

Check out what's  
**new**  
at the RA's Summer Camps

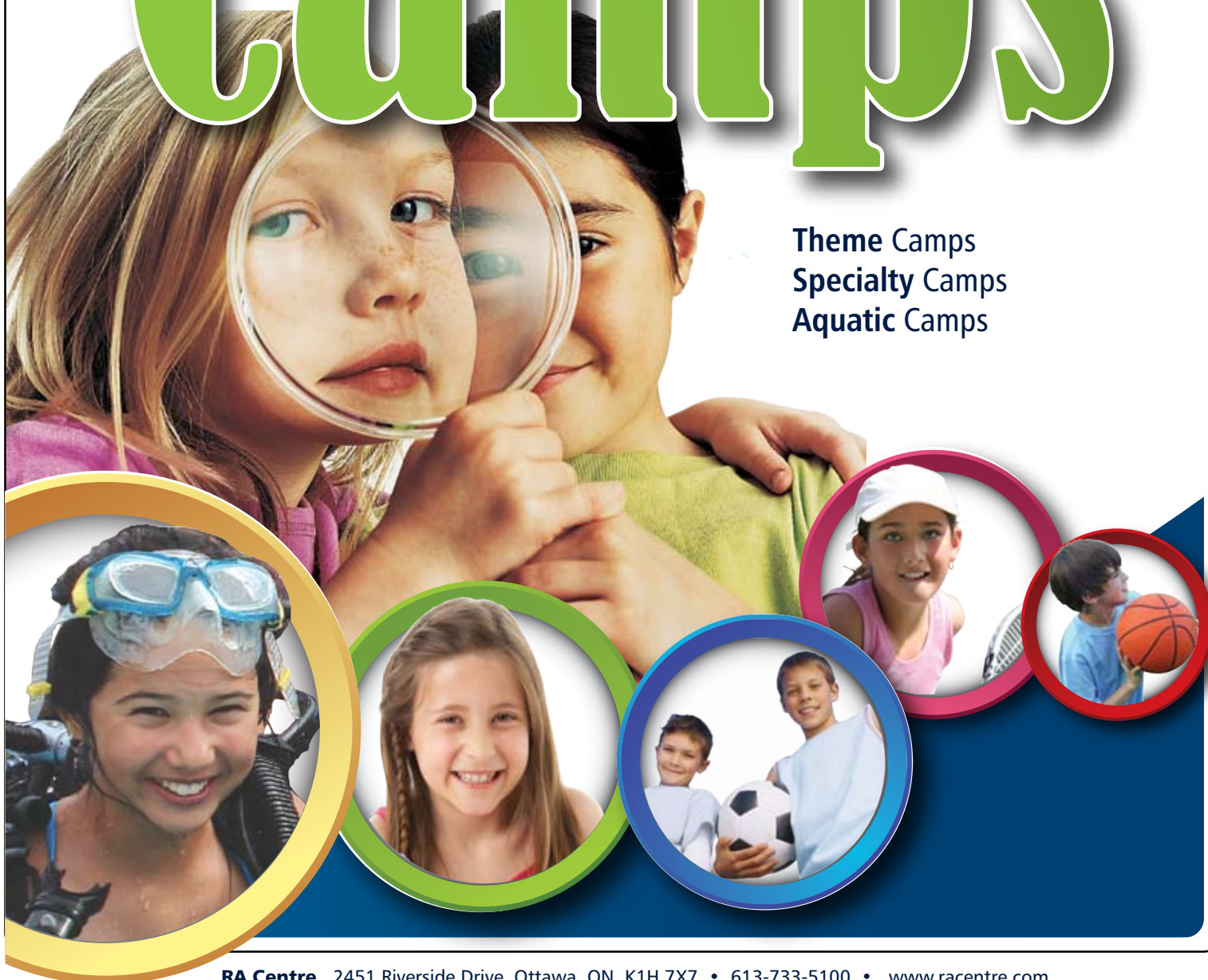
**RA**  
CENTRE

Canada's Finest Fitness & Lifestyle Centre

**Summer 2010**

# Camps

Theme Camps  
Specialty Camps  
Aquatic Camps





# Come and Play with us!

## Welcome Parents & Campers

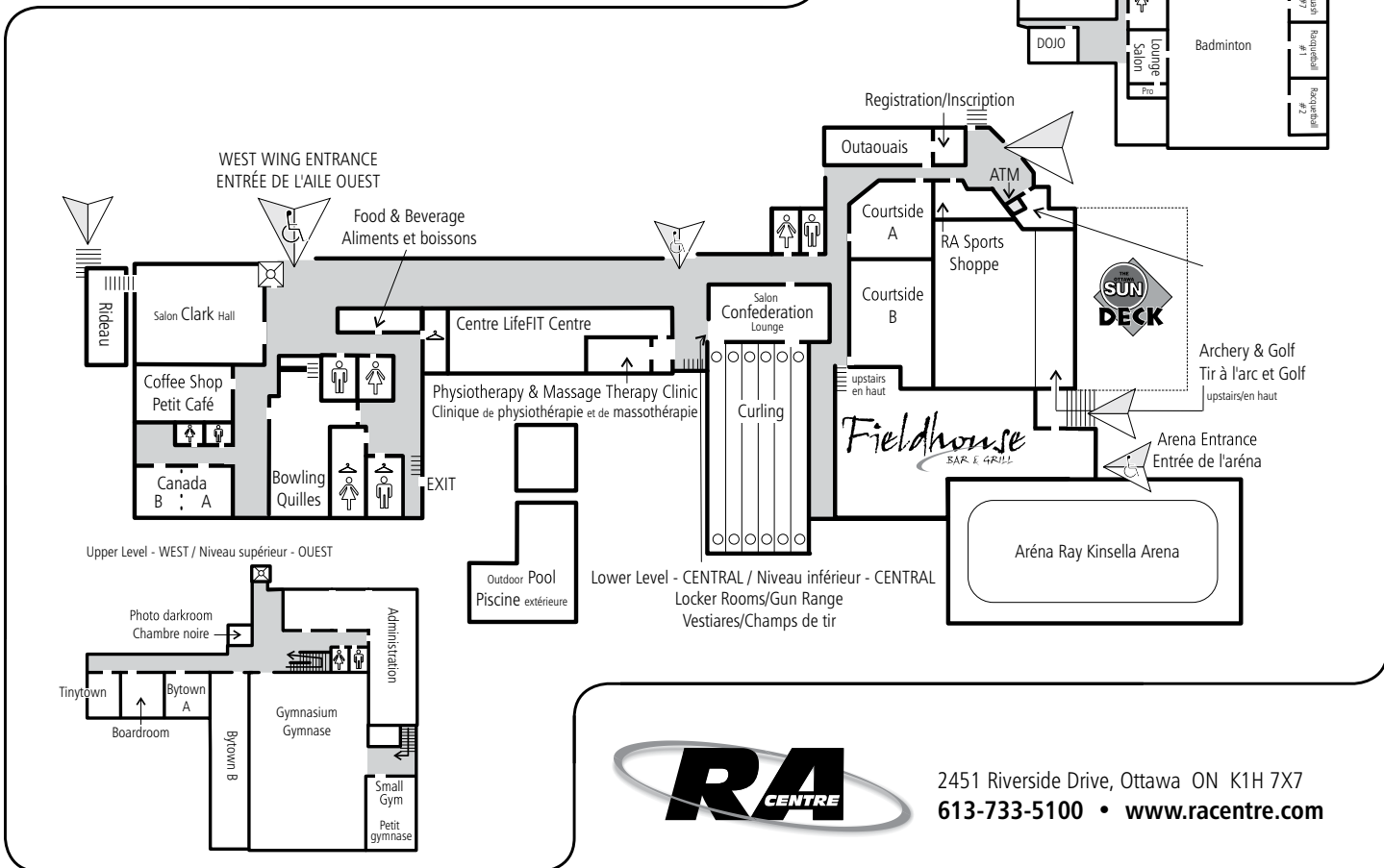
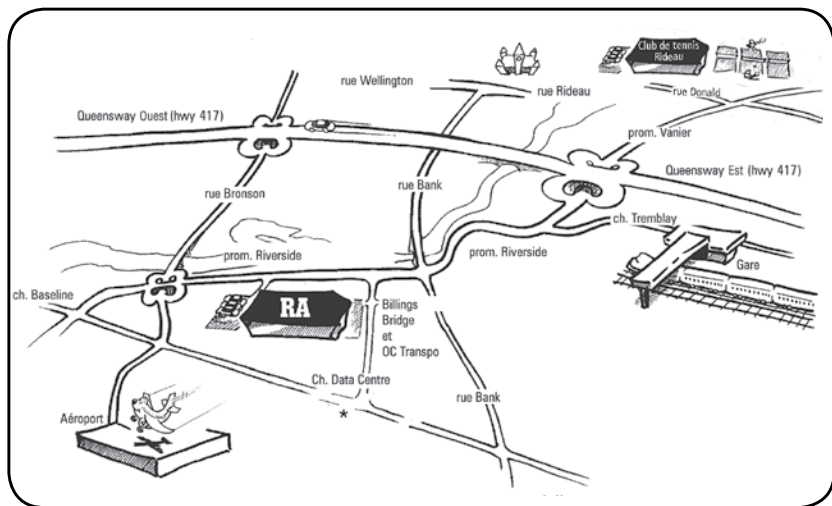
Thank you for your interest in the RA Summer Camp Programs. We look forward to meeting you and your summer camp needs and invite you to check out the variety of camps offered. It is our goal to provide a safe, educational and enjoyable summer camp experience in an environment that promotes smiling faces, new friends and lasting memories. We hope that you are as excited as we are for this year's summer camps and we look forward to having you join in on the fun!

### For the Safety of Our Campers

Your child's safety is of utmost importance to us at the RA Centre Summer Camps. As a result, we have instilled numerous practices to ensure that everyone has the best possible summer.

In addition to first aid and CPR training completed by our camp staff, the RA Centre has a trained emergency response team that is deployed in the event of an urgent situation.

**It is also important to note that all RA Camps are completely NUT FREE.**



2451 Riverside Drive, Ottawa ON K1H 7X7  
613-733-5100 • [www.racentre.com](http://www.racentre.com)

# ▶ How to Register

For all camps held at the Riverside Drive location.

## 1) In person:



Registration can be completed at the Member Services Desk, located near the east entrance of the RA Centre.

Monday to Sunday 7:30 a.m. to 9:30 p.m.

Statutory holidays 8:00 a.m. to 8:00 p.m.

## 2) By telephone:



Call the registration line at 613-736-6224.

Monday to Friday 11:00 a.m. to 5:30 p.m.

Please have your credit card ready when you call.

## 3) Register ONLINE :



Signing up for your favourite summer camp program is now easier than ever!

RA members and non-members are welcome to register for Summer Camp programs using the Play RA on-line registration service.

You will need a Login ID and Account PIN#, along with a valid credit card to complete your online registration.

Once you have decided on the camps you want to register for, visit the SUMMER CAMPS Section under Sports and Recreation at [www.racentre.com](http://www.racentre.com) and click on the Play RA on-line registration icon for complete information on the on-line registration process and to complete your registration.

For your convenience, please ensure that you have all program details including the name of the program(s), program fee and the program code. The 3 digit code is specific to each program and session and can be found beside each session date in this Summer Camp Brochure.

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### Interested in becoming a Member?

