

Activity & Fanatic List



FITNESS
[AVAILABLE WEEKS 1-9]
ACTIVITY PERIODS 3, 4, 5
BODY MOTION, PERIODS 1 & 6
AGES 14-17

Flex your muscles and raise your heart rate in our Fitness classes. If you're into fitness, you'll feel rejuvenated after being guided in aerobics, nutrition, stretching and weight training. Our fully equipped fitness centre is the perfect place to get into shape.



FLAG FOOTBALL
[AVAILABLE WEEKS 1-9]
PERIOD 3 AGES 12-17
PERIOD 5 AGES 10-13
PERIOD 6 AGES 12-17

Monday Night Football happens all week long at Muskoka Woods! Get in on the action and improve your skills on everything from passing, catching and running. All the fun will take place in an inviting and non-contact environment. (Beginner to Intermediate)



FREE SWIM
[AVAILABLE WEEKS 1-9]
PERIODS 1-5

Desiring a little R&R time? We hope no beach front is anything but boring. For joy with water activities like The Water Trampoline, The Iceberg, The and our **massive new waterslide**. Take an hour to soak up the sun, build a sand or dip your toes in the water off the deck.

