

ELEVATE YOUR LOVE FOR SPORTS THIS SUMMER

your ACTIVE CALENDAR

WELLAND SUMMER
SPORTZ
CAMP

WEEK
1

The Olympics

July 2 to 5

This first week, we focus on teaching campers the skills commonly used in Olympic sports. Sports played during this week include: track races, jumping sports (e.g., long jump), and throwing sports (e.g., shot put).

WEEK
2

Ninja Warrior

July 8 to 11

Just like the television show, Ninja Warrior week will involve campers participating in adventure courses and various obstacle courses to develop their parkour, agility, and coordination skills.

WEEK
3

Backyard break

JULY 15 TO 18

Take a break and enjoy a backyard bash. This is a week filled with classic backyard games that will develop skills used in sports like cornhole, Can-Jam, badminton, and touch/flag football.

WEEK
4

Court crusade

July 22 to 25

Hop on the court and play some court sports. During this week, campers will develop skills in throwing, striking, and movement as they explore sports such as basketball, pickleball, and floor hockey.

WEEK
5

Racquet rumble

July 20 to August 1

Racquet rumble shines a light on racquet sports. These sports will develop the camper's hand-eye coordination, striking, and other movement skills. Sports include: tennis, badminton, and golf.

WEEK
6

Summer strike

August 6 to 9

Strike out the summer as we play a variety of striking sports. This week's sports relate to striking a ball, so campers' skills and coordination will be developed through baseball, soccer, and field hockey.

WEEK
7

Ancient adventure

August 12 to 15

Walk through history as we explore some of the most known ancient sports. Skills to be developed relate to striking and coordination. We'll play Canada's oldest sport, lacrosse, and other historically significant sports like soccer and golf.

WEEK
8

Fun in the sun

August 19 to 22

Enjoy the summer heat by playing summertime sports like beach volleyball, frisbee games (ultimate frisbee, disc golf), and water games. Campers will develop various skills, such as hand-eye coordination and striking abilities.



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