



## March Break Youth Workshops, March 11 – 15, 2019

Registration begins Dec. 13, 8:00a.m.

### **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	Location	Date	Age	Time	Fee
Speed, Power and Agility	GC	Monday March 11	12-17	9am – 4pm	\$57
Speed, Power and Agility	GC	Tuesday March 12	12-17	9am – 4pm	\$57
Speed, Power and Agility	GC	Wednesday March 13	12-17	9am – 4pm	\$57
Speed, Power and Agility	GC	Thursday March 14	12-17	9am – 4pm	\$57
Speed, Power and Agility	GC	Friday March 15	12-17	9am – 4pm	\$57

### **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)