

# March Break Youth Workshops, March 13 – 17, 2017

Registration begins Dec. 7, 8:00a.m.

## INTRODUCTION TO STRENGTH & CONDITIONING

**Young Women, ages 12 – 17**

**Young Men, ages 12 – 17**

Are you interested in becoming more active? These novice level workshops are for youth who are beginning their active lives. Be introduced to the concepts and myths of strength training, interval training and finish with a relaxing yoga class. You'll leave with some ideas of how to set goals, develop your own physical activity interests and how physical activity can improve your day to day experiences. **These workshops are held primarily at the Goldring Centre for High Performance Sport.** Pick up and drop off are at the Goldring Centre for High Performance Sport. \*Please contact us if the registration fee is a barrier to your participation in these workshops.

## SPEED, POWER & AGILITY

**Ages 12 – 17**

These workshops focus on introducing youth to the concepts of speed, power and agility. The Speed, Power & Agility camp can improve your game, whatever sport you play – by focusing on plyometric, explosive starts and conditioning for teen athletes. Register for one day or for all three. **These workshops are held primarily at the Goldring Centre for High Performance Sport.** Pick up and drop off are at the Goldring Centre for High Performance Sport.

Workshop	Barcode	Location	Date	Age	Time	Fee
Intro to Strength and Conditioning Young Women	42736	GC	Monday March 13	12-17	9am – 4pm	\$40*
Intro to Strength and Conditioning Young Men	42737	GC	Wednesday March 15	12-17	9am – 4pm	\$40*
Speed, Power and Agility	42738	GC	Tuesday March 14	12-17	9am – 4pm	\$55
Speed, Power and Agility	42740	GC	Thursday March 16	12-17	9am – 4pm	\$55
Speed, Power and Agility	42741	GC	Friday March 17	12-17	9am – 4pm	\$55

## INFORMATION PACKAGE

A detailed information package will be emailed and available online in mid-February. Please review this information prior to coming to attending the workshop.

## REFUNDS

Refunds, less a cancellation fee of 10% of the registration fee, will be given 14 days prior to the start of the camp. No refunds will be processed within 14 days before the start of a camp unless a doctor's note is presented. There are no discounts for days not attended. The refund policy applies to camp programs and extended care.

## DISCOUNTS

Discounts for Camp U of T are available for children of U of T students and Athletic Centre/Varsity Centre members. Contact the main office for details. Please note that time restrictions apply.

## CONTACT US

416-978-3436 ext. 0

[www.campuoft.ca](http://www.campuoft.ca)

[campuoft@utoronto.ca](mailto:campuoft@utoronto.ca)