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GEE-GEES CAMPS
CELEBRATING DEVELOPMENT IN A SAFE, FUN & FRIENDLY SETTING

During the summer months, the University of Ottawa opens its doors to give the youth in our community a chance to learn and explore in the safe, friendly, and bilingual setting of the Gee-Gees Summer Camps. These specially designed programs allow children and youth to take part in a variety of sports, games, activities and recreational swims. The chants, laughter and friendly banter of campers and counselors are now a staple on campus and the home of the Gee-Gees!

THE REGISTRATION PERIOD FOR CAMPS BEGINS DECEMBER 16TH, 2019.

Registration forms may be submitted by email or post. Registration in person begins December 16th, 2019 at Montpetit Hall, 125 University private, room 102. Registration is on a first-come, first-served basis.

CAMPS PROGRAM HOURS:
9 a.m. - 4 p.m. unless stated otherwise.
Drop-off: 7:30 a.m. until 9:00 a.m.
Pick-up: 4:00 p.m. until 5:15 p.m.

EARLY BIRD SPECIAL:
SIGN UP BEFORE JANUARY 30TH AND RECEIVE 15%* OFF YOUR REGISTRATION!
* this discount does not apply to culinary camps

REGISTER ONLINE!

geegees.ca
In addition to an unforgettable camp experience, unless otherwise noted, all Gee-Gees camps include:

- A Gee-Gees camps t-shirt
- Free extended childcare hours
- Daily access to our Olympic Sized Aquatic Centre (subject to change without notice)

Our Camps extended child-care hours accommodate your busy schedule! Childcare services operate out of three locations dependent on the camp: Montpetit Hall, Minto Sports Complex and 200 Lees.

Check your confirmation package for details specific to your child’s camp.

- Campers can be dropped off as early as 7:30 a.m. picked up as of 4:00 p.m.
- LATEST Pick- Up time is 5:15 p.m. Late pick-up fees apply.
- There will be a mandatory ID check for anyone picking up a camper.

Gee-Gees Camps Menu

Campers are offered daily* lunches that are balanced and kid friendly. Different meals are prepared every day and campers will be able to help themselves to an unlimited salad bar filled with raw veggie and fruits. The menu includes a range of complete meals like baked chicken, vegetarian chilli, pastas and a weekly pizza day. A vegan option is also offered every day.

*Excludes Junior Lifeguard Camps - see page 17 for options.

Allergy and Medical Dietary Restrictions

To address the needs of campers with common food allergies and medical dietary restrictions, the Gee-Gees Camp is proud to offer a Dietary Restriction Program. The select menu offers complete ingredient information available online for families to review and a number of safeguards against cross-contamination. The program is simple and convenient. It is designed to meet the needs of most guests without additional cost and our dietician is available to address questions or concerns.

Celebrate the 2020 Olympics with us!

The Gee-Gees Camps will have a variety of different activities planned to mark the Summer Olympics games held in Tokyo between July 24th and August 9th 2020. Campers are encouraged to wear the jersey of their favourite country and come cheer the athletes on with us!

They will then have an opportunity to compete in their very own mini-olympics, meet past olympians and maybe even climb on the podium at the Gee-Gees’ Olympics week closing ceremony!

The Olympics themed weeks are limited to the weeks of July 27th to 31st and August 4th to 7th 2020. Make sure to register fast and reserve your spot to the Gee-Gees Camps 2020 Olympics weeks!

Look for this symbol to ensure your camper will be a part of our Olympic theme weeks!
GARNET & GREY MULTI-SPORTS

Age: 6 to 14

Garnet & Grey Multi-Sports is the ideal camp for high-energy sports lovers who would like to try something new or broaden their skill sets! This camp introduces campers to a variety of sports in a safe, exciting and fun environment. Our focus is developing confidence within a team with a focus on skill development. This is a great opportunity for campers to learn new skill sets while developing their sense of teamwork and fair play.

Our new Garnet & Grey Camp will run similarly to our former Multi-Sports camp featuring an introduction of three sports, a tournament, skill trials, and various daily activities. Campers from ages 6-14 are registered under the same title. However, the campers will be split into our Garnet & Grey groups on the first day of camp.

