



Camp Westwood

Summer Programs 2010

**Quality programs in a great
recreational setting.**

St. Margaret's Centre

12 Westwood Blvd

Upper Tantallon

826-2100 ext10

campwestwood@gmail.com

St.Margaret's Centre is pleased to announce

Camp Westwood

for the summer of 2010!

This is an exciting new adventure for the community and the Centre.

St. Margaret's Centre prides itself on being the community centre with so much to offer each camper. The Centre has so much space to offer the best programs around and reasonable prices.

Our gymnasium can accommodate all types of indoor floor sports. We have the markings and equipment for basketball, volleyball, badminton, indoor soccer and floor hockey. It is also the perfect floor to have games and activities in.

This facility has two rinks that are steps between each other which is great for running Summer Hockey, Power skating camps and figure Skating camps as well as a fun camp skating time.

Camp Westwood will have the best summer camps this year! Where else can you get a power skating camps, fun theme camps, basketball camps. art camps and dance camps just to name a few. Everyday will be filled with action packed activities ,crafts, and games.

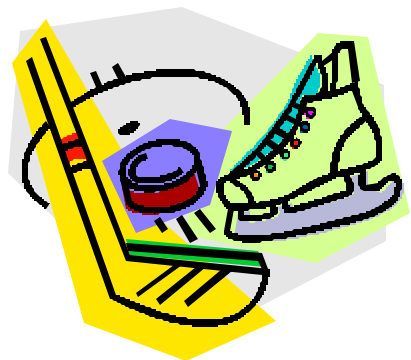
Want a place to put your child for the week that will keep them busy and be at a reasonable price?

Check out the theme camps! Each week will include numerous swims (weather permitting), fun theme oriented activities, great projects to take home ,special guests and a variety of inside and outside games. Highly motivated and trained camp councilors will guide each child through their day of non stop activities.

Does your child have a special interest?

- ? **Hockey**
- ? **Ringette**
- ? **Figure Skating**
- ? **Basketball**
- ? **Soccer**
- ? **Dance**

Camp Westwood has specialty sports programs for all of those interests. Everyday your child will learn something new, have fun and strengthen their skills in their chosen sport. Plus this camp will have fun activities to keep them busy and learning all day.



ART

Art camp is going to be GREAT! 10 projects throughout the week to do. Each day the camper will learn new techniques and each week will be different projects. Everyone will be amazed at how many things you will do in just one day. Painting, sketching, altered art and design will be everyday camp activities. You can be as creative as you want to be!



All camps will have limited registration. Making sure each camp experience is the best ever is important to us.

All camps will be divided by age and level. Please indicate that on your brochure.

Please register early so you won't be disappointed.

All camps will go from 8:30am to 4:30 pm Monday to Friday.

All camps will run on holidays with the exception of the day to day camps.

DISCOUNTS

Save money by purchasing multiple weeks or more programs. If you buy 2 or more weeks you will receive 10% off the full cost of registration. This also applies if you have two or more children; you can also take 10% off the entire registration.

Discounts are up to a **maximum of 10% off . You cannot double up for multiple programs and multiple children.**

***Summer hockey is not included in this discount. Summer hockey has it's own discount process. See registration form for details.**

If you have any questions on the camps, registration or payment please contact Charleen at

campwestwood@gmail.com



Sports Camps

POWER PLAY

Power, Play and Speed-This camp is for the hockey enthusiast of **all** levels. The camp is built around fun and the skills needed to become a better hockey player/Ringette player/skater*. Each day the camper will have time on the ice to build up their power skating abilities.

Fun games and activities will be included with this camp. Swim time and other out door activities will keep each camper busy every day.

You will need a helmet, skates, hockey gloves and stick (no black tape, since you will be using it in the gym as well)



Ages 5-14 years of age

Dates	Program Code
July 5-9	SC-PP-201
July 12-16	SC-PP-202
July 19-23	SC-PP-203
July 26-30	SC-PP-204
August 2-6	SC-PP-205
August 9-13	SC-PP-206

Cost \$180 per week

*skaters will be grouped by age and level. Please state skating experience on registration form.

SLAM DUNK

Basketball enthusiast of **all** levels will love this week. This camp is a slam dunk! Built around fun and the skills needed to become a better basketball player. Each day the camper will have gym time to build up their shooting/playing abilities.

Fun games and activities will be included with this camp. Swim time and other out door activities will keep each camper busy each day.

