

SUMMER CAMPS FOR YOUTH

YOUTH PERFORMANCE CAMP (12 - 15 years)

Are you looking for the expertise and facilities to help you take your game to the next level? PISE Strength and Conditioning Coaches will put you through your paces each day, focusing on building strength, speed and conditioning through training foundations, games and activities.

July 4 - July 8 | MON - FRI
9:00AM - 12:30PM | \$300
Registration: #6474
Location: PISE

July 18 - July 22 | MON - FRI
9:00AM - 12:30PM | \$300
Registration: #6475
Location: PISE

Aug 2 - Aug 5 | TUES - FRI
9:00AM - 12:30PM | \$240
Registration: #6476
Location: PISE

Aug 15 - Aug 19 | MON - FRI
9:00AM - 12:30PM | \$300
Registration: #6477
Location: PISE



YOUTH LEADERSHIP CAMP (14-17 years)

In PISE's Youth Leadership camp, teens will have an opportunity to learn leadership, communication, and role modelling skills. Through practical experience, youth will gain knowledge about the principles of physical literacy, how to lead a group and encourage kids to be active for life!

Volunteer Opportunity! Each youth will participate in at least one week volunteer placement in one of our kids' summer camps.



June 27 - June 30 | MON - THURS
9:00AM - 2:00PM | \$335
Registration: #6425
Location: PISE

