# 

Portage Pool will be open holiday hours 12- 4 pm on all statutory holidays.

Portage Pool offers additional swim times on Family Fridays and other school holidays. **All swims scheduled 1-3 pm** 

March May 5 & 19 9, 10 & 24 June 9 & 30 April 3-6

FAMILY

NO SCHOO SWIMS

Please note that Portage Pool follows the Northern Lights Public Schools schedule for holiday swims.

# WIBIT SWIMS ALL SWIMS FROM 12-4PM



## **POOL** BOOKINGS

Portage Pool has a variety of lesson and rental options for schools and classes of all sizes.

Please contact 780.623.6778 to discuss all the new options we have to offer.

## WIBIT SWIM DATESMarch 25May 20

April 29 June 17

July 8 August 12

The WIBIT is set up one select Saturday of each month from 12-4 pm, replacing regular public and lane swims.During WIBIT swims the main pool is only available for use of the WIBIT, the wading pool, hot tub and steam room remain open during this time.

## ABOUT THE FACILITY

- 5 lane Main Pool 1-3.5m deep, 28°C
- Wading Pool graduated depth, 31°C
- 25 person Hot Tub
  0.9m deep, 40°C
- 😌 Wet steam room
- Im spring board and swing rope
- Accessible stairs

#### HOURS

Mon, Wed, Fri | 9am-9pm Tues, Thurs | 6am-9pm Sat | 12pm-5pm Sun | 12pm-5pm

CONTACT Guest Services Desk PHONE: 780.623.6777

EMAIL: poolstaff@laclabichecounty.com

**WEB:** boldcenter.ca/portage-pool/ portagepool

9531 94 Avenue, Lac La Biche, Alberta, TOA 2CO



# SWIM FOR LIFE



Water Smart<sup>®</sup> education is best started in childhood, but it certainly doesn't end there! Swim for Life<sup>®</sup> is a comprehensive swim program with streams for swimmers at every stage of life. From infant to adult if you want to learn to swim or improve your strokes and endurance there's a course for you!

#### PARENT & TOT

PORTAGE

POO

Swim for Life® Parent & Tot classes provide an opportunity to spend time with your child in a fun and social setting. We stress the importance of play in developing water positive attitudes and skills. While your child gains valuable exposure to being in and around the water, our certified instructors will also teach you how to be Water Smart® and keep your child safe in any aquatic setting.

Activities and progressions in Parent & Tot are based on developmental stages. Register your child in the appropriate level based on their age:

Parent & Tot 1: Age 4-11 months Parent & Tot 2: Age 12-23 months Parent & Tot 3: Age 24-35 months

#### Parent & Tot 1: Age 4-11 months

In *Parent and Tot 1* your 4-12 month child will learn to enjoy the water while you gain Water Smart<sup>®</sup> knowledge.

Parent & Tot 2: Age 12-23 months

In *Parent and Tot 2* your 12-24 month child will learn to enjoy the water while you gain Water Smart<sup>®</sup> knowledge.

#### Parent & Tot 3:

Age 24-35 months

In *Parent and Tot 3* your 2-3 year old will learn to enjoy the water while you gain Water Smart<sup>®</sup> knowledge.

#### PRESCHOOL | 3-5 YEAR OLDS

Swim for Life® Preschool develops an appreciation of water and a healthy respect for it before young swimmers get in too deep. Preschoolers will have fun while gaining foundational water skills, setting them up for continued success in Swim for Life® Swimmer levels. Water Smart® education is also incorporated into all Preschool levels; children will begin learning how to keep themselves safe in and around the water.



#### Preschool 1:

In Preschool 1 children are assisted while they gain confidence in basic water skills including: getting in and out of the water, jumping into chest deep water, floating, gliding, getting their faces wet, and blowing bubbles. Although the certified instructor provides assistance, parents are encouraged to participate until their child lets them know that they can do it themselves.



#### Preschool 2:

Children in Preschool 2 work on gaining more independent swimming skills. Swimmers will jump into chest-deep water by themselves, submerge their heads, and exhale underwater. They will also wear a lifejacket to glide and to get in and out of the water.



#### Preschool 3:

Preschool 3 swimmers kick and glide their way through the water on their fronts and backs. In this level they work their way into deeper water; they'll recover objects from under waistdeep water and head to deep water (with their lifejackets on) for side entries and jumping in!



