:00 PM  15730
Aug 22 - Aug 26  12:00 PM - 4:00 PM  15731
Aug 29 - Sep 2  12:00 PM - 4:00 PM  15732

Sailing

Provided by MacSailing

Beach Kids

Beach Kids is a program aimed at children who want to learn about sailing and water safety. The goal of this program is to get children comfortable around boats and the water before they go into the Sailing Optima program.

 Ages 5 - 7 | Jericho Sailing Centre | $231.00
Jun 20 - Jun 24  10:00 AM - 4:00 PM  17165
Jul 27 - Jul 31  9:00 AM - 12:00 PM  17166
Jul 4 - Jul 8  10:00 AM - 4:00 PM  17167
Jul 11 - Jul 15  10:00 AM - 4:00 PM  17168
Jul 18 - Jul 22  10:00 AM - 4:00 PM  17169
Jul 25 - Jul 29  9:00 AM - 12:00 PM  17170
Aug 8 - Aug 12  9:00 AM - 12:00 PM  17171
Aug 15 - Aug 19  9:00 AM - 12:00 PM  17172

LEVEL 1
Jun 13 - Jun 17  1:00 PM - 4:00 PM  17323
Jun 20 - Jun 24  9:00 AM - 12:00 PM  17324
Jul 27 - Jul 31  9:00 AM - 12:00 PM  17325
Jul 4 - Jul 8  9:00 AM - 12:00 PM  17326
Jul 7 - Jul 11  9:00 AM - 12:00 PM  17327
Jul 18 - Jul 22  9:00 AM - 12:00 PM  17328
Jul 25 - Jul 29  9:00 AM - 12:00 PM  17329
Aug 1 - Aug 5  9:00 AM - 12:00 PM  17330
Aug 8 - Aug 12  9:00 AM - 12:00 PM  17331
Aug 15 - Aug 19  9:00 AM - 12:00 PM  17332
Aug 22 - Aug 26  9:00 AM - 12:00 PM  17333
Aug 29 - Sep 2  9:00 AM - 12:00 PM  17334

Sail Escapes

These courses are for beginner and intermediate sailors. Using the world famous Optimist dinghy (opt), this course introduces participants to the basics of sailing while maintaining a fun and safe atmosphere.

 Ages 7 - 10 | Jericho Sailing Centre | $231.00
LEVEL 1
Jun 13 - Jun 17  10:00 AM - 4:00 PM  17277
Jun 20 - Jun 24  9:00 AM - 12:00 PM  17278
Jul 27 - Jul 31  9:00 AM - 12:00 PM  17279
Jul 4 - Jul 8  9:00 AM - 12:00 PM  17280
Jul 11 - Jul 15  9:00 AM - 12:00 PM  17281
Jul 18 - Jul 22  9:00 AM - 12:00 PM  17282
Jul 25 - Jul 29  9:00 AM - 12:00 PM  17283
Aug 1 - Aug 5  9:00 AM - 12:00 PM  17284
Aug 8 - Aug 12  9:00 AM - 12:00 PM  17285
Aug 15 - Aug 19  9:00 AM - 12:00 PM  17286
Aug 22 - Aug 26  9:00 AM - 12:00 PM  17287
Aug 29 - Sep 2  9:00 AM - 12:00 PM  17288

CANSAIL 1, 2, 3, 4

MacSailing offers the more rigorous and internationally recognized CANSAIL Levels. Although CANSAIL is an introductory course, we recommend that younger

students take at least one summer camp before entering the CANSAIL program.