Ages 5-14 years of age

Cost \$150 per week



Dates	Program Code
July 26-30	SC-SD-207
August 2-6	SC-SD-208
August 9-13	SC-SD-209
August 16-20	SC-SD-210
August 23-27	SC-SD-211



Sports Camps

KICKIN IT!

Soccer enthusiasts of **all** levels will improve. The camp is built around fun and the skills needed to become a better soccer player. Each day the inspiring athlete will have technical and tactical instruction to improve their game. During the week the players will improve their speed, agility, quickness, strength, power and endurance. Fun games and activities will be included with this camp. Swim time and other outdoor activities will keep each camper busy each day.

Ages 5-14 years of age

Cost \$150 per week



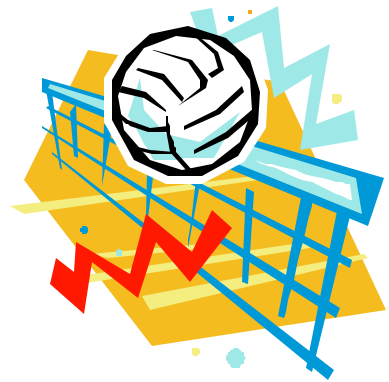
Dates	Program Code
July 5-9	SC-KI-212
July 12-16	SC-KI-213
August 9-13	SC-KI-214
August 16-20	SC-KI-215
August 23-27	SC-KI-216

ATHLETE-INTENSE SPORT TRAINING

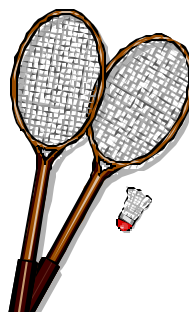
Maximize your total player development with this camp. This week is for the inspiring athlete that loves all sports. Each day will be full of all kinds of sports. Physical conditioning as well as performance training will improve your speed, strength and endurance. Soccer, basketball, volleyball, badminton, swimming and skating will keep each athlete busy throughout the week. There will also be mental conditioning to enhance confidence and motivation, Fun games and activities will be included with this camp. Swim time and other out door activities will keep each camper busy each day.

Ages 5-14 years of age

Cost \$160 per week



Dates	Program Code
July 5-9	SC-AA-217
July 12-16	SC-AA-218
July 19-23	SC-AA-219
July 26-30	SC-AA-220
August 2-6	SC-AA-221



Jump! Spin! Glide!



This camp is for the figure skating enthusiast. Learn new skills and jump ,spin and glide better. Each day will include ice time to work on freeskate, skills and dance. A group lesson will be included and off ice dance class and off ice conditioning will also be part of each campers day.

Mental conditioning to enhance self awareness, confidence and motivation will be part of the program.

Fun games and activities will be included with this camp. Swim time and other out door activities will be included.

Ice sessions will be divided by level. Please state level of skating on registration form.

Cost \$180 per week

Dates	Program Code
June 28-July 2	SC-JSG-222
July 5-9	SC-JSG-223
July 12-16	SC-JSG-224
July 19-23	SC-JSG-225



More than Just Dance

This camp will teach you all the latest moves. Each day will be filled with instruction in ballet, hip-hop, modern, jazz ...just to name a few. Great instructors will make this experience wonderful!

Studies have shown that dance can increase self confidence and build social skills. It reduces stress and is a great way to enhance your rhythmic movement. Did you know that rhythmic movement is so beneficial that dancers have as healthy immune systems than equally fit athletes? This will be a fun week for all whether you are an experienced dancer or just a beginner.*

Fun games and activities will be included with this camp. Swim time and other out door activities will be included.

Cost \$160 per week

Dates	Program Code
June 28-July 2	SC-JD-226
July 5-9	SC-JD-227
July 12-16	SC-JD-228
July 19-23	SC-JD-229
July 26-30	SC-JD-230
August 2-6	SC-JD-231
August 9-13	SC-JD-232
August 16-20	SC-JD-233
August 23-27	SC-JD-234

*Please state level of dance/dance experience on registration form. Classes will be divided by AGE and DANCE EXPERIENCE.