#### Preschool 4:

Your Preschool 4 swimmer is getting pretty advanced! In this level they will tackle solo jumps into deeper water (including getting out by themselves), sideways entries, and opening their eyes underwater. Preschool 4 swimmers will also master a short independent swim (in their lifejacket), and gliding and kicking on their sides.



#### Preschool 5:

The most adventurous of the Preschool levels, Preschool 5 swimmers take on some big challenges! Children will work on forward rolls into deep water (wearing a lifejacket) and treading water for a full 10 seconds, 5m distance swims (with front crawl and back crawl), interval training, and even trying out whip-kick!

#### SWIMMER | 6-12 YEAR OLDS

Swim for Life® Swimmer is a 6-level, success-oriented learn to swim program. We stress lots of in-water swimming practice as kids learn fundamental strokes and skills, mastering them as they progress through the program. Swimmers also learn how to be safe in, on, and around the water through Water Smart® education incorporated into every level.

#### Swimmer 1:

Beginner swimmers gain confidence in Swimmer 1. They'll will learn to open their eyes, exhale, and hold their breath underwater. Swimmers will also get comfortable jumping into the water, with and without a lifejacket. Once they've learned their front and back floats and glides, they'll kick on through to Swimmer 2.

#### Swimmer 2:

Swimmer 2 is for advanced beginners. These swimmers will gain comfort in deeper water by jumping in and learning to enter sideways while wearing a lifejacket. By the end of Swimmer 2, swimmers will be able to support themselves at the surface without an aid, swim 10m on their front and back, and be introduced to flutter kick interval training.

#### Swimmer 3:

In Swimmer 3 swimmers start getting introduced to more difficult skills and increased fitness components. This includes dives, front-somersaults, handstands, and longer distance swims (15m for front crawl, back crawl, and whip kick) and interval training.

#### Swimmer 4:

Swimmer 4 swimmers are at an intermediate level. By the end of Swimmer 4, swimmers are expected to be able to swim 5m underwater, swim lengths with multiple swim strokes, do front crawl sprints, front and back crawl interval training. As part of this level, swimmers will also complete the Canadian Swim to Survive® standard.

#### Swimmer 5:

In Swimmer 5, swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. Technique and endurance also receive greater focus as swimmers will need to complete longer distance swims and interval training sessions to progress to Swimmer 6.

#### Swimmer 6:

As the final level in the Swim for Life® Swimmer program, Swimmer 6 includes the most advanced skillset. Swimmers will master stride entries, compact jumps, and lifesaving kicks. They will also refine their strokes to increase their swimming strength, power, and endurance - critical for success in the 300m workout required to complete this level. RED CROSS TO LIFESAVING SOCIETY CONVERSION



please contact Portage Pool at 780-623-6777, or email poolstaff@laclabichecounty.com.

# WATER, FUN AND WORK

Do you enjoy being around water, helping people, gaining leadership skills and having fun at work? If yes, Aquatic Services is the place for you.

You can start taking lifeguarding courses as early as 13 years old, and achieve Canada-wide certification by the time you're 16. Aquatics can provide a rewarding experience as either a part-time job or a lifelong career in community recreation. PLUS: The County plans to build a brand-new Aquatics Centre, so opportunity is knocking.



#### We offer:

- Competitive pay and a fantastic benefits package
- Flexible work hours
- Training and professional development opportunities
   For more information, contact
   Portage Pool: (780) 623-6777 or
   poolstaff@laclabichecounty.com.

#### **SWIM PATROL**

The Lifesaving Society's 3 level Canadian Swim Patrol program is focused on developing strength and proficiency while introducing swimmers to the challenging world of lifesaving. Swimmers will have fun enhancing their capability in the water, increasing their physical conditioning, and learning lifesaving judgement.

#### The Swim Patrol program:

#### **Rookie Patrol:**

Rookie Patrol lays the foundation of the Swim Patrol program. It includes 4 main components: stroke refinement, fitness, first aid, and lifesaving. Stroke refinement is focused on front crawl, back crawl, and breaststroke, with 50m swims of each. Fitness components include a 350m workouts and 100m timed swims. Swimmers will also learn about assessing conscious victims, contacting EMS, and treatment for bleeding. Rookie Patrol is rounded off with an introduction to lifesaving skills, including an obstacle swim and an object carry.

