



MAIL-IN REG Form...

First Name: _____

Last Name: _____

Gender: _____ Age: _____

Home Phone: _____

Address: _____

City: _____ Postal Code: _____

Health Card #: _____

Email: _____

Emergency Contact: _____

Medical Alert: _____

(ie. Asthma/Allergies/Medications/Disabilities etc)

ACCEPTANCE OF RISK:

I am aware that there are physical risks and hazards inherent in the camp activities. By participating in this camp, I am exposed to risks. I agree to accept these risks and to release the organizers of responsibility for any injuries I might receive while participating in the camp. In this agreement I understand "organizers" to include White Oaks, and each of their employees associated with the camp.

Acknowledgement (to be signed by parent):

I acknowledge having read and understood the terms of this agreement, including the associated risks. I hereby consent to my child's/ward's participations in this camp.

Parent/Guardian Name

Parent/Guardian Signature

Date



WHITE OAKS Facilities Include...

- 6 Indoor Tennis Courts
- 8 Squash Courts
- 2 Racquetball Courts
- Freemotion Equip
- Free Weights
- Kinesis Studio
- Indoor Heated Pool
- Movement Studio
- Endurance Lab
- Spinning Classes
- Walking/Running Trail
- Children's Activity Centre
- Fitness Assessments
- Pilates Mat Studio
- Pilates Reformer Studio
- Yoga Studio
- Women's Only Studios
- Multipurpose Gym
- Wellness Seminars
- Health Seminars
- Pro Shop
- Gift Shop
- Health Food Store
- Restaurant & Bar
- Conference Centre
- Banquet Facilities
- Human Performance Centre
- 220 Guest Rooms
- Tanning Beds
- Whirlpool
- Saunas & Steam Rooms
- Free Towel Service

For More Information Contact:

Matt Easingwood

905.688.6800 x.5255

measingwood@whiteoaksresort.com

please mail application to:

THE CLUB AT WHITE OAKS

253 Taylor Road, SS4, Niagara-on-the-Lake ON, L0S 1J0

905.688.6800

www.whiteoaksclub.com



THE *Club* AT
WHITE OAKS

racquets & adventure sports camp

Summer 2012





CAMP concept...

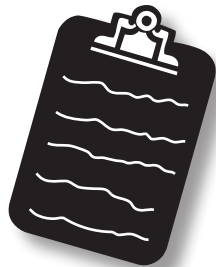
THE WHITE OAKS RACQUETS AND ADVENTURE SPORTS CAMP

offers a great environment for learning and improving your game, as well as having **FUN**. White Oaks combines the best facilities with professional, yet personal teaching methods by our friendly and professional staff.

The emphasis will be on racquet sports, but students will also be exposed to co-operative games, and the importance of physical conditioning. All in a fun environment.

STUFF to Bring with you ...

- Lots of drinks
- Lunch (peanut-free)
- Non marking shoes
- Swim suit
- Sun screen
- Shorts, t-shirt and warmup suit
- Racquets will be provided if needed



WEEKLY Schedule...

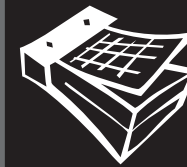
Campers are dropped off at White Oaks Fitness Club Entrance at **9 a.m.** Each day Campers are to be picked up at White Oaks by **4:15 p.m.** at the latest

- Daily racquet instruction
- Daily supervised indoor swim
- Supervised lunch (*peanut-free please!*)
- Fun outdoor games and sports (*weather permitting*)
- Initiative tasks and co-operative games
- Speed and agility training
- Cardio circuit training
- Arts and Crafts
- Basketball and games in Gymnasium
- Fruit and Snacks provided daily
- Friday: Pizza Party & FUN Tournament day—with food provided



YOUR LEADER Matt Easingwood (Ext. 5255)

- Honours B.A. (University of Toronto)
- NCCP Level III Coach
- 21 years of Camp Experience
- Standard First Aid + C.P.R.



DATES and Fees

FOR JUNIORS (7-14 years of age)

\$195 + H.S.T.

(includes all supervised activities)

SESSION DATES (please check one)

- July 3 – July 6
- (Holiday Monday. Tues-Fri reduced rate \$156+tx)
- July 9 – July 13
- July 16 – July 20
- July 23 – July 27
- July 30 – Aug 3
- Aug 7 – Aug 10
- (Holiday Monday. Tues-Fri reduced rate \$156+tx)
- Aug 13 – Aug 17
- Aug 20 – Aug 24

- Camp runs from 9 am–4 pm
- Ask about our multiple week discounts

**sign up now
enrollment is limited
to 36 participants !!!**