Everyone is welcome. Join today and save on your camp fees.

**If you would like to register for the Rideau Tennis Club's Camp located at 1 Donald Street, please see page 9.**

# Birthday Parties

Book your child's birthday party at the RA Centre.

Bowling Parties

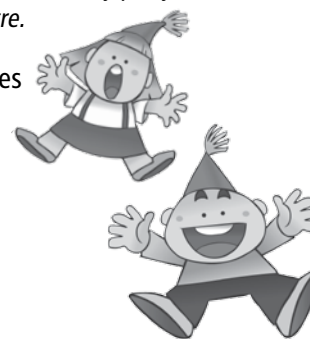
Gym Rental

Hockey Ice

Pool Parties

Softball Field

Soccer Field



Perfect for small or big groups. Full services restaurant open 7 days a week. Group rates and packages available.

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**613-733-5100**  
**[www.racentre.com](http://www.racentre.com)**

## Did You Know?

**The RA offers a wide range of Junior programs.**

The RA's Junior Programs are ideal for building healthy lifestyle habits in young people. Remember, they are our future!

Archery, Badminton, Bowling, Chess, Curling, Fencing, Golf, Gun, Judo, Racquetball, Skating Lessons, Squash, Swimming Lessons, Tennis, Yoga.....and much more.

For a complete list and details pick up a Program guide or visit us online at [www.racentre.com](http://www.racentre.com).

## Mom's & Dad's!!!

Fitting in workout time can be difficult with small children; for just this reason, the RA has **Tinytown**, a child minding service which is a great place for children to play while mom and dad take part in programs at the RA Centre. Call Member & Guest Services at **613-733-5100** for details.

# ▶ Theme Camps

Junior Day Camp | Day Camp | Junior Sports Camp

## Junior Day & Day Camp

Each two week session is based on a fun and educational theme. Daily activities may include a variety of co-operative games and sports, bowling, arts and crafts, story telling, outings and sing-songs. While most activities take place at the RA Centre, the program may make use of nearby Vincent Massey Park and Nordic Point. A recreational swim provides a refreshing break, and a potluck cookout is a highlight of every session.

### Junior Day Camp • 4 and 5 years old

The RA's Jr Day Camp is designed to be the perfect first-time camp experience for four and five year olds and is an excellent social preparation for school. Caring and supportive staff design a daily program that suits the interests and abilities of these youngsters. A 4:1 camper to staff ratio is the norm during program hours.

**Note: Campers must meet age requirements, minimum of 4 years old, by the commencement of the session for which they are registered.**

two week sessions	RA member	Non-RA	Program Code
1. June 28 - July 9*	\$265	\$290	760
2. July 12 - July 23	\$265	\$290	763
3. July 26 - August 6*	\$265	\$290	766
4. August 9 - August 20	\$265	\$290	769

one week sessions (limited availability)	RA member	Non-RA	Program Code
1. June 28 - July 2*	\$128	\$140	761
2. July 5 - July 9	\$160	\$175	762
3. July 12 - July 16	\$160	\$175	764
4. July 19 - July 23	\$160	\$175	765
5. July 26 - July 30	\$160	\$175	767
6. August 3 - August 6*	\$128	\$140	768
7. August 9 - August 13	\$160	\$175	770
8. August 16 - August 20	\$160	\$175	771

\* Camp NOT in operation on July 1<sup>st</sup> and August 2<sup>nd</sup>.

### Day Camp • 6 - 11 years old

The RA Day Camp is a wonderful place for children ages six to eleven years of age to learn about sharing, teamwork and friendship. Together with their counsellors, campers share input on daily activities that will meet individual as well as group needs. Campers are grouped by age. A 6:1 camper to staff ratio is the norm during program hours.

**Note: Campers must meet age requirements, minimum of 6 years old, by the commencement of the session for which they are registered.**

two week sessions	RA member	Non-RA	Program Code
1. June 28 - July 9*	\$265	\$290	784
2. July 12 - July 23	\$265	\$290	787
3. July 26 - August 6*	\$265	\$290	790
4. August 9 - August 20	\$265	\$290	793

one week sessions (limited availability)	RA member	Non-RA	Program Code
1. June 28 - July 2*	\$128	\$140	785
2. July 5 - July 9	\$160	\$175	786
3. July 12 - July 16	\$160	\$175	788
4. July 19 - July 23	\$160	\$175	789
5. July 26 - July 30	\$160	\$175	791
6. August 3 - August 6*	\$128	\$140	792
7. August 9 - August 13	\$160	\$175	794
8. August 16 - August 20	\$160	\$175	795

\* Camp NOT in operation on July 1<sup>st</sup> and August 2<sup>nd</sup>.



## Junior Sports Camp

The Junior Sports camp is a non-instructional program. It follows the Day Camp format with an emphasis on team sports such as football, ultimate frisbee, volleyball, soccer-baseball, nukem ball, soccer and softball. Although the majority of the time is involved in cooperative game and sports activities, these campers will also participate in non sports related Day camp activities including special group events such as the camp cook-out each session.

### Junior Sports Camp • 7 - 9 years old

Young sports enthusiasts will love the energy of the Junior Sports Camp. Especially designed for children ages seven to nine years, this recreational program is a great mix of teamwork, participation, sportsmanship and fun. A 6:1 camper to staff ratio is the norm during program hours.

