

# **AMAZING RACE**

**JUNE 18-22 (ages 4-13) \$300/week**

GAA is taking on the challenge of The AMAZING RACE! Join us as we hike through camp GAA to find clues! Our campers will receive their own CAMP passports and travel from "country to country" participating in different challenges. Of course there will be some detours, road blocks and puzzles along the way. Campers will learn about each countries traditions, food and play travel themed games. Our contestants will participate in mental and physical challenges, team building and much more! Are you up for the challenge?

# **SURVIVAL SKILLS**

**JUNE 25-29 (ages 4-13) \$300/week**

Become a GAA adventure expert during this adventurous week! Campers will grow a love and appreciation of nature, community and self! A brief look into the week of surviving, the campers will focus on skill building hands-on activities such as: camp safety, orienteering exercises, shelter building, Cordage (making rope out of plants), fire by friction, plant identification, bush craft: knots, tarps, ropes, wood, and primitive tools such as bows, arrows, stone tools and more. Come and have an adventure in the urban wilderness, outside having a blast with new friends, and build skills that will serve for a lifetime.

# **WORLD OF WIZARDRY**

**JULY 3-6 (AGES 4-13) \$250/week**

For so many of us, our journey toward a love of literature started with an 11 year old boy living in the cupboard under the stairs. If you love castles, magic and adventure, then this camp is for you! Campers will enjoy a week filled with Divination, Herbology, Potions and Transfiguration! Campers will enjoy science experiments, arts and crafts and a week of enchanted endeavours and WAND-erful fun!

# **MULTI-SPORT**

**JULY 9-13 (AGES 4-13) \$300/week**

GAA sports camp introduces your child to both competitive and non-competitive multi-sport atmosphere. Multisport activities are a great opportunity to develop a variety of athletic skills in a fun, inclusive environment! This camp will introduce your child to a variety of sports, giving them the opportunity to excel in what they enjoy best! It encourages your child to become active, develop team work and leadership skills. As well as, foster confidence! GAA's multi-sport program will offer skills, drills and gameplay for the following sports: volleyball, soccer, basketball, European handball, ultimate Frisbee and flag football. Come out to develop motor skills, learn to follow instruction and working well with others.

# **HOCKEY DRYLAND TRAINING**

**JULY 15-19 (AGES 6-13) \$300/week**

Led by Bryce O'Hagan, goaltender for the 2008 Canadian Men's Hockey Summer under 18 team, this hockey camp offers a fun, challenging and informative dryland training session that is hands on and exciting! This camp is ideal for the aspiring NHL player, introductory level player and anyone looking to have some fun and make friends! This camp will be taught to the level of the camper to ensure all needs are met! This program is for any player who is interested in keeping active, learning proper off ice training techniques and fostering an enjoyment of a healthy lifestyle. Dryland Training Program Features Include: aerobic and anaerobic conditioning, core training, circuit training nutritional information, concussion education / awareness, fitting equipment properly for safety, flexibility / stretching, exploring different careers paths with hockey.

## **MINDFUL YOGIS**

**JULY 22-26 (AGES 4-13) \$300/week**

Become a GAA YOGI with our mindfulness, meditation and growth mindset camp this summer! The focus is on healthy minds and bodies. We empower children by teaching them about how to be healthy through eating nutritious food, physical activity and mindfulness - while having tons of FUN! Kids will enjoy daily yoga classes, outdoor adventure, meditation, creating nutritious snacks, music, games, and crafts.

<b>GAA Summer Academy Schedule</b>
<b>JUNE 18-22 AMAZING RACE</b>
<b>JUNE 25-29 SURVIVAL SKILLS</b>
<b>JULY 3-6 WORLD OF WIZARDRY</b>
<b>JULY 9-13 MULTI-SPORT</b>
<b>JULY 15-19 HOCKEY DRYLAND TRAINING</b>
<b>JULY 22-26 MINDFUL YOGIS</b>