Specialty Camps

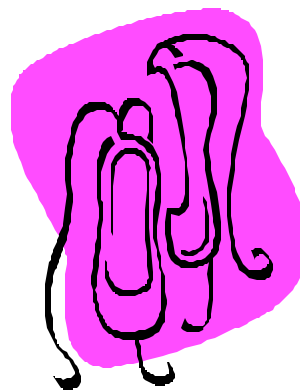
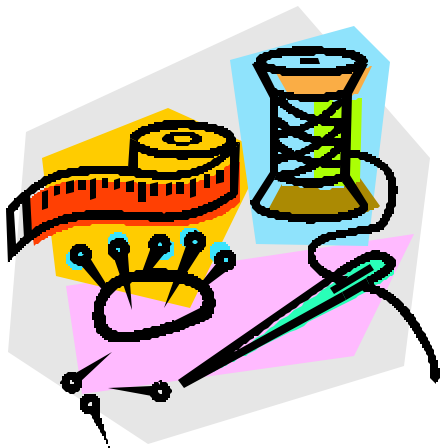
Girls just want to have Fun

This camp is for girls ages 8 –12 years of age that is focused on all things that are fun for girls. The week will include art, fashion, crafts, theatre, drama, dance and games. Girls will rule these weeks and have fun throughout the day. This camp will help all the girls enhance their self confidence while having fun meeting new friends. A few special guests will help make each week different and a week to remember. .



Cost \$140 per week

Dates	Program Code
July 5-9	SC-GF-331
July 12-16	SC-GF-332
July 19-23	SC-GF-334
July 26-30	SC-GF-335
August 2-6	SC-GF-336



Boys just want to have Fun

This camp is for boys ages 8 –12 years of age that is focused on all things that are fun for boys. The week will include games, sports, videos, theatre and drama. This camp will help all the boys enhance their self confidence while having fun meeting new friends. A few special guests will help make each week different and a week to remember. .



Cost \$140 per week

Dates	Program Code
August 2-6	SC-BF-337
August 9-13	SC-BF-338
August 16-20	SC-BF-339
August 23-27	SC-BF-340

Adventures in ART



This camp is for the creative kid that would like to explore their creative side. The instructors will lead you through projects that will teach you about using different mediums and being creative. It will be non-stop fun and certainly very messy. You will have lots of projects to take home at the end of the week.

Cost \$170 per week

Dates	Program Code
June 28-July 2	SC-ART-341
July 12-16	SC-ART-342
July 26-30	SC-ART-343
August 23-27	SC-ART-344

Theme Camps

June 28-July 2 Summer Fun (Ages 5-13)

This camp is for kids that really want to have fun and be active. Activities will include lots of games both inside and outside. Swim time at the pool and some creative projects will keep everyone busy each day.



Cost \$115 Program Code:TC-10

June 28-July 2 Create your Summer Adventure. (Ages 5-13)

This camp is fun from the first minute you arrive. There are activities and events that will allow you to expand your creative side as well as celebrating summer. Each day there will be activities and games that will take you exploring, creating and having a fun camp adventure.

Cost \$115 Program Code :TC-11

July 5 –July 9 Art and Adventure (Ages 5-13)

This week is full of interesting and artful adventures. You will get to try some new artistic avenues and some great play time. Lots of projects to take home at the end of the week.

Cost \$120 Program Code:TC-12

**ALL THEME CAMPS WILL BE DIVIDED BY AGE
DEPENDING ON THE ACTIVITY.**

***All theme camps will have swim time during the
week**

July 5-July 9 Fun and Fitness (Ages 5-13)

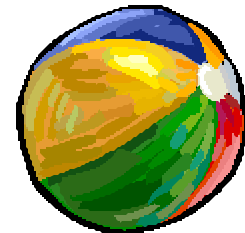
Be prepared for so much fun that you will be tired out everyday when you leave here. Every day will have new activities, new games and lots of fun. Be prepared for some water fun so bring your bathing suit.

Cost \$115 Program Code :TC-13

July 12-July 16 Sun, Fun and Tones of Activities (Ages 5-13)

This is a great week to be at Camp Westwood. Fresh air, sunshine and some swims will keep you busy. This week is full of games and activities. Each day will be action packed.

Cost \$115 Program Code:TC-14



July 12- July 16 Treasure Hunters (Ages 5-13)

This whole week is inspired by pirates . We are looking for treasures and creating some treasures of our own. It will be a non stop week full of fun and activity.

Cost \$115 Program Code:TC-15



Theme Camps

July 19– July 23 Amazing Race (ages 5-13)

This week will be inspired by the very popular TV show. Be prepared for an eventful week, racing around and learning about different places. Lots of world sport and activities from Martial Arts to Soccer.

Cost \$115 Program Code: TC-16

July 19-July 23 Around The World (Ages 5-13)

This week will be action packed. The whole weeks activities will be based upon travelling around the world. Experience new games, activities and cultures from around the world. Special Guests will be a special part of this week.