#### Ranger Patrol:

Stroke refinement continues to be a focus in Ranger Patrol as it is critical for supporting swimmer fitness. Lifesaving skills are expanded to include object support and rescue with a buoyant aid. First aid at the Ranger Patrol level includes assessment of unconscious victims, treating for shock, and procedures for obstructed airways.

Swimmers who successfully complete Ranger Patrol will have a strong lifesaving foundation and a good level of fitness.

#### Star Patrol:

Star Patrol will challenge swimmers with 600m workouts, 300m timed swims, and a 25m object carry; strokes will also continue to be refined over 100m swims. First aid at this level focusses on treatment of bone and joint injuries, and respiratory emergencies like asthma and allergic reactions. Lifesaving skills include defense methods, rolling over and supporting victims in shallow water, and removing victims from shallow water.

Swimmers who successfully complete Star Patrol will have a high level of fitness and be well prepared for entering Lifesaving Sport and Bronze Medal programs.

#### **ADULT SWIMMER**

Whether you're just starting out or are looking to improve your strokes, the Lifesaving Society Adult Swimmer program is here to help you achieve your swimming goals. In all Adult Swimmer classes you will work with a certified instructor to gain confidence in the water, develop smooth recognizable strokes, and improve your water fitness. Water Smart<sup>®</sup> education is also incorporated into all Adult Swimmer levels.

#### Adult 1:

In Adult Swimmer 1 you will work towards being able to do short distance swims (10-15m) on your front and your back. To achieve these distances, you will learn basic strokes and complete interval swims to increase your water fitness. You'll also gain confidence jumping into the water from the side of the pool and being able to recover an object from chest-deep water.

#### Adult 2:

In Adult Swimmer 2 you will gain more water confidence with an increased ability to move in the water and improved fitness. Adult Swimmer 2 introduces breaststroke along with continued development of front and back crawl. You will learn dive entries, shallow water handstands, and will be able to support yourself at the surface of the water for up to 2 minutes!

#### Adult 3:

In Adult Swimmer 3 you will master front crawl, back crawl, and breaststroke! You will also learn stride entries, eggbeater, and compact jumps. Also expect your fitness level to improve as you will work on completing 300m workouts and 25-50m sprints.

## $\Rightarrow$ NOTICE! $\Rightarrow$

Portage Pool will be closed September 5 through 17 to conduct annual maintenance and repairs.

#### **FITNESS SWIMMER**

There are no age requirements and no levels in Fitness Swimmer – if you want to improve your overall swimming fitness, then this program is for you! Fitness Swimmer lets you set your own goals. Certified instructors will work with you, using a structured approach based on accepted training principals and practices, to help you meet those goals.

#### **SWIMMER ASSESSMENTS**

While many swimmers may start their journey with swimming lessons, following them through to the end, not every swimmer follows this path. Swim Assessments are available for those who have had a break in their swimming lesson attendance, have had no formal swim training, or are coming from other programs. During a Swim Assessment, a certified instructor evaluates your ability to complete a series of skills. Based on their assessment, the evaluating instructor will make a recommendation on what Lifesaving Society Swim program and level will be the best fit for you.

Swimmers coming from Red Cross, I CAN Swim, or YMCA swimming programs are able to reference transition charts to move into Lifesaving Society Swim Program rather than completing a Swim Assessment.



#### **FCSS SENIOR'S AQUAFIT**

Free senior's aquafit course suited for participants who may have mobility challenges or prefer a low-impact class.

Dates:	Wednesdays April 19 - June 7
Time:	10:00 - 11:00 am
Location:	Portage Pool
Cost:	Free
Age:	60+

#### **AQUAFIT FOR ALL**

This aquafi	t program is geared for all adults and abilities.
Dates:	Thursdays April 20 - June 8
Time:	6:00 - 6:45 pm
Location:	Portage Pool
Cost:	\$64 pre-register / \$10 drop-in
Age:	16+

# **SPRING & SUMMER LESSON SCHEDULE**

#### **MONDAY & WEDNESDAY**

## AFTERNOONS

#### APRIL 17 - MAY 10 (4 WEEKS)

4:00 4:15	Private Lesson 4:00 – 4:30	<b>Parent</b> & Tot 3 4:00 – 4:30	<b>Preschool 1</b> 4:00 – 4:30
4:15	Private	Swimmer 1	Preschool 2
4:45	<b>Lesson</b> 4:30 – 5:00	4:30 – 5:00	4:30 - 5:00
5:00 5:15	Private Lesson 5:00 – 5:30	Swimmer 3/4 5:00 – 5:45	<b>Swimmer 2</b> 5:00 – 5:30
5:30	Private		Swimmer
5:45	<b>Lesson</b> 5:30 – 6:00		<b>5/6</b> 5:30 – 6:15
6:00	Private Lesson	Preschool 3/4	
6:15	6:00 - 6:30	6:00 - 6:30	

