



#TCSportCamps

Get Active, Play Fair & Have Fun!

Talisman Centre



Member Registration: **February 8th**
Non-Member Registration: **February 9th**

July 4 – September 2, 2016

- Leadership from qualified, active instructors!
- Complimentary pre- and post-care!
- Cool camp souvenir for all participants!
- All camps include swimming as part of daily activities.

403.233.8393
talismancentre.com



TALISMAN
CENTRE

Train • Compete • Play

Multi-Sport Camps

Active for Life Age: 8Y-10Y

An introduction to a variety of sports and physical games in a safe and cooperative environment. Instructors will teach participants how to perform basic skills for each sport using the fundamental movement patterns introduced at a younger age. Participants will also be introduced to principles in teamwork, fair-play and cooperation through participation in modified sport games. Off-site field trips are included!

				<i>Members</i>	<i>Non Members</i>
Mon-Fri	Jul 4-Jul 8	8:30am-4:30pm	Code# 39331	\$198	\$220
Mon-Fri	Jul 11-Jul 15	8:30am-4:30pm	Code# 39332	\$198	\$220
Mon-Fri	Jul 18-Jul 22	8:30am-4:30pm	Code# 39333	\$198	\$220
Mon-Fri	Jul 25-Jul 29	8:30am-4:30pm	Code# 39334	\$198	\$220
Tue-Fri	Aug 2-Aug 5	8:30am-4:30pm	Code# 39335	\$158	\$176
Mon-Fri	Aug 8-Aug 12	8:30am-4:30pm	Code# 39336	\$198	\$220
Mon-Fri	Aug 15-Aug 19	8:30am-4:30pm	Code# 39337	\$198	\$220
Mon-Fri	Aug 22-Aug 26	8:30am-4:30pm	Code# 39338	\$198	\$220
Mon-Fri	Aug 29-Sep 2	8:30am-4:30pm	Code# 39339	\$198	\$220

Fun for Life Age: 6Y-7Y

Keeping things fun, this camp offers a variety of games and activities focused on developing the FUNDamental movement skills required for physical development. Various sports & cooperative games will be used to build the solid foundation required for skill acquisition in future sports. These skills include body awareness, coordination, movement patterns (i.e.: swimming, running, throwing, kicking, catching & jumping) and more! Off-site field trips are included!

				<i>Members</i>	<i>Non Members</i>
Mon-Fri	Jul 4-Jul 8	8:30am-4:30pm	Code# 39320	\$198	\$220
Mon-Fri	Jul 11-Jul 15	8:30am-4:30pm	Code# 39321	\$198	\$220
Mon-Fri	Jul 18-Jul 22	8:30am-4:30pm	Code# 39322	\$198	\$220
Mon-Fri	Jul 25-Jul 29	8:30am-4:30pm	Code# 39323	\$198	\$220
Tue-Fri	Aug 2-Aug 5	8:30am-4:30pm	Code# 39324	\$158	\$176
Mon-Fri	Aug 8-Aug 12	8:30am-4:30pm	Code# 39325	\$198	\$220
Mon-Fri	Aug 15-Aug 19	8:30am-4:30pm	Code# 39326	\$198	\$220
Mon-Fri	Aug 22-Aug 26	8:30am-4:30pm	Code# 39327	\$198	\$220
Mon-Fri	Aug 29-Sep 2	8:30am-4:30pm	Code# 39328	\$198	\$220

Girls Sport and Wellness 8Y-10Y & 11Y-14Y

For girls only! Engage the mind & body, and continue to develop positive self-esteem and body image. Activities may include: swimming, nutrition, yoga, life coaching, dance, conditioning, and team sports! Off-site field trips are included!

				<i>Members</i>	<i>Non Members</i>
Mon-Fri	Jul 11-Jul 15(8Y-10Y)	8:30am-4:30pm	Code# 39347	\$210	\$233
Mon-Fri	Jul 25-Jul 29 (11Y-14Y)	8:30am-4:30pm	Code# 39349	\$210	\$233
Mon-Fri	Aug 8-Aug 12(8Y-10Y)	8:30am-4:30pm	Code# 39348	\$210	\$233
Mon-Fri	Aug 22-Aug 26 (11Y-14Y)	8:30am-4:30pm	Code# 39350	\$210	\$233



Jumpstart

Giving kids a sporting chance.

Could your child benefit from a fee subsidy from Jumpstart®?

Visit talismancentre.com for more information and to download an application form.

Play for Life 4Y-5Y

A half-day camp providing the opportunity to participate in a variety of cooperative games & activities in a fun and safe environment! Our expert instructors will lead the children through structured activities including swimming, yoga, active games, and more! Participants will enjoy meeting new friends while learning how to play a variety of games. All children must be toilet trained.

				Members	Non Members
Mon-Fri	Jul 4-Jul 8	8:30am-12:00pm	Code# 39187	\$123	\$137
Mon-Fri	Jul 11-Jul 15	8:30am-12:00pm	Code# 39188	\$123	\$137
Mon-Fri	Jul 18-Jul 22	8:30am-12:00pm	Code# 39189	\$123	\$137
Mon-Fri	Jul 25-Jul 29	8:30am-12:00pm	Code# 39197	\$123	\$137
Tue-Fri	Aug 2-Aug 5	8:30am-12:00pm	Code# 39202	\$99	\$110
Mon-Fri	Aug 8-Aug 12	8:30am-12:00pm	Code# 39201	\$123	\$137
Mon-Fri	Aug 15-Aug 19	8:30am-12:00pm	Code# 39198	\$123	\$137
Mon-Fri	Aug 22-Aug 26	8:30am-12:00pm	Code# 39199	\$123	\$137
Mon-Fri	Aug 29-Sep 2	8:30am-12:00pm	Code# 39190	\$123	\$137

NEW Sport for Life 11Y-14Y

Designed to provide participants with the opportunity to develop many skills to stay fit and active for life! Activities may include: circuit, Yoga, swimming, nutrition, conditioning, and team sports!

