



BASKETBALL
[AVAILABLE WEEKS 1-9]
ACTIVITY [PERIOD 1,4-6]

Put one your basketball skills on two of the most beautifully located courts in Muskoka. The focus of this activity program is on fundamentals and is geared towards, but not exclusive to, the beginner.

ADVANCED [PERIODS 2-3]
 For the intermediate player, our experienced instructors will train you for competition with a solid skills program and drills that focus on individual and team tactics.



BEACH VOLLEYBALL
[AVAILABLE WEEKS 1-9]
PERIODS 1-6

Looking for a life less ordinary? Trade in the traditional volleyball court for the sandy shores of Lake Rosseau. Our experienced instructors will coach you on the basic motions of the sport, including spiking, serving, setting and blocking. Best of all, you'll enjoy the camaraderie that teamwork creates.



BMX
[AVAILABLE WEEKS 1-9]
PERIODS 1, 3-6

You've seen the pros do it on TV – now it's time you tried it! Explore BMX riding for the first time with the support of our experienced instructors. Our BMX staff will introduce you to riding parks and dirt. Through progression, you'll start with smaller jumps and ramps as you work your way up to dropping in and bustin' basic tricks. We'll provide you with new bikes and all the protective gear you'll need.

If you desire more than an hour of BMX, check out our Split or Full Day B3 programs (Pages 44 and 52) and ride some of the best parks in Canada!