 Ages 11-16 | Jericho Sailing Centre

CANSAIL 1
Jun 20 - Jun 24  9:00 AM - 12:30 PM  17185
Jun 27 - Jul 1  9:00 AM - 12:30 PM  17186
Jul 4 - Jul 8  9:00 AM - 12:30 PM  17187
Jul 11 - Jul 15  9:00 AM - 12:30 PM  17188
Jul 18 - Jul 22  9:00 AM - 12:30 PM  17189
Jul 25 - Jul 29  9:00 AM - 12:30 PM  17190
Aug 1 - Aug 5  9:00 AM - 12:30 PM  17191
Aug 8 - Aug 12  9:00 AM - 12:30 PM  17192
Aug 15 - Aug 19  9:00 AM - 12:30 PM  17193
Aug 22 - Aug 26  9:00 AM - 12:30 PM  17194
Aug 29 - Sep 2  9:00 AM - 12:30 PM  17195

CANSAIL 2
Jun 27 - Jul 1  1:00 PM - 4:30 PM  17186
Jul 4 - Jul 8  1:00 PM - 4:30 PM  17187
Jul 11 - Jul 15  1:00 PM - 4:30 PM  17188
Jul 18 - Jul 22  1:00 PM - 4:30 PM  17189
Jul 25 - Jul 29  1:00 PM - 4:30 PM  17190
Aug 8 - Aug 12  1:00 PM - 4:30 PM  17192
Aug 22 - Aug 26  1:00 PM - 4:30 PM  17281

CANSAIL 3
Jun 27 - Jul 1  10:00 AM - 4:30 PM  17187
Jul 11 - Jul 22  10:00 AM - 4:30 PM  17205
Aug 8 - Aug 12  10:00 AM - 4:30 PM  17238

Sport & Recreation Camps
Skateboard & BMX

**Skateboard & Stand Up Paddling**

Provided by Windsure Adventure Watersports

**Skateboarding**

This camp welcomes riders of all abilities. Campers learn how to throw the board, skim, perform basic maneuvers, and more! Based on total conditions, some days may include other activities such as stand up paddling. Not eligible for extra care services.

**Advanced Skateboarding**

The advanced camp will focus on improving the basic tricks taught in the Skiboarding camp. Students will be instructed on riding new terrain such as rails, jumps, and wave skating. This camp is recommended for ages 13+ or for those with basic or good skateboarding skills already under their belt.

**Kickstart**

We are very excited to introduce you to Nigel Marples, our new Soccer Coordinator, a former Vancouver Whitecap and proud alumnus of UBC Soccer Camps.

Nigel grew up in North Delta and first started playing soccer, trip planning, safety, weather, docking, anchoring, man overboard and local navigation.

**Skimboarding & Stand Up Paddling**

In this camp participants enjoy three days of stand up paddling and two days of skateboarding as well as other water activities.

**Park Camp**

Experience skateboarding and/or BMX biking with our instructors. All skill levels are welcome, and safety is our top priority. We provide transportation to a number of skate/bike parks in the greater Vancouver area. Lunch supervision is included. A properly maintained BMX bike or skateboard and a helmet are mandatory.

**Junior Camp**

This course offers teenagers an introduction to skateboarding and BMX biking with our instructors. All skill levels are welcome, and safety is our top priority. We provide transportation to a number of skate/bike parks in the greater Vancouver area. Lunch supervision is included. A properly maintained BMX bike or skateboard and a helmet are mandatory.

**Skimboarding & Stand Up Paddling**

This camp provides beginners with the skills, knowledge and equipment they need to become self-sufficient stand up paddlers. Beach and ocean conditions add to the fun! A beach discussion on ocean/bay safety, weather and tide forecasting is part of the curriculum. Additional topics may include paddle stabilization, river running, surfing and paddling skills.

**Skimboarding & Stand Up Paddling**

In this camp, participants enjoy three days of stand up paddling and two days of skateboarding as well as other water activities.

**Stand Up Paddling**

This camp provides beginners with the skills, knowledge and equipment they need to become self-sufficient stand up paddlers. Beach and ocean conditions add to the fun! A beach discussion on ocean/bay safety, weather and tide forecasting is part of the curriculum. Additional topics may include paddle stabilization, river running, surfing and paddling skills.

**Skimboarding & Stand Up Paddling**

This camp provides beginners with the skills, knowledge and equipment they need to become self-sufficient stand up paddlers. Beach and ocean conditions add to the fun! A beach discussion on ocean/bay safety, weather and tide forecasting is part of the curriculum. Additional topics may include paddle stabilization, river running, surfing and paddling skills.