Cost \$120 Program Code:TC-17

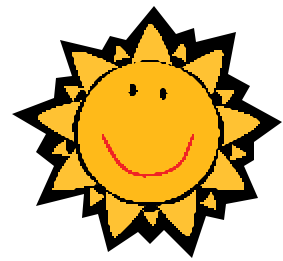
July 26- July 30 Multi Adventures (Ages 5-13) Each day will be divided into many mini adventures. Treasure hunts, puzzles to solve and special guests will be part of the weeks activities . Be prepared for lots of fun and tones of action.

Cost \$115 Program Code:TC-18

July 26– July 30 Creative Challenge (Ages 5-13)Camp will be so much fun this week. There will be some cool and creative activities everyday. You will see the week challenge your creative side in some surprising and fun activities.

Cost \$115 Program Code:TC-19



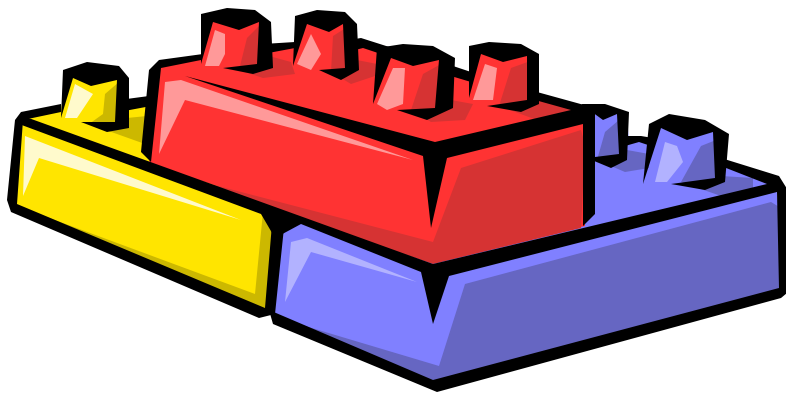


August 3-August 6th (Ages 5-13)

Construct and Create

This week is about building and creating. We will work at building confidence as well as fitness level. The campers will get to create some cool projects and games will be fun and constructive.

Cost \$120 Program Code:TC-20



August 3– August 6 Creative Campers (Ages 5-13)

This week the campers will learn lots of different ways to be creative. Art, Adventure and Team work will be the focus of this week.

Cost \$115 Program Code:TC-21

**ALL THEME CAMPS WILL BE DIVIDED BY AGE
DEPENDING ON THE ACTIVITY.**

***All theme camps will have swim time during the week**

Theme Camps

Monday August 9-August 13 (Ages 5-13)

Sports Extravaganza



This camp is FUN ,FUN and more FUN! Each camper will have a chance to explore some new sports as well as participate in their favorites. Soccer, basketball, volleyball, swimming, skating and Badminton just to name a few.

Cost \$115

Program Code:TC-22



**ALL THEME CAMPS WILL BE DIVIDED BY AGE
DEPENDING ON THE ACTIVITY.**

All theme camps will have swim time during the week

**August 9-August 13 Exploration and
Discovery (Ages 5-13)**

Each day will be a mystery. From puzzling games to afternoon adventures. This week will boggle your brain and tickle your funny bone. Fun will be had by all as each day you tackle a new mystery. A special guest will be really interesting.

Cost \$120

Program Code:TC-23



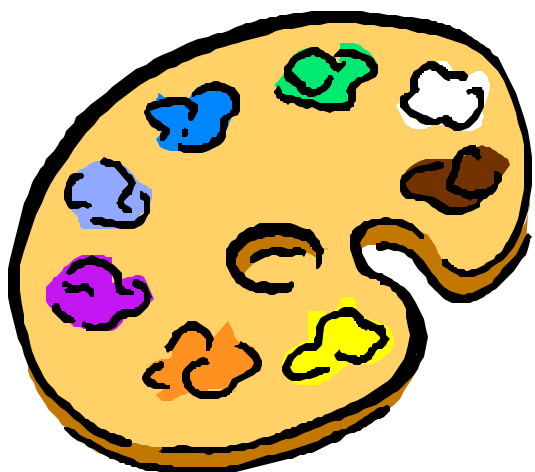
August 16-August 20 Fun and Fitness (Ages 5-13)

Be prepared for so much fun that you will be tired out everyday when you leave here. Every day will have new activities, new games and lots of fun. Be prepared for some water fun so bring your bathing suit.

Cost \$115 Program Code:TC-24

August 16-August 20 Art and Adventure (Ages 5-13)

This week will have an art adventure each day.