				Members	Non Members
Mon-Fri	Jul 4-Jul 8	8:30am-4:30pm	Code# 39342	\$198	\$220
Mon-Fri	Jul 18-Jul 22	8:30am-4:30pm	Code# 39343	\$198	\$220
Tue-Fri	Aug 2-Aug 5	8:30am-4:30pm	Code# 39344	\$158	\$176
Mon-Fri	Aug 15-Aug 19	8:30am-4:30pm	Code# 39345	\$198	\$220
Mon-Fri	Aug 29-Sep 2	8:30am-4:30pm	Code# 39346	\$198	\$220

Sport-Specific Camps

Badminton 11Y-17Y

Talisman Centre has partnered with Badminton Alberta to provide athletes the opportunity to develop badminton skills in a fun and safe environment. According to the Long Term Athlete Development model, participants will be divided into groups based on ability. Athletes will learn the fundamentals of badminton including grip, overhead stroke technique, underhand stroke technique, movement, strategy and tactics by participating in drills and games. A \$10 Badminton Alberta membership fee is required in addition to registration for those without a current Badminton Alberta membership. The \$10 fee will be taken on the first day of camp by Badminton Alberta.

				Members	Non Members
Mon-Fri	Jul 4-Jul 8	8:30am-4:30pm	Code# 39467	\$269	\$316

Dive 8Y-14Y

Talisman Centre has partnered with Rocky Mountain Diving Club to teach athletes springboard and platform diving in a safe, fun and challenging environment. All instructors are certified. Participants must be able to swim 25m unassisted and comfortable swimming in deep water.

				Members	Non Members
Mon-Fri	Jul 11-Jul 15	8:30am-4:30pm	Code# 39461	\$269	\$316
Mon-Fri	Aug 8-Aug 12	8:30am-4:30pm	Code# 39462	\$269	\$316

Fencing 9Y-12Y

On Guard! A fascinating introduction to Olympic fencing – no experience necessary and all equipment is provided! Certified instructors from Puri Épée Fencing Club will teach participants about the fun sport of fencing and while learning good sportsmanship and self-discipline. Great for kids looking to try something new!

				Members	Non Members
Mon-Fri	Aug 22-Aug 26	8:30am-4:30pm	Code# 39463	\$269	\$316

Rhythmic Gymnastics (Girls only) 6Y-12Y

Certified instructors from Chinook Rhythmique Gymnastic Club will teach athletes basic skills in the Olympic Sport of Rhythmic Gymnastics: an exciting blend of ballet, jazz, and gymnastics! Athletes are introduced to music & movement, they will learn balance & coordination using hoops, balls, ribbons and ropes. Participants do not require any previous experience.

				Members	Non Members
Mon-Fri	Jul 18-Jul 22	8:30pm-4:30pm	Code# 39351	\$269	\$316
Tue-Fri	Aug 2-Aug 5	8:30pm-4:30pm	Code# 39352	\$215	\$253
Mon-Fri	Aug 15-Aug 19	8:30pm-4:30pm	Code# 39353	\$269	\$316

NEW Synchronized Swimming 6Y-12Y

Synchronized swimming is a unique sport that combines a variety of athletic disciplines including swimming, dance, and gymnastics, in the water! Coaches from the Calgary Aquabelles Synchro Club will teach swimmers basic sculling skills and synchro positions. Participants must be able to swim 25m unassisted and comfortable swimming in deep water.

				Members	Non Members
Mon-Fri	Jul 4-Jul 8	8:30am-4:30pm	Code# 39354	\$269	\$316
Mon-Fri	Jul 18-Jul 22	8:30am-4:30pm	Code# 39355	\$269	\$316
Tue-Fri	Aug 2-Aug 5	8:30am-4:30pm	Code# 39356	\$215	\$253
Mon-Fri	Aug 15-Aug 19	8:30am-4:30pm	Code# 39357	\$269	\$316

Water Polo 9Y-13Y

Participants will love the challenging sport of Water Polo in this learn-to-play, grass roots camp using Water Polo Canada's I Love Water Polo Program. Certified Coaches from the Calgary Torpedoes Water Polo Club will teach athletes basic skills including stroke development, body positioning, ball handling, eggbeater, sculling, trudgeon, spidering, and other movement and tactical skills. This camp is ideal for youth wanting to join a Water Polo club or league as it is non-contact and uses adapted rules. Participants must be able to swim 25m unassisted and comfortable swimming in deep water.

				Members	Non Members
Mon-Fri	Jul 11-Jul 15	8:30am-4:30pm	Code# 39465	\$269	\$316
Mon-Fri	Aug 8-Aug 12	8:30am-4:30pm	Code# 39466	\$269	\$316

- Participants must be the minimum age for camp by December 31, 2016.
- All camps are full day with the exception of Play for Life.
- Participants must bring their own lunch, snacks and water.
- Fun for Life, Active for Life, Sport For Life, and Girls Sport & Wellness Camps participate in weekly off-site field trips.