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Gold, Silver, Metro T-Bird Elite
Coached by Mike Mosher (Coach, UBC Men’s Soccer)
Kickstart Advanced is designed for experienced soccer players who have demonstrated a high level of ability and commitment to the sport. The program is focused on individual skill development and will be excellent for players who want to take their game to the next level.

**Soccer Specific Strength, Power, Speed Performance Camp**

This camp focuses on teaching the fundamental body mechanics and movement patterns necessary for success on the field. Participants will learn specific strength training exercises necessary to aid in speed, power and agility performance. Emphasis will be placed on learning proper sprint mechanics, body awareness and body positions through a series of strength exercises, drills, and games. Each session will be capped off with stability, flexibility, and mobility work along with recovery protocols based on the needs of the elite level soccer player.

**Tennis**

**Table Tennis**

Practice the sport of table tennis (ping pong) in this fun and exciting camp! This program allows youth to learn basic skills such as different grips, strokes and serve to perfect their table tennis game.

**Performance Camp**

Designed for Nova Scotia level players and the focus will be on the technical and tactical aspects of the game in both singles and doubles. Players must be approved by a UBC coach to register. No sessions on statutory holidays, reduced rate applies.

**Tennis Baby Thunderbirds Camp**

This program is a great way to get your child started and introduced to Thunderbird tennis. This program will cover movement and coordination exercises to build skills and get your child out on the court hitting balls and having a blast. No sessions on statutory holidays, reduced rate applies.

**Tennis Junior Development Camp**

This is the perfect camp for recreational and new tennis players. Campers will learn key technical and tactical fundamentals with an emphasis on learning to control the ball in different situations. Participants will be grouped according to age and level and focus success for all. No sessions on statutory holidays, reduced rate applies.

**Summer 2016 | camps.ubc.ca | 604.822.1540**
Ultimate Advanced
This camp focuses on advanced skills such as the huck, flick and layout. You will improve your throwing and catching technique as well as be introduced to more advanced and specialized team strategies. This camp will improve athletic skills such as quickness, agility, coordination, speed and endurance. Drivers are recommended.

Ages 13-17 | Wosoon East | $185.00
Jul 18 - Jul 22 9:00 AM - 12:00 PM 17373
Aug 8 - Aug 12 9:00 AM - 12:00 PM 17374
Aug 22 - Aug 26 9:00 AM - 12:00 PM 17375

Beach Volleyball Specifics
Coached by Richard Schick (Head Coach, UBC Men’s Beach Volleyball)

This all-skill camp will focus on improving all facets of your technique and mental/physical approach to the beach game with emphasis on skills, game-play, and strategy. On the beach there are no specializations like libero or setter, so every player must be capable of performing every skill. Beach training will also improve indoor volleyball skills by building quick twitch muscle and improving lateral foot speed and vertical strength (bigger hops!)

Ages 12-17 | Spanish Banks West | $190.00
Jul 18 - Jul 22 12:30 PM - 3:30 PM 17360

Boys Skills Camp ★
Coached by Doug Reimer (Head Coach, UBC Women’s Beach Volleyball)

Boys can choose between two sections based on ages. Novice is for those entering grades 6-8 and advanced entering grades 8-10. This camp is geared to players just learning the sport and for those with more school or club experience. Skills training will focus on a fun and game-centered approach.

Ages 11-16 | War Memorial Gym | $190.00
AGES 11-13
Jul 11 - Jul 15 1:00 PM - 4:00 PM 17402
AGES 13-16
Jul 11 - Jul 15 1:00 PM - 4:00 PM 17401

Girls Junior T-Bird Volleyball Basic
Coached by Doug Reimer (Head Coach, UBC Women’s Volleyball)

This camp is a skills, games and fun based camp for those players that have had an introduction to volleyball. Mornings will include skill, team play and games. The afternoons include volleyball, mini-games and fun! Lunch supervision is included.