From Altered Art to Water Color you will have lots of fun creating. Included this week will be some adventures in games and fun activities.



Cost \$115

Program Code:TC-25

August 23-27 Games Galore (Ages 5-13) This week is full of fun! Board Games, Action games and games that inspired from reality TV are just part of the fun that the camper will have this week. Games will be inside and outside with a good mix of traditional and creative games.

Cost \$120

Program Code:TC-26



Day by Day Camps

Camp theme days are what make Camp Westwood special. They Encourage a camp spirit ,generate excitement and offer campers something to look forward to. This is the perfect camp option for those people who only need the camp experience a couple of days a week . Day by Day camps are open to children from 5-13 years of age and will be divided by age.

Camps are \$30 per day.

Limited spaces so book early.

Date	Theme	Program Code
Monday, June 28	Wacky and Wonderful	DD101
Tuesday, June 29	Kick off to Summer	DD102
Wednesday, June 30	Oh Canada ...Eh?	DD103
Thursday, July 1	****Holiday*** No Day Camp	
Friday, July 2	Backwards Day	DD104
Monday, July 5	Fun in the Sun	DD105
Tuesday, July 6	Oopy Goopy Day	DD106
Wednesday, July 7	Fun and Fitness	DD107
Thursday, July 8	Art and Adventure	DD108
Friday, July 9	Olympics	DD109
Monday, July 12	Surf Safari	DD110
Tuesday, July 13	Treasure Hunters	DD111
Wednesday, July 14	Tropical Paradise	DD112
Thursday, July 15	Torpedo	DD113
Friday, July 16	Pirates of the Caribbean	DD114
Monday, July 19	Amazing Race	DD115
Tuesday, July 20	Urban Adventures	DD116
Wednesday, July 21	Around the world	DD117
Thursday, July 22	Wild West	DD118

Date	Day Theme	Program Code
Friday ,July,23	Not just Nova Scotian	DD119
Monday, July 26	Kickin it!	DD120
Tuesday, July 27	Upside Down Fun	DD121
Wednesday ,July 28	Fun and Fitness	DD122
Thursday, July 29	Multi Adventure Challenge	DD123
Friday, July 30	Sport Extravaganza	DD124
Monday August 2	***Holiday*** No Camp	
Tuesday ,August 3	Creative Campers	DD125
Wednesday, August 4	Construction	DD126
Thursday, August 5	Art and Adventure	DD127
Friday ,August 6	Outside the Box	DD128
Monday ,August 7	Time Travelers	DD129
Tuesday, August 8	Space is the Place	DD130
Wednesday ,August 10	Sports Extravaganza	DD131
Thursday, August 11	Safari	DD132
Friday, August 12	Exploration	DD133
Monday, August 16	Mad Science	DD134
Tuesday, August 17	Going Green	DD135
Wednesday, August 18	CSI	DD136
Thursday, August 19	Futuristic Fun	DD137
Friday, August 20	Movin and Groovin	DD138
Monday August 23	Hollywood	DD139
Tuesday, August 24	Game Show Mania	DD140
Wednesday, August 25	Amazing Race	DD141
Thursday ,August 26	Mission Impossible	DD142
Friday, August 27	Survivor	DD143

Summer Hockey

2010

St. Margaret's Centre is now accepting registrations for our 9th season of Summer Hockey for Novice to Midget age players.

Year of birth 1992 – 2003. Players will be placed in the division which they'll be entering in the 2010-11 season.

Novice, Atom & PeeWee fee of \$130.00 includes 10 games with 10 minute stop time periods. Bantam & Midget fee of \$155.00 includes 10 games with 15 minute stop time periods.

Deduct \$25.00 for 2nd and additional children) in family. Registration is ongoing until teams are full. Completed forms, accompanied by full payment, may be dropped off or mailed to

**St. Margaret's Centre, 12 Westwood Boulevard, Upper Tantallon,
B3Z 1H3.**

Registrations may be faxed to 820-3018 with credit card information. VISA, MC, & Debit accepted. Medical refunds only, with a Doctor's certificate, and are subject to a \$25.00 administration fee. NSF cheques subject to \$15.00 surcharge.

REGISTRATIONS WILL NOT BE PROCESSED UNTIL FULL PAYMENT IS RECEIVED. NO EXCEPTIONS OR HOLDING SPACE

All levels subject to sufficient enrolment. Checking/body contact is not permitted and will result in suspension from the league. Game nights are Monday and Wednesday, July 5th – September 1st.