**Campers must be born in 2003 or earlier.**

two week sessions	RA member	Non-RA	Program Code
1. June 28 - July 9*	\$265	\$290	772
2. July 12 - July 23	\$265	\$290	775
3. July 26 - August 6*	\$265	\$290	778
4. August 9 - August 20	\$265	\$290	781

one week sessions (limited availability)	RA member	Non-RA	Program Code
1. June 28 - July 2*	\$128	\$140	773
2. July 5 - July 9	\$160	\$175	774
3. July 12 - July 16	\$160	\$175	776
4. July 19 - July 23	\$160	\$175	777
5. July 26 - July 30	\$160	\$175	779
6. August 3 - August 6*	\$128	\$140	780
7. August 9 - August 13	\$160	\$175	782
8. August 16 - August 20	\$160	\$175	783

\* Camp NOT in operation on July 1<sup>st</sup> and August 2<sup>nd</sup>.



## A Typical Day at these Theme Camps

07:30 - 09:00	Complimentary Pre-Camp Care (optional)
09:00 - 09:15	Camp-wide Sing Song
09:15 - 09:30	Morning Attendance and Sunscreen Application
09:30 - 12:00	Camp Activities with Morning Snack/Water Break
11:00 - 12:00	Lunch (Junior Day Camp)
12:00 - 01:00	Swim (Junior Day Camp)
12:00 - 01:00	Lunch (Day / Junior Sports Camp)
01:00 - 03:45	Camp Activities with Afternoon Snack/Water Break and Recreational Swim
03:45 - 04:00	Camp Wrap Up
04:00 - 05:00	Complimentary Post-Camp Care (optional)

\*\*\*sunscreen application scheduled throughout the day

A recreational swim provides a refreshing break. While at camp, children can take daily swimming lessons for a small additional fee.

## Camp Hours

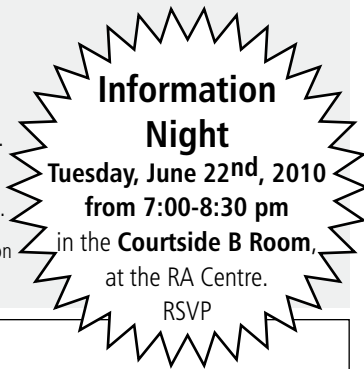
Junior Day Camp / Day Camp / Junior Sports Camp

**Monday to Friday**  
from 9:00 a.m. to 4:00 p.m.

**COMPLIMENTARY Pre Camp Supervision** 7:30 a.m. - 9:00 a.m.

**COMPLIMENTARY Post Camp Supervision** 4:00 p.m. - 5:00 p.m.

\* Note: These camps are NOT in operation on July 1<sup>st</sup> and August 2<sup>nd</sup>.



## Theme Camps

Junior Day Camp | Junior Sports Camp | Day Camp

### RA 2010 Olympics

June 28 - July 9, 2010

The Vancouver 2010 Olympics are moving – from the west coast to the RA! Did you watch Team Canada ski, luge, skate, and curl their way into history? Do you want to be a part of the action? Whether you're a budding biathlete or snowboarding superstar, or a torch bearer representing Canada to the world, come join the 21st RA Olympiad! You can even take up the charge for a country of your choice – Jamaican bobsledders and Swiss slalom stars are welcome. Or maybe you're already in training for the summer games – London 2012 hopefuls, get ready!

### Planet Earth

July 12 - 23, 2010

2010 is the International Year of Biodiversity and the year of the electric car – so come celebrate the wonders and explore the mysteries of our planet! From the dark depths of the ocean floors to the highest peaks of faraway mountains, we'll journey across the globe together, making discoveries along the way... We'll meet Shere-Khan the tiger in the heart of the jungle and polar bears floating on the Arctic ice floes. Why should we preserve and protect, reduce, re-use and recycle? Come find out as we explore the vast, the beautiful, the irreplaceable... Planet Earth!

### 2010: Space Odyssey

July 26 - August 6, 2010

Space... the final frontier. Calling all astronomers and astronauts, Trekkies and stargazers! Join our 2010 odyssey across the unexplored reaches of the universe. Travel at the speed of light past quasars and galaxies, black holes and supernovas... Sail across the Milky Way in your rocket ship, and make friends with alien life forms on distant planets! Ever wanted to visit Mars or see the Big Dipper up close? Now's your chance – space suit up and explore the stars with us!

### RA Idol

August 9 - 20, 2010

Back by popular demand – Hollywood is coming to the RA! Whether you're a teen pop sensation or an Oscar nominee, or you prefer to run the show behind the scenes from the director's chair or the sound booth – there's no business like show business at the RA day camps! Top the charts in the morning, and win the most votes on So You Think You Can Dance by the afternoon. No auditions necessary! Everyone is a superstar this session!

## General Information

**Please note that the information listed below is only pertinent to the Junior Day, Junior Sports, Day Camp programs.**

We are all very excited here at the RA Centre for our camp programs to start up once again this summer. With over forty years of experience, we are looking forward to building on our practices in order to make this summer the best yet.

Due to our dedication to making your child's experience at the RA Camps a blast, we select our team of approximately 60 staff members with care. We value the fact that staff serve as leaders for your child(ren) and therefore only select those individuals that we believe will act as enthusiastic, positive and trustworthy role models. Additionally, although all camps are primarily conducted in English, the majority of our staff are bilingual.

We believe that it is also important to note that all daily programming is reviewed by the senior staff in order to guarantee well-balanced, creative and fun activities for your child(ren).

### Information Night

We would be more than happy to answer any additional questions or provide a tour of the facilities at your request. Furthermore, an **Information Night will be held for the Junior Day, Day, and Junior Sports Camp programs on Tuesday, June 22nd, 2010 from 7:00-8:30 p.m. in the Courtside B room at the RA Centre.** This session will provide an opportunity for parents/guardians to ask questions and become more familiar with the camp facilities, senior staff, and our camp goals. **Please RSVP to [scamps@racentre.com](mailto:scamps@racentre.com) by June 17<sup>th</sup> with number of attendees if you plan to attend.**

### Camper Sign Out Procedures

For safety and security reasons, every parent/guardian will be asked to fill out a pick up authorization form for their child at the beginning of each session. This form will expand on who is allowed to pick up their child from camp and will then be used to facilitate the daily sign out process of each camper.