#### AFTERNOONS MAY 15 TO JUNE 7 (4 WEEKS)

4:00	Private Lesson	Canadian Swim	Parent & Tot 3
4:15	4:00 – 4:30	<b>Patrol</b> 4:00 – 5:00	4:00 – 4:30
4:30	Private Lesson		Swimmer 2 4:30 – 5:00
4:45	4:30 – 5:00		
5:00	Private Lesson	Parent & Tot 1/2	Preschool 3/4
5:15	5:00 – 5:30	5:00 – 5:45	5:00 – 5:30
5:30	Private Lesson	Swimmer 1 5:30 – 6:00	<b>Swimmer 3</b> 5:30 – 6:15
5:45	5:30 – 6:00		
6:00	Private Lesson	Preschool 2	
6:15	6:00 – 6:30	6:00 – 6:30	

#### No classes on May 22



#### TUESDAY

#### MORNINGS APRIL 18 TO JUNE 6 (8 WEEKS)

9:00	<b>Parent &amp; Tot 1/2</b> 9:00 – 9:30	<b>Parent &amp; Tot 3</b> 9:00 – 9:30
9:15		
9:30	<b>Preschool 1</b> 9:30 – 10:00	Preschool 2 9:30 – 10:00
9:45		
10:00	Preschool 3 10:00 – 10:30	Preschool 1 10:00 – 10:30
10:15		
10:30	Preschool 4/5	Preschool 2
	10:30 - 11:00	10:30 - 11:00

#### AFTERNOONS APRIL 18 TO JUNE 6 (8 WEEKS)

4:00	Private Lesson	Private Lesson	Parent & Tot 1/2
4:15	4:00 – 4:30	4:00 - 4:30	4:00 - 4:30
4:30	Private Lesson	Private Lesson	Preschool 2
4:45	4:30 – 5:00	4:30 – 5:00	4:30 – 5:00
5:00	Private Lesson	Private Lesson	Preschool 4/5
5:15	5:00 – 5:30	5:00 – 5:30	5:00 - 5:30
5:30	Private Lesson	Private Lesson	<b>Swimmer 2</b> 5:30 – 6:00
5:45	5:30 – 6:00	5:30 - 6:00	
6:00	Private Lesson	Private Lesson	<b>Swimmer 1</b> 6:00 – 6:30
6:15	6:00 – 6:30	6:00 – 6:30	

#### THURSDAY

#### AFTERNOONS APRIL 20 TO JUNE 8 (8 WEEKS)

4:00	Parent & Tot 3	Private Lesson	Swimmer 1
4:15	4:00 - 4:30	4:00 - 4:30	4:00 - 4:30
4:30	Swimmer 5/6	Private Lesson	Swimmer 2
4:45	4:30 – 5:15	4:30 – 5:00	4:30 – 5:00
5:00		Private Lesson	Preschool
5:00 5:15	Swimmer 3/4		<b>Preschool</b> <b>1</b> 5:00 – 5:30
		Lesson	1

### SPRING

#### PRESCHOOL AND SWIMMER 1-3

30 minute classes 8-10 week session: \$64 - \$80

FEES

#### SWIMMER 4-6

45 minute classes 8-10 week session: \$84 - \$105

#### **CANADIAN SWIM PATROL**

1 hour classes 8-10 week session \$96 - \$120

#### **SEMI PRIVATE LESSONS**

2 or more participants: \$90/participant

#### **PRIVATE LESSONS**

1 participant only: \$130

#### SUMMER SESSION 1 | JULY 10-14

MORNINGS			
9:00	<b>Swimmer 1</b> 9:00 - 9:45	<b>Swimmer 2</b> 9:00 - 9:45	Private Lesson
9:15			9:00 - 9:45
9:30			
9:45	Preschool 2 9:45 - 10:30	<b>Swimmer 3</b> 9:45 - 10:30	Private Lesson
10:00			9:45 - 10:30
10:15			
10:30	Swimmer 5/6	Preschool 1 10:30 - 11:15	Private Lesson
10:45	10:30 - 11:30		10:30 - 11:15
11:00			
11:15		Preschool 3	Private Lesson
11:30	Parent		11:15 - 12:00
	& Tot 3		
11:45	<b>&amp; Tot 3</b> 11:30 - 12:15		