Ages 11-13 | War Memorial Gym
Full-day: $320.00 | Half-day: $190.00
Jul 11 - Jul 15 9:30 AM - 4:00 PM 17405
Jul 4 - Jul 8 9:30 AM - 12:15 PM 17406

Girls Skills Camp
Coached by Doug Reimer (Head Coach, UBC Women's Volleyball)

This camp is for high school players with limited training who are looking to improve their volleyball skills to prepare for school and club volleyball. Skill training is done in a game centered approach. Full-day camps include pool sessions. Lunch supervision is included.

Ages 14-16 | War Memorial Gym | $190.00
Jul 11 - Jul 15 1:00 PM - 4:00 PM 17409

Girls U13-U14 Advanced Training Camp
Coached by Doug Reimer (Head Coach, UBC Women’s Volleyball)

This camp is for the experienced club player. Players should be committed to hard work and full day training. Position training will include technical and tactical training. Afternoon pool sessions in the day serve as a great break! Lunch supervision is included.

Ages 12-14 | War Memorial Gym | $330.00
Jul 4 - Jul 8 9:30 AM - 4:00 PM 17407

Volleyball Fitness Fun Training
This program teaches exercises in a fun group atmosphere using fitness games and simple exercises designed to help enhance sports performance in volleyball. Participants will focus on improving speed, agility, reaction time, strength, flexibility, and cardiovascular endurance while reducing risk of injury.

Ages 12-17 | Birdcorp Fitness Centre | $75.00
Aug 8 & Aug 12 9:00 AM - 12:00 PM 17369
Aug 8 & Aug 12 1:00 PM - 4:00 PM 17370

Watersports

Family Watersports Day
Enjoy a fun day at the beach with the family! This includes a sailing lesson and tour around English Bay aboard a 24 ft. sailboat. After a short break, enjoy paddle boarding/kayaking along beautiful Kits Beach. This program takes place at the Kitsilano Yacht Club over a four-hour period. For groups of up to 4 people. Once registered, please call to book date and time.

Ages 7-12 | Kitsilano Yacht Club | $395.00
May 1-Sept 30 - 17202

Intro to Canoeing
This program is designed to introduce participants to canoeing in a group setting. The program emphasizes learning boat control allowing paddlers to gain confidence, skills and knowledge to be safe while having fun.

Ages 8-14 | Jericho Sailing Centre | $175.25
AGES 8-10
Jun 24-27 9:00 AM - 12:00 PM 17194
Jul 4-7 9:00 AM - 12:00 PM 17196
Aug 22-25 9:00 AM - 12:00 PM 17198
Aug 29-Sept 2 9:00 AM - 12:00 PM 17200

AGES 10-14
Jul 11-15 9:00 AM - 12:00 PM 17197
Aug 8-12 9:00 AM - 12:00 PM 17198
Aug 29-Sept 2 1:00 PM - 4:00 PM 17201

Jericho Watersports Combo
In this camp participants enjoy various water activities such as stand up paddling, skiboarding, windsurfing (must weigh at least 80 lbs) and other activities at Jericho Beach.

Ages 7-15 | Jericho Sailing Centre | $425.25
AGES 7-10
Jun 20-Jun 24 9:00 AM - 4:00 PM 17212
Aug 29-Sept 2 9:00 AM - 4:00 PM 17214

AGES 11-15
Jul 4 - Jul 8 9:00 AM - 4:00 PM 17213
Aug 15 - Aug 19 9:00 AM - 4:00 PM 17172

Kitsilano Watersports Combo
This camp gives kids an introduction to sailing, kayaking and paddle boarding in a full-day course.

