

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 5 - 8

9:00 am - 3:30 pm

4/\$420 | Code: 94259

Instructor: CANSail Certified Instructors
Maple Bay Yacht Club

Mountain Biking 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. Please bring a bike, helmet, lunch, and plenty to drink.

Monday - Friday | Aug 11 - 15

9:00 am - 2:00 pm

5/\$450 | Code: 94242

Instructor: Nolan Riding
Mount Tzouhalem



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 coaches from 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. Come give it a try!

Monday - Friday | Aug 18 - 22

9:00 am - 12:00 pm

5/\$130 | Code: 94258

Instructors: Nick Zuback & Cowichan Wrestling Club Coaching Staff

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. There is also a creative project to keep 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 | Aug 18 - 22

9:00 am - 3:00 pm

5/\$240 | Code: 94257

Cowichan Sportsplex

Extreme Adventure Camp Ages 10 - 12

Don't miss this special week of morning adventures! Each day will bring a new activity - scuba in the pool, kayaking, golfing, sky walk and disc golf. Activities and van travel included.

Monday - Friday | Aug 18 - 22

8:30 am - 12:00 pm

5/\$399 | Code: 94272

CCC - Lobby

RSI 10 Specialty Sports Camp Ages 6 - 10

Welcome to RSI 10 Sports camp! Our camp focuses on building strong FUNdamentals in a welcoming and playful environment. Kids will learn basic skills in various sports such as soccer, basketball, t-ball, football and much more, all while improving their physical literacy, enjoying games and activities designed to spark excitement. It's a perfect mix of learning and fun!

Monday - Friday | Aug 25 - 29

9:00 am - 3:00 pm

5/\$325 | Code: 94383

Instructors: Richardson Sports Inc.
Cowichan Sportsplex

COWICHAN COMMUNITY CENTRE

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COWICHAN COMMUNITY CENTRE



CHILDREN'S SPORTS CAMPS



📞 250.748.7529

🌐 www.cvrld.ca

Mini Sports Camp | Ages 4 - 6

Join us for this action-packed multisport 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, and soccer. Our leaders will focus on developing fundamental movement skills, such as agility, balance, and speed. Please bring clean runners, a healthy snack and a water bottle.

Monday - Friday | June 30 - July 4
9:00 - 11:00 am
4/\$60 | Code: 94217
No session July 1
CCC - Multi-Purpose Hall

Monday - Friday | Aug 18 - 22
1:00 - 3:00 pm
5/\$75 | Code: 94220
CCC - Heritage Hall

World Cup Soccer | Ages 4 - 6

This professionally developed program includes skills, drills, mini games, and fun competition for young soccer players. This session includes parent participation. Please remember your water bottle and appropriate clothing for rain and shine!
Instructor: Brett Hyslop

Ages 4 - 5

Monday - Friday | July 21 - 25
9:30 - 10:30 am
5/\$49 | Code: 94213
Cowichan Sportsplex

Ages 5 - 6

Monday - Friday | July 21 - 25
10:30 am - 12:00 pm
5/\$75 | Code: 94214
Cowichan Sportsplex

RSI Specialty Sports Camp

Ages 4 - 5

Welcome to RSI 10 Sports camp! Our camp focuses on building strong FUNdamentals in a welcoming and playful environment. Kids will learn basic skills in various sports such as soccer, basketball, t-ball, football and much more, all while improving their physical literacy, enjoying games and activities designed to spark excitement. It's a perfect mix of learning and fun!

Monday - Friday | Aug 25 - 29
9:00 am - 12:00 pm | Code: 94380
12:00 - 3:00 pm | Code: 94397
5/\$200
Instructors: Richardson Sports Inc.
Cowichan Sportsplex

Tennis Camp | Ages 6 - 12

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 9 - 12

Monday - Friday | July 7 - 11 | 9:30 - 11:30 am
5/\$105 | Code: 94255
Instructor: Alex Dodd
Maple Bay Properties - Kingsview Rd

Ages 6 - 9

Monday - Friday | July 14 - 18
9:30 - 11:30 am
5/\$105 | Code: 94254
Instructor: Alex Dodd
Maple Bay Properties - Kingsview Rd

Junior Sports Camp | Ages 6 - 9

Join us for this exciting camp where we 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 7 - 11 | 5/\$175 | Code: 93569
July 21 - 25 | 5/\$175 | Code: 93569

Tuesday - Friday | 8:30 am - 4:00 pm
Aug 5 - 8 | No camp Aug 4
4/\$140 | Code: 93569

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 14 - 18 | 5/\$175 | Code: 93571
July 28 - Aug 1 | 5/\$175 | Code: 93571
Aug 11 - 15 | 5/\$175 | Code: 93571

Stay up to date on our programs by
following us on Facebook and
Instagram!
@cvrdrec

Tennis Camp | Ages 12 - 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 9 - 12

Monday - Friday | July 21 - 25 | 9:30 - 11:30 am
5/\$105 | Code: 94256
Instructor: Alex Dodd
Maple Bay Properties - Kingsview Rd

World Cup Soccer Summer Camp

Ages 6 - 12

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

Monday - Friday | July 21 - 25
9:00 am - 12:00 pm
Ages 6 - 9 | 5/\$170 | Code: 94210
Ages 10 - 12 | 5/\$170 | Code: 94211
Instructor: Brett Hyslop
Cowichan Sportsplex

MacDowell Summer Rugby Camp

Ages 13 - 18

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.

Monday - Friday | July 28 - Aug 1
9:00 am - 12:00 pm
5/\$190 | Code: 94206
Instructor: MacDowell Rugby
Cowichan Sportsplex