



Introduction to Track and Field Summer Camp

The camp is open to children ages 9-12 who are either new to the sport or would like a little extra practice. These will run as a week-long session in July, Monday through Friday, 9:00am – 12:00pm.

Each day a track and field event will be taught and practiced, in addition to fun games and activities.

- Monday: Sprints, Jumps
- Tuesday: Long Distance, Hurdles
- Wednesday: Relays, Throws
- Thursday: Long Distance, High Jump (with modification for Covid-19 safety guidelines)
- Friday: Multi-Event Fun Day. Includes: Freezies

You can choose which week(s) you would like to register for.

Week 1: July 5 - 9th

Price: \$135 *Price includes t-shirt and freezie
Age: 9-12

Week 2: July 12 - 16th

Price: \$135 *Price includes t-shirt and freezie
Age: 9-12

Week 3: July 19 - 23rd

Price: \$135 *Price includes t-shirt and freezie
Age: 9-12

Week 4: July 26 - 30th

Price: \$135 *Price includes t-shirt and freezie
Age: 9-12



For more info and to register, visit
<https://www.kajaks.ca/tracksummercamp>

All Kajaks programs continue to run throughout the summer outdoors and subject to current Covid-19 safety protocols from the BC Provincial Health Office, City of Richmond, via Sport and BC Athletics.