

...evolution of champions.

Forest City Diving Club



# Summer Camp

**What:** *The most amazing camp in town!*  
Olympic diving & trampoline training and a healthy variety of special activities daily.

**Who:** *Children Ages 6 – 14 & Able to Swim*  
Children looking for summer excitement!

**When:** *Monday – Friday | 8:30AM – 4:30 PM*  
~~Week \* – June 28 – July 2 (Cancelled)~~  
Week 1 – July 5 – July 9  
Week 2 – July 12 – July 16  
Week 3 – July 19 – July 23  
Week 4 - July 26 - July 30  
Week 5 - Aug 2 - Aug 6 (Added)  
Week 6 - Aug 9 - Aug 13  
Week 7 - Aug 16 - Aug 30

**Where:** *Canada Games Aquatic Centre*  
1045 Wonderland Road North, London

**Cost:** *\$200/week*  
Free T-Shirt if you register before June 15<sup>th</sup>

**What to Bring:**  
*Bathing Suit, Towel, T-Shirt & Shorts, Sunscreen, Running shoes, Lunch/Snacks*

**Approximate Schedule (Subject to Change):**

- 8:30 - Drop-off*
- Warm-up, Stretching & Pool Safety*
- Springboard & Tower Diving*
- Change, Snack & Outdoor Playtime*
- Lunch, Free Time, Rest & Relax*
- Gymnastics & Trampoline*
- Snack & Free Time*
- Special Daily Activities (Arts, Crafts, Games)*
- Gymnastics & Trampoline*
- Springboard & Tower Diving*

*4:00 – 4:30 - Pick up*  
**(Please pick up on time. Late fees will apply.)**

This Super Summer Camp is designed to introduce young people to the ever popular Olympic sports of Diving and Trampoline in a fun & safe environment.

Participants will learn proper techniques on the 1 & 3 metre diving boards & perhaps even the towers at the Canada Games Aquatic Centre supervised by The Forest City Diving Club's head coach, former World Championship & Olympic divers, Ioana Marinescu and Luda Zakharenko.

To get a true taste of what it takes to be an Olympic champion, each member will have the opportunity to participate in more advanced training which may include the use of trampolines, spinning & twisting apparatus, "dryboard", weights and a variety of mats & other fitness equipment.

When it is time to take a break, we have a variety of special activities including outdoor treks, arts & crafts & movies to keep the children entertained.



**Register Now!**