



BMX

weeks 1-9

Activity
ages 10-17

Are you ready to fly? If you've always dreamed of riding ramps and busting tricks on a BMX, this is your launching pad. You'll learn the basics while riding on parks and dirt. As your confidence grows, you can progress to bigger jumps and sicker tricks. We provide all the bikes and protective gear, you bring your sense of adventure.

Looking for a bigger BMX challenge? Check out our Split (pg. 46) or Full Day B3 programs (pg. 54), and hit some of the best bike parks in Canada.



Body Motion

weeks 1-9

Fanatic
ages 14-17

This program is all about healthy workout choices. When you build your core strength and take care of your heart, you'll improve in every athletic area. In the morning you'll learn proper stretching, then work on your core strength and flexibility.

In the afternoon you'll get busy with full-tilt cardio and weight training. Choose one, or get the full package in the Fanatic class.