AFTERNOONS			
4:00	Preschool 4/5	Canadian Swim Patrol	<b>Preschool 2</b> 4:00 - 4:45
4:15	4:00 - 4:45	4:00 - 5:15	
4:30			
4:45	<b>Swimmer 2</b> 4:45 - 5:30		<b>Swimmer 1</b> 4:45 - 5:30
5:00			
5:15		<b>Swimmer 4</b> 5:15 - 6:15	
5:30	<b>Swimmer 3</b> 5:30 - 6:15		Parent & Tot 1/2
5:45			5:30 - 6:15
6:00			

#### SUMMER SESSION 2 | JULY 17-21

MORNINGS			
9:00	<b>Swimmer 3</b> 9 - 9:45	<b>Swimmer 2</b> 9 - 9:45	<b>Preschool 3</b> 9 - 9:45
9:15			
9:30			
9:45	Preschool 1 9:45 - 10:30	Swimmer 1 9:45 - 10:30	Preschool 4/5
10:00			9:45 - 10:30
10:15			
10:30	Parent & Tot 3	<b>Swimmer 4</b> 10:30 – 11:30	Swimmer 5/6
10:45	10:30 - 11:15		10:30 - 11:30
11:00			
11:15	Parent & Tot 1/2		
11:30	11:15 - 12		
11:45			

#### SUMMER SESSION 2 | JULY 17-21

AFTERNOONS			
4:00	<b>Swimmer 1</b> 4:00 - 4:45	Parent & Tot 3	Private Lesson
4:15		4:00 - 4:45	4:00 - 4:45
4:30			
4:45	<b>Swimmer 2</b> 4:45 - 5:30	<b>Preschool 2</b> 4:45 - 5:30	Private Lesson
5:00			4:45 - 5:30
5:15			
5:30	<b>Swimmer 3</b> 5:30 - 6:15	Preschool 1 5:30 - 6:15	Private Lesson
5:45			5:30 - 6:15
6:00			

#### SUMMER SESSION 3 | JULY 24-28

MORNINGS				
9:00	<b>Preschool 3</b> 9 - 9:45	Private Lesson	<b>Preschool 3</b> 9 - 9:45	
9:15		9 - 9:45		
9:30				
9:45	<b>Swimmer 1</b> 9:45 - 10:30	Private Lesson	Canadian Swim Patrol	
10:00		9:45 - 10:30	9:45 - 11:00	
10:15				
10:30	Swimmer 2 10:30 - 11:15	Private Lesson		
10:45		10:30 - 11:30		
11:00			Preschool 1 11:00 - 11:45	
11:15	Preschool 2	Private Lesson		
11:30		11:15 - 12		
11:45				

#### AFTERNOONS Preschool Swimmer Swimmer 1 4:00 **4/5** 4:00 - 4:45 **3/4** 4:00 - 5:00 4:00 - 4:45 4:15 4:30 **Preschool 1** 4:45 - 5:30 **Swimmer 2** 4:45 - 5:30 4:45 5:00 Swimmer **5/6** 5:00 - 6:00 5:15 Preschool 2 5:30 - 6:15 5:30 Parent **& Tot 3** 5:30 - 6:15 5:45 6:00

#### SUMMER SESSION 4 | JULY 31-AUG. 4

MORNINGS			
9:00	<b>Swimmer 2</b> 9:00 - 9:45	<b>Swimmer 1</b> 9:00 - 9:45	Swimmer 5/6
9:15			9:00 - 10:00
9:30			
9:45	<b>Preschool 3</b> 9:45 - 10:30	<b>Swimmer 3</b> 9:45 - 10:30	
10:00			Swimmer 3/4
10:15			10:00 - 11:00
10:30	<b>Preschool 2</b> 10:30 - 11:15	<b>Swimmer 1</b> 10:30 – 11:30	
10:45			
11:00			Parent & Tot 1/2
11:15	Preschool 4/5	Parent & Tot 3	11:00 - 11:45
11:30	11:15 - 12:00	11:15 - 12:00	
11:45			

