

CAMP HOURS

Full Day – 9:00am-4:30pm

Half Day - 9:00am-12:00pm

Early Drop Off – 8:30-9:00am

Late Pick-up – 4:30-5:00pm

NAME: _____

DOB: MMM /DD /YYYY AGE: _____

PHONE CONTACT #1: _____

PHONE CONTACT #2: _____

EMAIL: _____

PARENT/GUARDIAN: _____

ADDRESS: _____

ALLERGIES/HEALTH CONCERNS: _____

WLAC Waiver/Photo Release

I/we, the undersigned, hereby irrevocably release the Woodstock Legion Athletic Club and all its branches from any and all responsibilities, from loss and or personal injuries sustained by the participant/athlete while engaged in the activities of the said club, including traveling to and from activities by means of transportation provided by said club. I also authorize my child's photos to promote the club through various media networks, published in brochures and posted on the club website.

Parent/Guardian

Signature: _____

CAMP SESSIONS

Camp will only run the Morning Session when there are five (5) or less campers.

Meet days will be announced on the first day.

REFUNDS are not available. NSF cheques will have a charge of \$25.00

WEEK ONE – July 9-14

WEEK TWO – July 16-20

WEEK THREE – July 23-27

WEEK FOUR – July 30-August 3

WEEK FIVE – August 13-17

WEEK SIX – August 20-24

****WLAC's year-end meet for all campers, Friday, August 25!!**

Full Day Weeks - \$180.00/camper

Half Day Weeks - \$100.00/camper

Prices include a WLAC Day Camp shirt!!

10% discount - 2 or more campers

15% discount - 3 or more campers

Early Drop Off - \$25/week/camper

Late Pick Up - \$25/week/camper

TOTAL OWING - \$

**WOODSTOCK LEGION
ATHLETIC CLUB**



Summer Day Camp

A place to learn the fundamentals of Track and Field, participate in track meets and many other fun activities.

For more information contact:

Jag Rai at

WLACcamp@gmail.com

Send forms to: WLAC, PO Box 20232,
Woodstock ON N4S 8X8



www.clipartof.com - 88429

The WLAC Summer Day Camp is a program that strives to create an inclusive environment for children from ages 6 to 13 to learn the basic fundamentals of track and field skills.

Each camper will learn at a developmentally appropriate skill level which values personal improvement. Therefore up holding our club moto, "Where Personal Bests are the Greatest Success!"

STAY ABOVE



STAY ABOVE

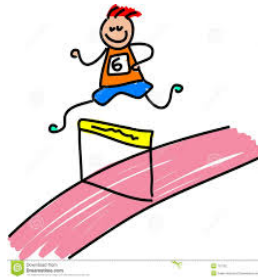
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SESSION OUTLINE

MORNING SESSION

9:00am-12:00pm

Warm-up, track and field instruction and practice, cool-down.



12:00-12:45pm

Lunch, this is a bag lunch. Every Friday is a pizza lunch provided by WLAC!!

AFTERNOON SESSION

12:45-4:30pm

Activities of team co-operative games, arts and crafts, water games to cool off. Half day trips to Southside Pool's Sprayn' Play Waterpark is also a fun activity.

TRACK MEETS

Campers have the opportunity to compete in track meets that are held during certain weeks. These events are for campers registered those certain weeks. Notice will be made at the beginning of each week.

Our Day Camp operates out of the Terry Fox Memorial Track located at College Avenue Secondary School (CASS), 700 College Avenue, in Woodstock.

The facility has a six lane rubber surface track, high jump, long jump pits and pole vault runways. Shot put circle, discus cage and a javelin runway are also included.

Instruction on events include:

- Sprints
- Distance
- Hurdles
- High Jump
- Long Jump
- Throws (football/shot put)

***Visit our website, www.wlac.ca to view all the programs the WLAC has to offer.*