

25 Muskoka Woods

[ACTIVITIES]

ARCHERY **E**

Nestled amongst the trees, the Archery Area is an ideal woodland setting for guests to participate in this traditional camp activity. A number of targets are set up at different distances to allow both the beginner and experienced archer to learn and develop their skills.

ARTS & CRAFTS **E F**

Bring your artistic side to life. Experience working with various materials and mediums as only your creativity sets the limits to what your next creation will become. Project choices are only limited by your imagination. You may choose to create jewelry, paintings, cartoons, mosaics, stickers, masks, plaster casts, paper mache, journals or much more!

CANOE/KAYAK **E**

On the shores of beautiful Lake Rosseau, this area is an ideal spot to take in and enjoy the northern environment. Open water paddling in this safe and relatively calm bay, allows for easy learning of the fundamental strokes and skills. Canoeing and Kayaking are deep rooted in history and tradition in Canada. This is an activity every guest should experience!

DANCE **E F**

Do you find it hard to keep still when you hear the beat of today's popular music? During your week, through the introduction to popular dance, learn basic techniques and moves connected to Hip Hop, R&B, and Jazz. Create a performance dance.

DRAMA **E**

Aspiring actor? Come have fun learning the basic fundamentals of acting in a fun filled atmosphere where creativity and individual expression are encouraged. A large drama room encourages movement in our co-op games to help individuals come out of their shells!

FITNESS **E**

Get your heart pumping and the sweat pouring in our fitness classes which include a fitness test, Aqua Fit, Tae-Bo as well as a full stretching program and weight training program in our fully equipped fitness center. Ages 14 -17 only.



BADMINTON **E**

Learn the fundamental rules and skills to this exciting racket sport as you play on the three indoor hard courts in the Fieldhouse and/or the outdoor grass courts. You'll play singles, doubles, and round robin tournaments. (Indoor only footwear required)

BASKETBALL **E F**

Slam dunkin' fun for any ball player. Play on the 2 outdoor courts with glass backboards and expect a solid skills program, drills, and scrimmages.

NEW – Exclusive use of Fieldhouse with hardwood floor for Fanatic guests only (bring appropriate indoor-only footwear). **Intermediate to advanced.**

BMX **E**

Come learn to ride on our 5000 sqft. of dirt jump trails as well as dialing in your skills on one of our street courses and halfpipes. We supply the use of performance BMX bikes and all the safety equipment. This is an introduction to BMX.

BOARDSAILING **E F**

Experience the thrill of racing across the water! Learn to harness the wind's energy through instruction on land and on water with some of today's best equipment. The winds in this area are fairly consistent in the late morning and afternoons. Primarily an on shore wind, this provides for more desirable and easier learning conditions. **Beginner to intermediate.**

GOLF **E**

Golf is a recreation-based program allowing guests to develop their swing while hitting unlimited balls at our driving range. There is a full range of clubs for all sizes of golfers and are available in both right and left handed. Storage is available for those who wish to bring their own clubs. **Beginner to intermediate.**

GYMNASTICS **E F**

Managed by Canada's 1988, 1992, 1996 Olympic Coach, Dave Arnold, no sacrifice has been made in having the best facility available. Including all the standard apparatuses, some key features include a Olympic size spring floor, a 60ft tumbling tramp, a vaulting table, jr. play area, and trampolines with surrounding decks and a bungee system. N.C.C.P. certified instructors will help you achieve your goals. **Beginner to intermediate.**

IN-LINE SKATING **E**

Skate hard. 4 ft mini ramps with spine, 6 ft wave ramp, 1/4 pipe, banks, ledges, rails, 600M paved track, aggressive and recreational skates, and certified safety equipment provided. **Beginner to advanced.**

LACROSSE **E**

Ever wondered what it would be like to play Canada's National Sport? Emphasis in our Lacrosse program is placed on learning the fundamentals of Lacrosse, skill development and FUN! Give it a try and you'll experience why it's one of the fastest growing sports in the world.

MUSIC MIX **E F**

Learn how to mix and scratch. Introduction to vinyl mixing and becoming a DJ. Learn the equipment, technique and basic electronic production. Make a mix CD to take home. **Beginner to intermediate.**