AFTERNOONS			
4:00	<b>Swimmer 3</b> 4:00 - 4:45	Private Lesson	<b>Preschool 3</b> 4:00 - 4:45
4:15		4:00 - 4:45	
4:30			
4:45	<b>Swimmer 2</b> 4:45 - 5:30	Private Lesson	<b>Swimmer 1</b> 4:45 - 5:30
5:00		4:45 - 5:30	
5:15			
5:30	Fitness Swimmer	Private Lesson	Preschool 2 5:30 - 6:15
5:45	5:30 - 6:30	5:30 - 6:15	
6:00			
6:15			

#### SUMMER SESSION 5 | AUGUST 14-18

MORNINGS				
9:00	<b>Swimmer 1</b> 9:00 - 9:45	<b>Swimmer 2</b> 9:00 - 9:45	Private Lesson	
9:15			9:00 - 9:45	
9:30				
9:45	Preschool 2 9:45 - 10:30	<b>Swimmer 3</b> 9:45 - 10:30	Private Lesson	
10:00			9:45 - 10:30	
10:15				
10:30	Swimmer 5/6	Preschool 1 10:30 - 11:15	Private Lesson	
10:45	10:30 - 11:30		10:30 - 11:15	
11:00				
11:15		Preschool 3 11:15 - 12:00	Private Lesson	
11:30	Parent & Tot 3		11:15 - 12:00	
11:45	11:30 - 12:15			
12:00				

#### SUMMER SESSION 5 | AUGUST 14-18

4:00	Preschool 4/5	Canadian Swim Patrol	<b>Preschool</b> 4:00 - 4:45
4:15	4:00 - 4:45	4:00 - 5:15	
4:30			
4:45	<b>Swimmer 2</b> 4:45 - 5:30		Swimmer 1 4:45 - 5:30
5:00			
5:15		Swimmer 4 5:15 - 6:15	
5:30	<b>Swimmer 3</b> 5:30 - 6:15		Parent & Tot 1/2
	······································		5:30 - 6:15

#### SUMMER SESSION 6 | AUGUST 21-25 SUMMER SESSION 6 | AUGUST 21-25

MORN	IINGS		
9:00	<b>Swimmer 3</b> 9 - 9:45	<b>Swimmer 2</b> 9 - 9:45	<b>Preschool 3</b> 9 - 9:45
9:15			
9:30			
9:45	Preschool 1 9:45 - 10:30	<b>Swimmer 1</b> 9:45 - 10:30	Preschool 4/5
10:00			9:45 - 10:30
10:15			
10:30	Parent & Tot 3	<b>Swimmer 4</b> 10:30 – 11:30	Swimmer 5/6
10:45	10:30 - 11:15		10:30 - 11:30
11:00			
11:15	Parent & Tot 1/2		
11:30	11:15 - 12		
11:45			

AFTERNOONS			
4:00	<b>Swimmer 1</b> 4:00 - 4:45	Parent & Tot 3	Private Lesson
4:15		4:00 - 4:45	4:00 - 4:45
4:30			
4:45	<b>Swimmer 2</b> 4:45 - 5:30	<b>Preschool 2</b> 4:45 - 5:30	Private Lesson
5:00			4:45 - 5:30
5:15			
5:30	<b>Swimmer 3</b> 5:30 - 6:15	Preschool 1 5:30 - 6:15	Private Lesson
5:45			5:30 - 6:15
6:00			

#### **SUMMER FEES**

PRESCHOOL AND SWIMMER 1–3 45 minute classes \$52.50

PORTAGE POO

SWIMMER 4-6 1 hour classes | \$60

**CANADIAN SWIM** PATROL 1.25 hour classes \$70

**SEMI PRIVATE** LESSONS 2 or more \$57.50/participant PRIVATE LESSONS 1 participant only

\$70

To register call 780 - 623 - 3829 or online at ACTIVELLBC.

#### **Weekly Camp Themes**

#### Week Dates

- 2 | July 10 14 4 | July 24 - 28
- 5 | July 31 Aug 4
- 7 | Aug 14 18







# Summer ecre ACTION



Camps Give your kids the opportunity to be active, build teamwork, and

explore their creativity in a fun and safe environment! Weekly themes, pool visits, special activities, and so much more.

Dates: Monday - Friday (excludes stat holidays) Time: 9am - 4pm **Location: The Bold Center** Cost: \$190.50 / \*\$152.50 for 4-day camp weeks Ages 6 - 12 years

full weeks (daily drop in's are not available).