### Potluck Cook-Out

**1st Friday of each two week session**

On the first Friday of each two week session, campers will enjoy a lunchtime potluck cook-out. A form will be sent home with the first day package identifying a specific contribution for your child.

### Swimming and Swimming Lessons

Swimming at the RA Centre's outdoor pools is a regular activity at our camps and an excellent way to stay cool in the heat. All swimming is supervised by certified lifeguards and camp staff participate in-water with their campers.

Swimming lessons during camp hours are also available at the RA Centre for a small additional fee. Arrangements are made for staff to escort campers to and from their lessons, for the Junior Day, Junior Sports and Day Camp programs.

Please find more information about swimming lessons and the RA Pool on page 10.

### Notes

- All camps are conducted primarily in English, however the majority of our staff are bilingual.
- Offsite trips are NOT scheduled in every session. However the cost to subsidize an excursion or special on site guest(s) is included in the camp fee for Sessions 1 and 3 (nine day sessions).
- A limited number of spaces will be reserved for one-week registrations in our two week programs. For more details on the availability of one-week registrations call 613-733-5100.
- **Campers must meet age requirements as shown.**

← For the safety of our campers... RA Camps are **NOT FREE**. →

# ► Specialty Camps

Aqua | Badminton | Fencing | Futurekids | Lifesaving | Super Athletic | Tennis



## Super Athletic Camp -NEW!

9 - 13 years old

In Super Athletic Camp, young athletes and active youth will take advantage of the RA Centre's unrivaled range of recreation facilities. Maximum fun is guaranteed as campers participate in sports and games throughout the RA's many courts, diamonds, arenas, lanes, fields, gyms and pools - the largest variety of sports at Ottawa's premier sports and recreation facility!

Super Athletic Campers will be led by counsellors who share a passion for sports and active living.

### Prerequisites:

Campers must be comfortable in deep water and able to swim one length of the pool.

**Campers must be born in 2001 or earlier.**

### Activities:

Each day campers will sample from an unparalleled assortment of sports including, but not limited to:

- Badminton
- Basketball
- Bowling
- Competitive Lifesaving
- Competitive Swimming
- Diving
- Dodgeball
- Floor hockey
- Football
- Ice Skating
- Inner tube water sports
- Soccer
- Softball
- Synchronized Swimming
- Track and field
- Ultimate Frisbee
- Underwater hockey
- Volleyball
- Wallyball
- Water polo

one week sessions	RA member	Non-RA	Program Code
1. June 28 - July 2*	\$155	\$175	800
2. July 5 - July 9	\$194	\$219	801
3. July 12 - July 16	\$194	\$219	802
4. July 19 - July 23	\$194	\$219	803
5. July 26 - July 30	\$194	\$219	804
6. August 3 - August 6*	\$155	\$175	805
7. August 9 - August 13	\$194	\$219	807
8. August 16 - August 20	\$194	\$219	808

\* Camp NOT in operation on July 1<sup>st</sup> and August 2<sup>nd</sup>.



## ► Camp Hours

**Monday to Friday**  
from 9:00 a.m. to 4:00 p.m.

**COMPLIMENTARY Pre Camp Supervision**  
7:30 a.m. - 9:00 a.m.

**COMPLIMENTARY Post Camp Supervision**  
4:00 p.m. - 5:00 p.m.

\* Note: Camp NOT in operation on July 1<sup>st</sup> and August 2<sup>nd</sup>.

### Sample Day Schedule:

09:00-10:00	Field activity
10:00-11:00	Pool activity
11:00-12:00	Beach Volleyball
12:00-13:00	Lunch break
13:00-14:00	Ball Diamond activity
14:00-15:00	Gym activity
15:00-16:00	Free swim (pool)

### Please Note:

- All camps are conducted primarily in English, however the majority of our staff are bilingual.
- Campers must provide their own skates and CSA approved helmets in order to participate in ice-skating sessions.
- Most days include two pool sessions. Campers may want to pack two swim suits, two towels and goggles.
- Due to the incredibly high number of activities available at the RA Centre, it is not possible to participate in every activity in a single one-week session.

← For the safety of our campers... RA Camps are **NUT FREE**. →

# Lifesaving Camp - NEW!

11 - 15 years old

Lifesaving Camp is the perfect summer program for young people who are considering a career as a lifeguard, or are interested in advanced aquatics and first aid training. In this nine-day program, campers could earn certification in Lifesaving Fitness, Bronze Star, Bronze Medallion, Bronze Cross and/or Emergency First Aid. Participants will also develop excellent swimming skills, practice with advanced lifesaving and lifeguarding equipment, learn about careers in aquatics and even find a little time for some "dry" sports and games!

## Prerequisites:

You may register in Lifesaving Camp if you are:

- 11-15 years of age (**born in 1999 or earlier**)
- able to swim 400 meters (16 pool lengths) continuously
- comfortable in very deep water

## Please note:

- In order to obtain certification in Bronze Star, Bronze Medallion, Bronze Cross or Emergency First Aid, candidates must successfully complete an examination. (Examinations take place during camp at no extra fee)

- Candidates must meet all award prerequisites prior to taking an examination. Prerequisites are as follows:

Emergency First Aid: none

Bronze Star: none

Bronze Medallion: 13 years of age – OR – Bronze Star certification

Bronze Cross: Bronze Medallion and Emergency First Aid certification

- The Canadian Lifesaving Manual is the required text for Lifesaving Camp. This may be purchased at the RA Centre's Sport Shoppe for an additional fee.
- Each camper will be provided with a pocket mask on the first day of camp. (no extra charge)
- Campers will spend over 3 hours per day in the pool. Some may prefer to wear a wetsuit.