Ages 9-15 | Kitsilano Yacht Club | $425.25
AGES 9-12
Jul 11-Jul 15 9:00 AM - 4:00 PM 17174
Jul 18 - Jul 22 9:00 AM - 4:00 PM 17175
Aug 1 - Aug 5 9:00 AM - 4:00 PM 17177
Aug 8 - Aug 12 9:00 AM - 4:00 PM 17178
Aug 15 - Aug 19 9:00 AM - 4:00 PM 17179
AGES 11-15
Jul 25 - Jul 29 9:00 AM - 4:00 PM 17176

Jericho Beach Camp & Activities

AGES 7-15 | Jericho Sailing Centre | $425.25
AGES 7-10
Jun 20-Jun 24 9:00 AM - 4:00 PM 17212
Aug 29-Sept 2 9:00 AM - 4:00 PM 17214

AGES 11-15
Jul 4 - Jul 8 9:00 AM - 4:00 PM 17213
Aug 15 - Aug 19 9:00 AM - 4:00 PM 17172

Jericho Watersports Combo
This camp gives participants an introduction to sailing, kayaking and paddle boarding in a full-day course.

Ages 9-15 | Kitsilano Yacht Club | $425.25
AGES 9-12
Jul 11-Jul 15 9:00 AM - 4:00 PM 17174
Jul 18 - Jul 22 9:00 AM - 4:00 PM 17175
Aug 1 - Aug 5 9:00 AM - 4:00 PM 17177
Aug 8 - Aug 12 9:00 AM - 4:00 PM 17178
Aug 15 - Aug 19 9:00 AM - 4:00 PM 17179
AGES 11-15
Jul 25 - Jul 29 9:00 AM - 4:00 PM 17176
Extra Care Services

Before Care

The additional care services offer families more flexibility in dropping off and picking up children at UBC. During this time children will take part in supervised mini activities. Available for select on-camps programs only. No sessions on statutory holidays, reduced rate applies.

Ages 5–16 | UBC Camps HQ | $35.00

Lunch Service

Lunch Service will provide your child with a nutritious and delicious lunch to give them the energy they need for their afternoon program. There is a different meal each day of the week. Please note that in order to register for Lunch Service, your child must also be enrolled in Lunch Supervision.

Ages 5–16 | UBC Camps HQ | $50.00

After Care

The additional care services offer families more flexibility in dropping off and picking up children at UBC. During this time children will take part in supervised mini activities. Available for select on-camps programs only. No sessions on statutory holidays, reduced rate applies.

Ages 5–16 | UBC Camps HQ | $40.00

Double the adventure. Double the camps. Double the fun.

Windsurfing

Provided by Windsure Adventure Watersport

Windsurfing Camp Level 1

Windsurfing camps are recommended for youth 12 years or older, and/ or weighing at least 80 lbs (36kg). An active on the water rescue team is available during all lessons. Safety is the main priority at Windsure. Lessons include the use of a complete sailboard, wetsuit, and life jacket.

Ages 12–17 | Jericho Sailing Centre | $265.45

Yoga

Yoga & the Outdoors

This camp exposes children to yoga poses, philosophy and relaxation techniques. Body/mind/heart balance fits of Hatha yoga will be integrated with traditional fun summer camp activities. Participants will also get the opportunity to explore the outdoors through walks and hikes around UBC Campus.

Ages 8–12 | SRC Dojo | $180.00
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<tr>
<th>Camps Planning Worksheet</th>
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<td><strong>Camper 1</strong></td>
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Schedules are subject to change, please visit camps.ubc.ca for the most up-to-date information.
PLAN YOUR SUMMER WITH UBC CAMPS

1. Select your dates.
2. Select your camps, noting course IDs.
3. Add lunch supervision if not provided by chosen camps.
4. Consider whether you need before or after care.
5. Register!

Use the week-by-week schedule inside this foldout to build your summer camp itinerary. Write your selections on the Camps Planning Worksheet for quick reference during registration!

There are three ways to register:

ONLINE
camps.ubc.ca

BY PHONE
604.822.1540

IN PERSON
UBC Camps Headquarters
6160 Thunderbird Blvd.
Vancouver BC, V6T 1Z3
Office hours Monday–Friday
9:00 AM – 4:30 PM

See our Tips for a Stress-free First Day on page 3 for more information.