



LACROSSE
[AVAILABLE WEEKS 1-9]
PERIODS 1 & 4
AGES 10-17

Study the tough and tumble tactics of Canada's national summer sport in this one hour activity. Your heart rate will rise as you compete against other campers in a high-speed game. Give it a try and you'll experience why it's one of the fastest growing sports in the world.



LEISURE SPORTS
[AVAILABLE WEEKS 1-9]
PERIODS 4-6

THE 3 RULES TO LEISURE SPORTS:

- 1 You can't break a sweat.
- 2 You have to be able to hold a drink while playing.
- 3 You are investing in your future. Leisure sports are the only activities where you are training for your retirement.

In this program, you will become a skilled and knowledgeable player at Shuffleboard, Bocce Ball, Horseshoes, Ping Pong and Croquet! Don't miss out!



MARKSMANSHIP
[AVAILABLE WEEKS 1-9]
PERIODS 1-6

Ready... Aim... Fire! Come and hone your target shooting skills on our brand new air riflery range. You'll take aim at a variety of fun and exciting targets using one of our O.C.A. approved air rifles, all in a safe and secure environment.

