

General Information

The objective of the **Summer Sports Camp** is to provide a fun and active summer for children aged 6-12. The staff work hard to ensure that each child is given the support and attention needed in order to get the most out of each experience throughout the Summer. The **Summer Sports Camp** focus's on physical activity and athletic development, each participant will be given the opportunity to experience a wide variety of Sports.

Participating in Sports at an early age gives children the skills needed to become healthy active adults. Sports have also been proven to improve children's: social skills, self image and confidence, math skills, sportsmanship and much more.

Statistically childhood obesity had tripled in Canada over the past 20 years. The Childhood Obesity Foundation recommends that every child get a **minimum** 1 hour of physical activity a day.

If you have any questions concerning the material in this brochure, feel free to contact myself or Tracey Maclean @ 628-6260.

Joshua Whitty,
Recreation Coordinator

"I believe the saving of our society will come through Sports" Anonymous

Day Camp Themes

June 28th - July 2nd
"Summer Sports Intro"

July 5th - July 9th
"Soccer"

July 12th - July 17th
"Flag Football"

July 19th - July 23rd
"Field Hockey/Lacrosse"

July 26th - July 30th
"Track and Field"

Aug 2nd - August 6th
"Baseball/Softball"

August 9th - August 13th
"Tennis"

August 16th - August 20th
"Basketball"

August 23rd - August 27th
"Beach Volleyball"

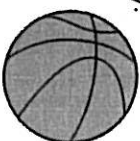
August 30th - September 3rd
"Summer Sports Olympics"



Daily Requirements

Parents are asked to ensure their child(ren) has the following items packed each day:

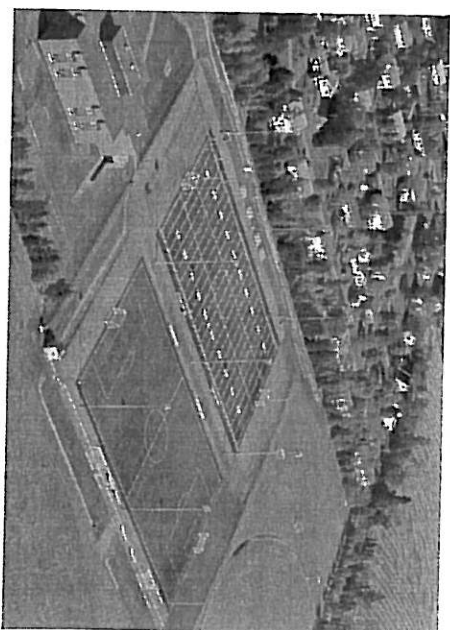
- Water Bottle
- A Heathy Lunch
- 2 Snacks
- Change of Clothes and Hat
- Bathing Suit & Towel
- Sunscreen & Bug Spray



Town of
Cornwall

so much to offer...

SUMMER SPORTS CAMP 2010



COME PLAY IN CORNWALL THIS SUMMER!



**JUNE 28TH-
SEPTEMBER 3RD
CONTACT**

628-6260 TO REGISTER