## Sample Day Schedule:

09:00-12:00 Pool Sessions (ex. swimming, lifesaving skills, rescues)

12:00-13:00 Change & Lunch Break

13:00-15:00 Dry Sessions (ex. first aid, CPR, AED)

15:00-16:00 Dry (sports/games) or Pool (free swim/skills practice)

## Camp Hours

Monday to Friday from 9:00 a.m. to 4:00 p.m.

COMPLIMENTARY Pre Camp Supervision

7:30 a.m. - 9:00 a.m.

COMPLIMENTARY Post Camp Supervision

4:00 p.m. - 5:00 p.m.

**two week sessions** RA member Non-RA Program Code

1. June 28 - July 9 \$324 \$349 830

3. July 26 - August 6 \$324 \$349 831

**Canadian Lifesaving Manual required but not included in camp fees. Available at RA Sports Shoppe.**



# Senior Aqua Camp

10 - 13 years old

Aqua Camp is a dream come true for youth who love the water. Campers will enjoy a wide variety of aquatic games and sports including sessions on competitive swimming, water polo, diving, scuba, competitive lifesaving, synchronized swimming and underwater hockey. Come prepared for a very wet and active program that also offers a daily afternoon free swim and "dry" activities such as bowling, volleyball, softball and crafts. All Aqua Camp counsellors are experienced and fully qualified lifeguards and instructors chosen from the staff of the RA Centre's outdoor pool. **Note: RA Camps are nut free.**

## Prerequisites:

- **Must** be able to swim 100 meters (4 lengths), 2 lengths on front and 2 lengths on back, non-stop.
- **Must** be comfortable in deep (over your head) water.
- **Campers must be born in 2000 or earlier.**

# Junior Aqua Camp - NEW!

7 - 9 years old

Like their fellow campers in the Senior Aqua Camp, the 7 – 9 year old Junior Aqua Campers will spend over three hours in the pool each day. Part of this pool time will be spent in swimming lessons and skill development as campers work towards Red Cross Swim program badges. The rest of campers' time in the water will be divided between games and other fun activities, introduction to some water sports, and free swimming time.

Junior Aqua campers will also participate in other RA camp activities on dry land, such as bowling. Camp counsellors are certified aquatic instructors from the RA Centre's outdoor pool staff.

## Prerequisites:

- **Must** be able to swim one length of the pool non-stop.
- **Must** be comfortable in deep water (over your head).
- **Campers must be born in 2003 or earlier.**

## Camp Hours

Monday to Friday from 9:00 a.m. to 4:00 p.m.

COMPLIMENTARY Pre Camp Supervision 7:30 a.m. - 9:00 a.m.

COMPLIMENTARY Post Camp Supervision 4:00 p.m. - 5:00 p.m.

two week sessions	RA member	Non-RA	Program Code Senior Aqua Camp	Program Code Junior Aqua Camp
1. June 28 - July 9*	\$324	\$349	818	809
2. July 12 - July 23	\$324	\$349	821	812
3. July 26 - August 6*	\$324	\$349	824	815
4. August 9 - August 20	\$324	\$349	827	862

one week sessions (limited availability)	RA member	Non-RA	Program Code Senior Aqua Camp	Program Code Junior Aqua Camp
1. June 28 - July 2*	\$155	\$168	819	810
2. July 5 - July 9	\$194	\$209	820	811
3. July 12 - July 16	\$194	\$209	822	813
4. July 19 - July 23	\$194	\$209	823	814
5. July 26 - July 30	\$194	\$209	825	816
6. August 3 - August 6*	\$155	\$168	826	817
7. August 9 - August 13	\$194	\$209	828	859
8. August 16 - August 20	\$194	\$209	829	860

\* Camp NOT in operation on July 1<sup>st</sup> and August 2<sup>nd</sup>.

← For the safety of our campers... RA Camps are **NUT FREE**. →



# Badminton Camp

6 - 15 years old

The RA Badminton Camp, for boys and girls ages six to 15, is the only summer camp program dedicated to young badminton players at all levels of play. The camp motto is "be the best that you can be."

## Program

Each day at camp will be spent learning badminton technique and skills as well as understanding the strategy of the game. Every youngster will participate in a fun fitness regime and will have the opportunity to play in a mini tournament. As an added bonus, young athletes will fill their recreational time with a variety of other sports activities including a **daily swim and bowling**. The Badminton Camp is run by Mike Bitten, the RA Badminton Club's Professional. In addition to being a skillful coach, Mike is a former member of the Canadian Olympic Team and has extensive international playing experience.

## Camp Hours

Monday to Friday from 9:30 a.m. to 4:00 p.m.

COMPLIMENTARY Pre Camp Supervision 8:00 a.m. - 9:30 a.m.

COMPLIMENTARY Post Camp Supervision 4:00 p.m. - 5:00 p.m.

one week sessions	RA member	Non-RA	Program Code
1. June 23 - June 25*** (3 days)	\$200	\$225	850
2. June 28 - July 2*	\$250	\$275	851
3. July 5 - July 9	\$250	\$275	852
4. July 12 - July 16	\$250	\$275	853
5. July 19 - July 23	\$250	\$275	854
6. July 26 - July 30	\$250	\$275	855
7. August 2 - August 6*	\$250	\$275	856
8. August 9 - August 13	\$250	\$275	857
9. August 16 - August 20	\$250	\$275	858
10. August 23 - August 27	\$250	\$275	863

\*\*\* French instruction only (Session 1) - 3 days only.

\* Please note there is camp on Thursday, July 1<sup>st</sup> and Monday, August 2<sup>nd</sup>.

- The pool and bowling may not be available for sessions 1 and 10.

For more information, call Badminton Pro Mike Bitten at 613-733-5100 ext. 364.



