

NEW
for 2010



BALL HOCKEY
[AVAILABLE WEEKS 1-9]
PERIODS 5 & 6

Is there a rule somewhere stating that Canada's favorite sport can only be played in the winter? We don't think so. You can look forward to sharpening your skills in ball handling, passing and shooting. You will also participate in a skills competition and daily gameplay. Come join the quest for the Muskoka Woods Cup.



BODY MOTION
[AVAILABLE WEEKS 1-9]
PERIODS 1 & 6

Our new Body Motion program is designed to promote healthy workout choices in the lives of young people. This new concept has a morning and an afternoon class, periods 1 and 6. The morning session will consist of proper stretching techniques, and a Body Balance program that builds flexibility and core strength. Your afternoon session will be taken up a notch and will guide you through a high-paced cardio regimen, as well as a well balanced weight training routine.



CULINARY
[AVAILABLE WEEKS 1-9]
PERIODS 2-3, 4-5 AGES: 12-17

"Get Cracking" and sign up for our most popular programs at Muskoka Woods. This experience is designed to give aspiring young chefs the knowledge and tools they need to cook a five-course meal. The culinary program will feature a different course each day, including:

- Cooking Basics
- Soups & Salads
- Presentation
- Main Course
- Knife Skills
- Grilling
- Appetizer
- Dessert

This fun filled week will culminate with a five-course meal being prepared and enjoyed by all in the class, and some very lucky guests will even have the chance to be Muskoka Woods' Iron Chef!