Team mate requests are not guaranteed. Rosters may be reviewed and altered to help balance teams.

Hockey Nova Scotia Ruling will apply.

Summer Hockey Registration 2010

NAME: _____

Last

First

PARENT/GUARDIAN: _____

ADDRESS: _____

TELEPHONE #'S: _____

E-MAIL: _____

YEAR OF BIRTH: _____

2009-10 DIVISION: Novice Atom PeeWee Bantam, Midget
(Please circle appropriate division)

2009-10 LEVEL: HOUSE, AAA, AA, A, B, RINGETTE, OTHER
(Please circle appropriate level)

POSITION: _____ SHOOT: Left/Right

ARE YOU REGISTERING AS A GOALIE? _____

Please list any medical conditions volunteers should be aware of:

(Use additional sheet if necessary)

By signing below, you agree not to hold St. Margaret's Centre, its' staff, or volunteers responsible for any accident/injury which may occur, and that you are aware of the potential for such accidents/injuries. You also agree that your child may be moved to a different team. There is zero tolerance for checking/body contact, which will result in immediate suspension from the league. This occurrence in the final three games will disallow the player from registering for the 2011 season.

PARENT/GUARDIAN SIGNATURE: _____

DATE: _____

Payment for Summer Hockey

Payment

Cash \$ _____

Cheque # _____ \$ _____

Total \$ _____

Rec'd by: _____

Or

Credit Card: MC / VISA (circle)

Name _____

CC# _____

Exp. Date: _____

Amount: _____

Signature: _____

**What division are you
playing in Fall 2010?**

Please circle

Novice

Atom

PeeWee

Bantam

Midget

Please indicate if you are interested in Coaching: _____

Application forms can be mailed to St.Margaret's Centre, 12 Westwood Blvd, Upper Tantallon, NS, Canada **or** Fax to (902)820-3018 **or** scan and email to skatecoach@gmail.com **or** drop off at front desk at St.Margaret's Centre

Registration Information

Camp Westwood

- ? All camps run from 8:30am to 4:30pm
- ? Early drop off or Late Pick up are available if needed. Please make arrangements with Charleen.
- ? All camps will be held at St.Margaret's Centre
- ? All camps include HST.
- ? Withdrawals will be subject to an administration fee.
- ? All camps will be divided by age and if applicable level of skill
- ? St. Margaret's Centre makes every effort to make each camp experience enjoyable for each camper. Inappropriate behaviour by a camper will NOT be tolerated.
- ? Lunch and snacks are the responsibility of the parents. Please make sure all allergies are listed on registration sheet.
St.Margaret's Centre is **NOT** a peanut free environment. We will make every effort to ensure each camper is not exposed to harmful foods. St.Margaret's Centre will be having a lunch program that campers can buy into. Menus will be sent via email once registration is confirmed.
- ? Week long camps will run during holidays (July 1st and August 2nd).Day Camps are not available on Holidays
- ? If you have any questions about the camps. Please feel free to email me at any time.

Charleen Cameron

campwestwood@gmail.com

CAMP WESTWOOD REGISTRATION 2010

Name: _____

Address: _____

Age (as of July 1st) _____ male/female (circle)

Date of Birth (mm/dd/yyyy) _____

Telephone# _____

Work # _____

Emergency # _____

Parent's name _____

Email Address _____

N.S. Health Card # _____

Exp. date _____

Medical information _____

Waiver: St. Margaret's Centre shall not be held responsible for any damages, injury or loss of property to any Camp Westwood participant, or to any guests or visitors on the premises regardless of the reason for the damages, loss or injury. Each camp participant will use St. Margaret's Centre at his or her own risk. I understand and agree to these terms. By completing and submitting this form, information may be used for purposes of Camp Westwood and St. Margaret's Centre. Personal information will not be re-used by any of these groups for any purposes other than those directly related to Camp Westwood and the communication of Camp information by any method.

Signature _____ Date _____

Parent's Signature

Payment Information

Camp Westwood

Sub Total of Week Camps	
Sub Total of Day Camps	
Less discount 10% for multiple program or multiple children. (max 10%)	
Total	

Payment

Cash \$ _____

Cheque # _____ \$ _____

Total \$ _____

Rec'd by: _____

Or

Credit Card: MC / VISA (circle)

Name _____

CC# _____

Exp. Date: _____

Amount: _____

Signature: _____

Thank you for choosing Camp Westwood!

We hope your camp experience will be the best ever!

Notes (i.e. level of skater/level of dancer etc)