# Fencing Camp

Program offered in both official languages.

## Beginner Camp • 8 - 16 years old

Learn how to fence! No fencing experience required.

This camp is for those wishing to learn the basics of fencing. Daily camp activities include fencing lessons, fencing games, sparring, footwork, bowling, outdoor activities, swimming, and also includes an end of week tournament. The camp is limited to 20 fencers per week.

## Camp Hours

Monday to Friday from 9:00 am to 4:00 pm

COMPLIMENTARY Pre Camp Supervision\* 8:00 a.m. - 9:00 a.m.

COMPLIMENTARY Post Camp Supervision\* 4:00 p.m. - 5:00 p.m.

\*Beginner Camps only.

one week sessions	RA member	Non-RA	Program Code
1. July 5 - July 9 (max 20)	\$235	\$260	832
2. July 12 - July 16 (max 20)	\$235	\$260	833
3. July 19 - July 23 (max 20)	\$235	\$260	834
4. July 26 - July 30 (max 20)	\$235	\$260	835
5. August 3 - August 6* (max 20)	\$188	\$208	836
6. August 9 - August 13 (max 20)	\$235	\$260	837
7. August 16 - August 20 (max 20)	\$235	\$260	838

## Developmental Camp • 10 - 16 years old

Refine your fencing skills! This camp is for Yellow, Orange, Green, and Blue Armband Level Epee and Foil Fencers who are interested in improving their technical and tactical fencing skills. Daily camp activities include lessons, sparring, footwork, fitness, bowling, outdoor activities, and swimming. The camp is limited to 10 fencers per week.

## Camp Hours

Monday to Friday from 9:00 am to 4:00 pm

one week sessions	RA member	Non-RA	Program Code
1. July 12 - July 16 (max 10)	\$260	\$285	839
2. August 16 - August 20 (max 10)	\$260	\$285	840

## Competitive Fencing Camp • 12 - 16 years old

The Competitive Fencing Camp is designed for experienced Sabre, epee and foil fencers. Camp activities include fencing lessons, sparring, fitness training, team building activities, and a mini tournament. Coaches for the camp include, Paul ApSimon, Canadian Women's Foil Team Head Coach, Sydney 2000 Olympic Team Leader and RA Fencing Head Coach, Instructors also include Michel Dessureault, three time Canadian Olympian ('76, '84, and '88), Parviz Haghendish, former coach of the Iran National Foil Team and current RA Fencing Coach, and special guest coach Maitre Manuel Guittet, four time Canadian Olympic Coach.

## Camp Hours

Monday to Friday from 9:00 am to 4:00 pm

one week sessions	RA member	Non-RA	Program Code
1. August 23 - August 27 (max 10)	\$300	\$355	841

← For the safety of our campers... RA Camps are **NUT FREE**. →



## FUTUREKIDS Computer Camp

7 - 11 years old

[www.futurekidsottawa.com](http://www.futurekidsottawa.com)

FUTUREKIDS Computer Camps and the RA's Day Camp have joined forces to offer some unique programming opportunities for children ages seven to 11. Campers spend either the morning (8:30am to 11:30am) or the afternoon (1:15pm to 4:15pm) learning the latest in computer technology with themes and subjects that children love. The rest of the time, the campers join in the fun with the RA Day Camp. Please note that campers are escorted by staff when transitioning from one camp program to the other.

The Computer Camp is organized in one week sessions and classes are taught by Ontario certified teachers. In each class, campers work in teams of two. An open house is held in the computer room, at the end of each one week session allowing the campers to show off their amazing computer creations to their parents. **Note: RA Camps are nut free. Campers must meet age requirements as shown.**

The following programs are available this year at the RA.

### Spongebob Mania

July 26 – 30 / Morning Session (7 – 9 years old)

The name says it all! Learn computer skills in programming, animation, web creation and graphics, all by doing SpongeBob activities. You'll be creating your own Spongebob web site, and a totally cool Spongebob cartoon where you can make Spongebob talk. You'll also make an interactive cartoon game that can be taken home and played with your friends. You can even tell your parents you're going to camp to learn stuff!

one week session	RA member	Non-RA	Program Code
1. July 26 - July 30	\$247	\$272	796

### Game Maker Extreme

July 26 – 30 / Afternoon Session (10 - 11 years old)

Want to make your own video game this summer? Campers go through the creative game-making process from the designing stage to completing a game that will be taken home and played or developed further. You'll create a complex, realistic video game with everything from health meters to collision detection. You'll create your own graphics and use them in your game. This course is user-friendly, exciting and challenging and is perfect for aspiring game designers or those who just love to play games and see what is involved in making them.

one week session	RA member	Non-RA	Program Code
1. July 26 - July 30	\$247	\$272	797

### Claymation Mania

August 3 – 6 / Morning Session (8 - 11 years old)

Campers will have the opportunity to create their own claymation movie to take home. This process includes storyboard development, creation of your own claymation characters, building sets and props, and instruction in filming and movie editing. Your imagination is the only limit!

one week session	RA member	Non-RA	Program Code
1. August 3 - August 6	\$198	\$218	798

### Jr. Robotics

August 3 – 6 / Afternoon Session (8 - 10 years old)

What better way to introduce boys and girls to computer science than having them learn to program their very own robot? Kids will learn how to program their bot to follow a flashlight, detect obstacles, follow a line and more. Campers will even record video of their bot so they can show off their new programming skills to all their friends and family!

one week sessions	RA member	Non-RA	Program Code
1. August 3 - August 6	\$198	\$218	799



Rideau Tennis Club - 1 Donald Street

## Tennis Fun Camp

6 - 13 years old

The Rideau Tennis Fun Camp is a stimulating, fun oriented, and action packed week for juniors looking to improve their tennis skills!!

