

Summer Junior Golf Camp

Olympic View Golf Course

This summer come train and play all week long at the GBC Academy at Olympic View. Held weekly, these active camps are designed to help junior golfers learn to play golf effectively and within the rules of the game. Each participant will be exposed to physical, mental, technical, and tactical exercises designed to increase skills as an athlete and a golfer and have fun doing it.

OLYMPIC VIEW GOLF COURSE

Beginner 6-14 Years

M-F	10:00-11:30am	Jul 02-Jul 06	\$100/5	74760
M-F	2:00-3:30pm	Jul 02-Jul 06	\$100/5	74761
M-F	10:00-11:30am	Jul 09-Jul 13	\$100/5	74762
M-F	2:00-3:30pm	Jul 09-Jul 13	\$100/5	74763
M-F	10:00-11:30am	Jul 16-Jul 20	\$100/5	74764
M-F	2:00-3:30pm	Jul 16-Jul 20	\$100/5	74765
M-F	10:00-11:30am	Jul 30-Aug 03	\$100/5	74766
M-F	2:00-3:30pm	Jul 30-Aug 03	\$100/5	74767
M-F	10:00-11:30am	Aug 13-Aug 17	\$100/5	74768
M-F	2:00-3:30pm	Aug 13-Aug 17	\$100/5	74769
M-F	10:00-11:30am	Aug 20-Aug 24	\$100/5	74770
M-F	2:00-3:30pm	Aug 20-Aug 24	\$100/5	74771

Intermediate 11-14 Years

M-F	10:00-11:30am	Jul 02-Jul 06	\$100/5	74774
M-F	10:00-11:30am	Jul 16-Jul 20	\$100/5	74775
M-F	10:00-11:30am	Jul 30-Aug 03	\$100/5	74776
M-F	10:00-11:30am	Aug 13-Aug 17	\$100/5	74777

Summer Junior Golf Camp

Highland Pacific Golf Course

Highland Pacific offers active, fun golf lessons for kids to learn the basic of golf in an engaging way. Classes combine outdoor exercise with golf instruction, preparing your kids to be physically literate and great golf athletes. Your kids will have a blast!

HIGHLAND PACIFIC GOLF COURSE

5 – 9 Years – Bantam

M-F	9:00-12:00pm	Jul 02-Jul 06	\$135/5	75325
M-F	9:00-12:00pm	Jul 09-Jul 13	\$135/5	75326
M-F	9:00-12:00pm	Jul 16-Jul 20	\$135/5	75327
M-F	9:00-12:00pm	Jul 23-Jul 27	\$135/5	75328
M-F	9:00-12:00pm	Jul 30-Aug 03	\$135/5	75329
M-F	9:00-12:00pm	Aug 06-Aug 10	\$135/5	75330
M-F	9:00-12:00pm	Aug 13-Aug 17	\$135/5	75331
M-F	9:00-12:00pm	Aug 20-Aug 24	\$135/5	75332
M-F	9:00-12:00pm	Aug 27-Aug 31	\$135/5	75333

9 – 14 Years – Junior

M-F	1:00-5:00pm	Jul 02-Jul 06	\$185/5	75334
M-F	1:00-5:00pm	Jul 09-Jul 13	\$185/5	75335
M-F	1:00-5:00pm	Jul 16-Jul 20	\$185/5	75336
M-F	1:00-5:00pm	Jul 23-Jul 27	\$185/5	75337
M-F	1:00-5:00pm	Jul 30-Aug 03	\$185/5	75338
M-F	1:00-5:00pm	Aug 06-Aug 10	\$185/5	75339
M-F	1:00-5:00pm	Aug 13-Aug 17	\$185/5	75340
M-F	1:00-5:00pm	Aug 20-Aug 24	\$185/5	75341
M-F	1:00-5:00pm	Aug 27-Aug 31	\$185/5	75342



Power Skating Plus

6-14 Years

The professional instruction team will emphasize turns, balance, power, speed and edges. Great training for any skater who wishes to improve their skills!

JDF ARENA

M-F	8:00-8:45am	Jul 09-Jul 13	\$45/5	74599
M-F	8:00-8:45am	Jul 16-Jul 20	\$45/5	74600
M-F	8:00-8:45am	Jul 23-Jul 27	\$45/5	74601
M-F	8:00-8:45am	Jul 30-Aug 03	\$45/5	74602

PowerWest Summer

Sunset Skates

These programs emphasize correct technical skating skills. Sessions cover proper stride development, agility, speed, balance, quickness & readiness in all directions through the effectiveness of EDGES. Sessions end with a mini game.

