

# SUMMER FUN CAMP

2026



JUNE 29<sup>TH</sup> - SEPTEMBER 4<sup>TH</sup>

LUNCHES  
& SNACKS  
INCLUDED!

**Headwaters**  
FITNESS ≠ RACQUET CLUB

(519) 942-2255 [headwatersracquetclub.com](http://headwatersracquetclub.com)





# Welcome to HRC DAY CAMPS!

This summer HRC is excited to announce the return of our summer day camps! Our camps are known for providing exceptional programming, through the introduction of various sports (tennis, pickleball, indoor golf, etc.), interactive group activities, outdoor play, STEM activities, water day fun, and much more.

HRC's camps are filled with games and sports – including instruction from our team of Trainers & Pros. Lunches and snacks provided every day! We also include visits from special guests/programs from local activities and businesses. Our mission is to provide campers with a fun, positive and quality experience.

Our camps are designed to promote a healthy lifestyle, cooperation with peers, as well as plenty of adventure in a safe and welcoming environment!

## WHY HRC CAMP?

- Fun, Active Programming
- Lunch & Snacks are included (Gluten & Dairy Free Option)
- Small-Group Sizes
- Professional Counsellors & Adult Instructors
- All camp staff are trained in HIGH FIVE Principles of Healthy Child Development (PHCD) and have Standard First Aid with CPR C certifications

## CAMP HOURS

Regular camp hours: 8:30 AM - 4:30 PM

• Drop Off: 8:30am-9:00am Pick Up: 4:00pm-4:30pm

## ACTIVITIES INCLUDE:

- Weekly Themes\*
- Specialty Activities: Tennis, Squash, Golf, Yoga, Ultimate Frisbee, Basketball, Hockey, Archery, and more!
- Outdoor Activities (weather permitted)
- Co-Operative Games
- Arts & Crafts
- S.T.E.M.
- Nature Hikes

\*Weekly themes are determined and set approximately 1 month prior to start of camp

## SUMMER CAMP: (Ages 4-12)

\*No Camps: July 1st (Canada Day) and August 3rd (Civic Holiday)

WEEK	DATES	MEMBER	NON MEM.	# OF DAYS
#1	Jun 29-Jul 3	\$280.00	\$340.00	4 days
#2	Jul 6-10	\$350.00	\$425.00	5 days
#3	Jul 13-17	\$350.00	\$425.00	5 days
#4	Jul 20-24	\$350.00	\$425.00	5 days
#5	Jul 27-31	\$350.00	\$425.00	5 days

WEEK	DATES	MEMBER	NON MEM.	# OF DAYS
#6	Aug 4-7	\$280.00	\$340.00	4 days
#7	Aug 10-14	\$350.00	\$425.00	5 days
#8	Aug 17-21	\$350.00	\$425.00	5 days
#9	Aug 24-28	\$350.00	\$425.00	5 days
#10	Aug 31-Sep 4	\$350.00	\$425.00	5 days

### TAXES INCLUDED FOR GENERAL CAMP

## SUMMER TENNIS CAMP: (Ages 8-13)

Tennis experience required (Orange Ball Level & Higher)

Come out for a week of tennis with Head Tennis Pro Miran Cehajic. HRC Tennis Camp is the perfect mix of match play and drill work, to ensure players are always challenged. We will pair our tennis focus with multisport activities so that campers can also enjoy a variety of sports, traditional camp games, and recreational activities.

A total of 4 hours per day on court.

**AGES 8-13** (Birth year 2013-2018)

## SUMMER SPORTS CAMP: (Ages 8-13)

Designed for the highly energetic athlete in your household. Our HRC Sports Camp will keep your child motivated and engaged through the various sports and games we have planned for the week. We will take advantage of all of the sports offered here at the club, including (but not limited to): Strength & Conditioning workouts, Yoga, virtual golf, pickleball, tennis, etc. We will also throw in some traditional camp games and recreational activities too!

**AGES 8-13** (Birth year 2013-2018)

WEEK	DATES	# OF DAYS	MEMBER	NON MEM.
#1	Jul 27-31	5	\$450.00	\$525.00
#2	Aug 17-21	5	\$450.00	\$525.00

**LUNCHES  
& SNACKS  
INCLUDED!  
GLUTEN FREE  
OPTIONS  
AVAILABLE!**

# A TYPICAL DAY AT CAMP!

<b>8:30 AM</b>	Camper Sign In and Small Group Games
<b>9:00 AM</b>	Opening and Morning Announcements
<b>9:15 AM</b>	Activity Block 1
<b>10:30 AM</b>	Morning Snack
<b>10:45 AM</b>	Activity Block 2
<b>12:00 PM</b>	Lunch
<b>12:30 PM</b>	Small Group Games
<b>1:00 PM</b>	Activity Block 3
<b>2:15 PM</b>	Afternoon Snack
<b>2:30 PM</b>	Activity Block 4
<b>3:45 PM</b>	Closing Campfire and Afternoon Announcements
<b>4:00 PM</b>	Camper Sign Out and Small Group Games
<b>4:30 PM</b>	Camper Sign Out Ends

## WEEKLY PROGRAM:

Our camp program is designed to provide a variety of outdoor, fun, creative, and age-appropriate activities.

Each week **Wednesdays** will be structured around the weekly theme and it will be a camp wide activity day. All campers are encouraged to dress accordingly.