NEW!

Introduction to Track & Field for the active camper who loves to run, jump and throw!

Mindful Movements, an interactive session with a certified fitness instructor to take campers through mindfulness and mobilization with Yoga and Stretching.

Food Services: Daily lunches and a fruit are provided and are included in the cost of the camp.

Note: Sports may change without notice. Instruction for this camp is bilingual.

Gee-Gees sports camps are perfect for campers interested in a variety of activities. Employees of the Gee-Gees Summer Camps are dedicated to helping youth grow and prosper through a healthy mix of leadership, athletic, artistic, cultural, academic and water sports activities. With all the learning and discoveries come incredible memories. The following camps also include activities, games and daily recreational swimming in our Olympic-size pool.

**NEW!**

Introduction to Track & Field for the active camper who loves to run, jump and throw!

Mindful Movements, an interactive session with a certified fitness instructor to take campers through mindfulness and mobilization with Yoga and Stretching.

Food Services: Daily lunches and fruit are provided and are included in the cost of the camp.

Note: Sports may change without notice. Instruction for this camp is bilingual.

SPORTS CAMPS

Camp Hours: 9:00 a.m. to 4:00 p.m.

<table>
<thead>
<tr>
<th>Date</th>
<th>Code</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Touch Rugby, Volleyball and Badminton</td>
<td>10270</td>
<td>$290</td>
</tr>
<tr>
<td>Jun 22 to Jun 26*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soccer, Flag Football and Mindful Movements</td>
<td>10271</td>
<td>$240</td>
</tr>
<tr>
<td>Jun 29 to Jul 3**</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basketball, Ultimate Frisbee and Dodgeball</td>
<td>10272</td>
<td>$290</td>
</tr>
<tr>
<td>Jul 6 to Jul 10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Volleyball, Taekwondo and Baseball</td>
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</tr>
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<td>Jul 13 to Jul 17</td>
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</tr>
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<td>Flag Football, Badminton and Mindful Movements</td>
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<td>$290</td>
</tr>
<tr>
<td>Jul 20 to Jul 24</td>
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<td></td>
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<tr>
<td>Basketball, Track &amp; Field and Touch Rugby</td>
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<td>Jul 27 to Jul 31</td>
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<td>Soccer, Basketball and Track &amp; Field</td>
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<td>Aug 4 to Aug 7***</td>
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<tr>
<td>Baseball, Soccer and Flag Football</td>
<td>10277</td>
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<td>Aug 10 to Aug 14</td>
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<td>Dodgeball, Ultimate Frisbee and Basketball</td>
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<td>$290</td>
</tr>
<tr>
<td>Aug 17 to Aug 21</td>
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</tr>
</tbody>
</table>

*Daily registrations are accepted for this week of camp. For more information, please contact the Gee-Gees Camps administration.

** Closed for Canada Day – Wednesday July 1st 2020.

*** Closed on Ontario Civic Holiday – Monday August 3rd 2020.
**CHEERLEADING**

**Age: 6 to 14**  
**Camp Hours: 9:00 a.m. to 4:00 p.m.**

GO GEE-GEES GO! Join our cheerleading camp for a week of pom-poms, laughter and cheer. Our experienced instructors teach campers basic cheerleading stunts, motions and jumps, along with exciting and engaging cheers to create fun-filled and entertaining routines. Come celebrate and spread the Gee-Gees pride! Campers will have the opportunity to showcase their talent at the Friday show where parents are invited to come watch and cheer them on.  
**Food Services:** Daily lunches and a fruit are provided and included in the cost of the camp.