INSTRUCTORS: PowerWest Athletics & Mena Westhaver

JDF ARENA

7-10 Years

Tu/Th	6:30-7:40pm	Jul 03-Jul 05	\$50/2	74816
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7-10 Years Goalies

Tu/Th	6:30-7:40pm	Jul 03-Jul 05	\$50/2	74817
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9-12 Years

Tu/Th	7:40-8:50pm	Jul 03-Jul 05	\$50/2	74818
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9-12 Years Goalies

Tu/Th	7:40-8:50pm	Jul 03-Jul 05	\$50/2	74820
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12+ Years

Tu/Th	7:40-8:50pm	Jul 03-Jul 05	\$50/2	74819
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12+ Years Goalies

Tu/Th	7:40-8:50pm	Jul 03-Jul 05	\$50/2	74821
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PowerWest Athletics

Skating Pre-Season Training

These five day camps are unique with three instructors minimum. Interested goalies please contact me directly at skatewithmena@telus.net. Prices include an authentic PowerWest Hockey Jersey.

INSTRUCTORS: PowerWest & Mena Westhaver

JDF ARENA

Novice

M-F	9:00-10:20am	Aug 20-Aug 24	\$189/5	74692
M-F	9:00-10:20am	Aug 27-Aug 31	\$189/5	74694

Novice Goalies

M-F	9:00-10:20am	Aug 20-Aug 24	\$189/5	74683
M-F	9:00-10:20am	Aug 27-Aug 31	\$189/5	74684

Atom – 1st Year Pee Wee

M-F	10:30-11:50am	Aug 20-Aug 24	\$189/5	74693
M-F	10:30-11:50am	Aug 27-Aug 31	\$189/5	74685

Atom – 1st Year Pee Wee Goalies

M-F	10:30-11:50am	Aug 20-Aug 24	\$189/5	74686
M-F	10:30-11:50am	Aug 27-Aug 31	\$189/5	74687

2nd Year Pee Wee – Bantam/Midget

M-F	12:00-1:20pm	Aug 20-Aug 24	\$189/5	74695
M-F	12:00-1:20pm	Aug 27-Aug 31	\$189/5	74697

2nd Year Pee Wee – Bantam/Midget Goalies

M-F	12:00-1:20pm	Aug 20-Aug 24	\$189/5	74688
M-F	12:00-1:20pm	Aug 27-Aug 31	\$189/5	74698

Skating and Hockey

Camps by PWA and ICE!

Technical skating, hockey skills, coaching and treadmill time at ICE! Formerly called Puckmasters – Island Centre of Excellence and dry land training instructed by a certified leader are all a part of this camp. Hockey jersey and water bottle included.

INSTRUCTORS: Mena Westhaver & Puckmasters

JDF ARENA LOBBY

Atom – 1st Year Pee Wee

M-F	10:15-3:00pm	Aug 20-Aug 24	\$399/5	74835
M-F	10:15-3:00pm	Aug 27-Aug 31	\$399/5	74838

Atom – 1st Year Pee Wee Goalies

M-F	10:15-3:00pm	Aug 20-Aug 24	\$399/5	74827
M-F	10:15-3:00pm	Aug 27-Aug 31	\$399/5	74828

2nd Year Pee Wee – Midget 1

M-F	11:45-4:30pm	Aug 20-Aug 24	\$399/5	74833
M-F	11:45-4:30pm	Aug 27-Aug 31	\$399/5	74836

2nd Year Pee Wee – Midget 1 Goalies

M-F	11:45-4:30pm	Aug 20-Aug 24	\$399/5	74829
M-F	11:45-4:30pm	Aug 27-Aug 31	\$399/5	74837

Bantam/Midget

M-F	10:15-3:00pm	Aug 20-Aug 24	\$399/5	74834
M-F	10:15-3:00pm	Aug 27-Aug 31	\$399/5	74830

Bantam/Midget Goalies

M-F	10:15-3:00pm	Aug 20-Aug 24	\$399/5	74831
M-F	10:15-3:00pm	Aug 27-Aug 31	\$399/5	74832