UBC RECREATION
CAMPS

POPULAR PAIRINGS
Summer 2017

Kickstart Advanced
Our Kickstart Advanced soccer program is designed for experienced players determined to take full advantage of the opportunity to challenge themselves. More advanced dribbling techniques, one-on-one situations, passing and defending, shooting and team game strategies are covered. Players will be divided into groups based on age and experience. They will participate in skill building drills and small sided games that are designed to expand each player's technique and tactical awareness. A portion of each session will also be devoted to increasing each player's speed, agility, balance and strength.

Program Area	**Soccer**
Camp Name	Kickstart Advanced
Week	Ages 8-14
Jul 4 - Jul 7	
Jul 10 - Jul 14	19474
Jul 17 - Jul 21	
Jul 24 - Jul 28	19477
July 31 - Aug 4	19478
Aug 8 - Aug 11	
Aug 14 - Aug 18	19481
Aug 21 - Aug 25	19482
Aug 28 - Sep 1	19483

LUNCH SUPERVISION	
Week	Ages 5-16
Jul 4 - Jul 7	19508
Jul 10 - Jul 14	19509
Jul 17 - Jul 21	19510
Jul 24 - Jul 28	19511
July 31 - Aug 4	19512
Aug 8 - Aug 11	19513
Aug 14 - Aug 18	19514
Aug 21 - Aug 25	19515
Aug 28 - Sep 1	19516

Advanced Badminton

Advanced Badminton provides further instruction on basic badminton skills, while introducing drives, smashes, and advance net shots. Furthermore, advanced footwork will be taught to enhance each player's game, and instruction will work to improve coordination, strength and agility. Participants will also be taught the techniques and formations in a singles and doubles game. Birds and rackets will be supplied if needed.

Program Area	**Badminton**	
Camp Name	Beginner Badminton	Advanced Badminton
Week	Ages 7-12	Ages 10-14
Jul 4 - Jul 7		
Jul 10 - Jul 14		
Jul 17 - Jul 21	19365	
Jul 24 - Jul 28	19366	
July 31 - Aug 4		19389
Aug 8 - Aug 11		19392
Aug 14 - Aug 18	19371	
Aug 21 - Aug 25		
Aug 28 - Sep 1		