## WATER FUN FRIDAYS:

Friday is one of our favourite days of the week at camp. All camps will get to participate in outdoor water activities. HRC's activities include: slip & slide, kiddie pool with fishing activities, pudding drop & more.

## WHAT TO BRING TO CAMP:

To ensure your camper is prepared for each day, please pack all of the items listed below. Most camp activities will continue (light) rain or shine, so it is very important that all campers are dressed appropriately and prepared for the weather.

A backpack, clearly labelled with the campers' name, that includes:

- Indoor shoes with non-marking soles
- Sunscreen
- Hat
- Change of clothes
- Labelled water bottle
- Bathing suit and towel (for Water Fun Fridays)
- Rain jacket and rain boots (if required)
- Medication\* (if required)

\*Medication form is required

## CAMP SNACKS & LUNCHES:

All Snacks and Lunches are included!

Vegetarian & Gluten Free Options are available! These options must be noted on the camper registration form.

If your child has any dietary restrictions (which were not indicated at registration) please inform us by calling 519-942-2255 or e-mailing [camps@headwatersracquetclub.com](mailto:camps@headwatersracquetclub.com) immediately

Weekly emails will be sent with menu for upcoming week.

## DROP OFF & PICK-UP:

Campers can be dropped off between 8:30 am- 9:00 am during unstructured programming time. Camp programming starts at 9:00 am. Campers are to be picked up between 4:00 pm- 4:30 pm. All campers must be picked up by 4:30 pm.

Each day a camp staff member will greet campers and parents upon drop off and pick up. A signature is required at both sign in and sign out. Only those listed under the parent/guardian and alternate pick up sections of a camper's registration will be allowed to sign the camper out. Please provide written notice clearly documenting the alternative authorized guardian/caregiver prior to pick-up.

## ABSENT AND LATE:

If your camper will be absent for one or more camp days, please call the club at 519-942-2255.

If you are going to be late, please contact the club at 519-942-2255.

After 9:15 AM camp staff will contact parent/guardian as part of our Safe Arrival Program.

To respect our camp staff's time there will be a late fee charged for late pick up after 4:30 PM. The late fee is \$5.00 per 15 minutes.

## PARTICIPANT GUIDELINES:

Providing safe and quality programming is important to us. Our program also utilizes volunteers to support, in addition to our camp leaders.

Our ratios are as follows:

Age – Ratio

4 – 6      1 Leader to 8 Campers

7 – 12      1 Leader to 10 Campers

## CAN I REQUEST MY CHILD BE PLACED IN A DIFFERENT AGE GROUP?

Each of our age groups are carefully planned and developed with age-appropriate activities. Each camper will experience active programming, calmer activities and free time daily. Please enroll your child in the camp according to what age they will be on the first day of camp program.



## CANCELLATION/TRANSFER POLICY:

Cancellation requests must be made **at least 10 business days** before the start date of your child's camp.

All cancellations are subject to a 15% administration fee per camp and per child canceled. If you wish to cancel your child's camp within 10 business days of the camp's start date, you will be charged 50% of the total fee. There are no refunds for cancellations requested after the start date of your child's camp.

Camp transfer requests must be made at least 5 business days before the start date of camp. Requests will be considered based on availability and there is an administration fee of \$25.00 per camp/per child for each transfer.

## HEALTH & SAFETY:

Safety is our number one priority! The more information we know about your child the better prepared we are. Please make sure to note any medical concerns or special needs on the camper registration form.

### Allergy Awareness

Please ensure that all allergies and medication are listed on your camper's registration form. We are a nut-free facility.

If campers require prescription medication during camp, a parent must complete a Medication Form. Medication must be stored in its original container. We have a fridge onsite to store medication.

### Medication

All medications required by your camper during the camp day should be noted on their program registration form.

All medication sent to camp must be:

- In its original packaging
- Stored in a plastic baggie
- Clearly labeled with your camper's name and dosage instructions

All medications must be turned in to the camp staff who will store them and assist your camper with administration at the required time(s). We ask that you complete a Medication Form when providing staff with medication.

### EpiPens

All allergies requiring an EpiPen should be noted on your camper's online registration form. Campers must carry their EpiPen with them at all times throughout the day. If supplied, additional EpiPens may be carried by your camper's counsellor. These EpiPens will then be stored in the locked medication box overnight unless otherwise noted.

### Sun Safety

The sun can get very hot and cause harm to your child's health. Please be sure to send sunscreen and show your child how to apply it.

### Site inspections

Our camp staff inspect all equipment and sites first thing in the morning to ensure all equipment is safe and sites are clean and ready for the day.

## HAVE QUESTIONS?

Contact us via email at [camp@headwaterracquetclub.com](mailto:camp@headwaterracquetclub.com) or calling the club at 519-942-2255.



## VOLUNTEER AT HRC CAMP

**Gaining experience and community service hours has never been more fun!**

Each week HRC Camp relies on volunteers to help support camp operations. Are you looking to:

- Gain experience working with children?
- Have exposure to a variety of different recreational activities?
- Develop leadership skills and gain experience working with children?
- To work in a fun, team-oriented environment where you will receive support?

Volunteer Today! Check out our volunteer info package for more information.

Please send volunteer applications and any questions to [camp@headwatersracquetclub.com](mailto:camp@headwatersracquetclub.com).