Instructors will spend 4 hours per day on court teaching and developing tennis skills using drills and tournament match play in a positive environment. Campers will also enjoy soccer, ultimate Frisbee, capture the flag, and a cool-off in the outdoor pool for at least 1 hour a day.

### Camp Hours

Monday to Friday from 9:00 a.m. to 4:00 p.m.

**COMPLIMENTARY Pre Camp Supervision**  
8:30 a.m. - 9:00 a.m.

**COMPLIMENTARY Post Camp Supervision**  
4:00 p.m. - 4:45 p.m.

one week sessions	RA member	Non-RA	Program Code
1. June 28 - July 2*	\$172	\$192	842
2. July 5 - July 9	\$215	\$240	843
3. July 12 - July 16	\$215	\$240	849
4. July 19 - July 23	\$215	\$240	844
5. July 26 - July 30	\$215	\$240	845
6. August 3 - August 6*	\$172	\$192	846
7. August 9 - August 13	\$215	\$240	847
8. August 16 - August 20	\$215	\$240	848

\* no camp on July 1 and August 2

### Tennis Fun Camp

#### Registration Information

- Registration starts April 1, 2010.

(For any other RA Camps, please see page 2 & 3 for details on how to register.)

The Club accepts payment by VISA, MasterCard, American Express, cheque, cash or Interac.

There are two ways to register:

- 1) In person: Come to the Front Desk of **The Rideau Tennis Club, 1 Donald Street, Ottawa**  
Mon. to Sun. 8:30 am – 9:00 pm
- 2) By telephone: **Call the Front Desk at 613-749-6126.**  
Mon. to Sun. 8:30 am – 9:00 pm

Please have your credit card ready when you call. A Member Services representative will answer this telephone line. In the event that they are unable to do so, please leave your name and telephone number and a representative will return your call as soon as possible.

For the safety of our campers... RA Camps are **NUT FREE**.



## CIT Program Counsellor-in-Training 14- 16 years old

The Counsellor in Training (CIT) program is a leadership development opportunity geared towards youth aged 14-16 who are interested in working in a fun and fulfilling camp environment. A combination of weekly classroom style training sessions and eight weeks of hands-on work with campers enables the program's participants to develop, apply and reinforce their own leadership skills.

All interested youth are encouraged to submit an application, in person, at the East Desk of the RA Centre. Group interviews will be held at the beginning of June and those selected to work with the camps will receive an honourarium on a bi-weekly basis.

## Summer Day, Aquatic and Super Athletic Camp Employment Opportunities

Available positions: Super Athletic Camp Counsellors, Counsellors, Technicians, Aquatic staff and Counsellors-in-training.

### Eligible Candidates: Secondary and Post Secondary Students

View brief job descriptions, prerequisites and application deadlines at [www.racentre.com](http://www.racentre.com), or in person at the East Desk of the RA Centre.

Please apply in person at the East Desk of the RA Centre or download application from RA website and mail it via Canada Post. APPLICATIONS required - (Resumes CAN be attached).



## RA Outdoor POOL

The RA's outdoor aquatic facility opens on June 19<sup>th</sup> for the 2010 season. Members and non-members are welcome. Join us for our Adult, Family and Open swim times. Day and season pool passes available. This facility includes a large, heated L-shaped pool with a diving section and a small, heated teaching pool with a depth of approximately 4 feet. The large pool deck, with its shady awnings, picnic tables and lounge chairs, make it a welcoming place to spend a sunny afternoon. Personal floatation devices are available upon request.

### Pool Opens June 19, 2010

\*\* Pool will close at 5:00 pm on July 1<sup>st</sup> and August 2<sup>nd</sup>.

Day passes and season passes are available for RA Members and Non Members.

Monday to Friday		Saturday & Sunday	
12:00 - 1:00 pm	Adult	12:00 - 1:00 pm	Adult/Family*
1:00 - 5:00 pm	Open	1:00 - 5:00 pm	Open
5:00 - 6:00 pm	Adult/Family*	5:00 - 6:00 pm	Adult/Family*
6:00 - 7:00 pm	Open	6:00 - 7:00 pm	Open

(\*in the small pool)

## Swimming Lessons

### ENROL YOUR **JUNIOR DAY, DAY OR JUNIOR SPORTS** CAMPER IN DAILY RED CROSS GROUP SWIM LESSONS

Instructional programs include Red Cross "Swim Pre-school" and "Swim Kids" programs, private instruction packages, AquaFIT and Advanced certification through the Lifesaving Camp.

### Group Lessons

#### Weekday mornings (9 classes/session) Swim Pre-school and Swim Kids

\$ 68 RA Members    \$ 78 Non-RA

Improve your child's swimming ability while they attend one of the above camps. Staff will escort campers to and from the pool for their designated swim lesson, in these three camp programs.

Note: Group lessons not recommended for campers enrolled in the Badminton camp or the morning FUTUREKIDS program. Enquire about our private lesson packages.

#### SWIM Lessons Session Dates

1. Monday, June 28 - Friday, July 9
2. Monday, July 12 - Thursday, July 22
3. Monday, July 26 - Friday, August 6
4. Monday, August 9 - Thursday, August 19

\*\* no classes on Thursday, July 1<sup>st</sup> or  
Monday, August 2<sup>nd</sup>

### Advanced Programs

**Lifesaving Camp** is the perfect summer program for young people who are considering a career as a lifeguard, or are interested in advanced aquatics and first aid training.

Please see page 7 for details.

### Private & Semi Private Lesson Packages

Offered weekday mornings (1/2 hr lesson)

Request pool brochure or visit  
[www.racentre.com](http://www.racentre.com)

For details on our swimming programs, pool admission policy, prices and schedules, contact Member Services at 613-733-5100 or visit our website at [www.racentre.com](http://www.racentre.com).