**Age: 6 to 9**

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<td>Aug 17 to Aug 21</td>
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**Age: 10 to 14**

<table>
<thead>
<tr>
<th>DATE</th>
<th>CODE</th>
<th>COST</th>
</tr>
</thead>
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<tr>
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<td>Jul 27 to Jul 31</td>
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</tr>
<tr>
<td>Aug 10 to Aug 14</td>
<td>10253</td>
<td>$280</td>
</tr>
</tbody>
</table>

*Closed for Canada Day – Wednesday July 1st 2020.*

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**CREATIVE DANCE**

**Age: 6 to 9**  
**Camp Hours: 9:00 a.m. to 4:00 p.m.**

Shine bright in our Creative Dance Camp! Participants will learn a variety of skills from dance categories such as jazz and Broadway style. All will have the opportunity to learn a choreographed routine in the style of dance corresponding to the week chosen. All campers are welcomed into a fun and exciting environment where children create meaningful, long-lasting friendships! The camp involves cooperative games, arts and crafts and outdoor activities. At the end of our camp week campers showcase their skills in our Friday Show for families and friends.  
**Food Services:** Daily lunches and a fruit are provided and included in the cost of the camp.

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<thead>
<tr>
<th>DATE</th>
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<th>COST</th>
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<td>Jul 13 to Jul 17</td>
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<td>Jul 27 to Jul 31</td>
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<td>$280</td>
</tr>
<tr>
<td>Aug 10 to Aug 14</td>
<td>10263</td>
<td>$280</td>
</tr>
</tbody>
</table>

*Closed for Canada Day – Wednesday July 1st 2020.*

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**POPULAR DANCE**

**Age: 10 to 14**  
**Camp Hours: 9:00 a.m. to 4:00 p.m.**

Does music ever inspire you to want to dance or do you just break out into dance for no reason? Then this is the camp for you! In our popular dance camp, campers learn how to blend different dance styles and favorite songs into choreographed routines. From hip-hop, to Broadway and jazz, this camp offers many different styles of dance from week to week. Participants will sharpen their balance, agility and body control in our dance studio. Campers will showcase what they have learned to parents and friends in the Gee-Gees show on Friday.  
**Food Services:** Daily lunches and a fruit are provided and included in the cost of the camp.

<table>
<thead>
<tr>
<th>DATE</th>
<th>CODE</th>
<th>COST</th>
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<tbody>
<tr>
<td>Hip-hop and Jazz Jun 6 to Jul 10</td>
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<td>$280</td>
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<tr>
<td>Hip-hop and Contemporary Jul 20 to Jul 24</td>
<td>10314</td>
<td>$280</td>
</tr>
<tr>
<td>Acro &amp; Rhythmic Dance with Ribbons Aug 4 to Aug 7*</td>
<td>10315</td>
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</tr>
<tr>
<td>Hip-hop and Broadway Aug 17 to Aug 21</td>
<td>10316</td>
<td>$280</td>
</tr>
</tbody>
</table>

*Closed on Ontario Civic Holiday - Monday August 3rd 2020.*
SWIMMERS

Age: 6 to 14

Camp Hours: 9:00 a.m. to 4:00 p.m.

Splash into the pool with our energetic aquatic instructors! Swimming camps include one-hour sessions from the Lifesaving Society’s “Swim for Life Program” that include entries and exits, surface support, underwater skills, survival skills, movement skills and Water Smart® education. These essential skills teach swimmers how to stay safe in and around water.

Swimmers also includes many exciting activities including arts and crafts, games, a water activity and free swims. Participants of this camp will learn essential swimming skills while having fun and making friends.

Food Services: Daily lunches and a fruit are provided and included in the cost of the camp.

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<thead>
<tr>
<th>DATE</th>
<th>CODE</th>
<th>COST</th>
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</thead>
<tbody>
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<td>Jul 6 to Jul 10</td>
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<td>Jul 27 to Jul 31</td>
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<td>Aug 4 to Aug 7**</td>
<td>10333</td>
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<td>Aug 10 to Aug 14</td>
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<tr>
<td>Aug 17 to Aug 21</td>
<td>10335</td>
<td>$280</td>
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</tbody>
</table>

** Closed on Ontario Civic Holiday – Monday August 3rd 2020.

Upon registration, please indicate the level that best suits your child in swimming lessons based upon previous experiences. Aquatic staff will use the indicated level as a tool to select the appropriate group for each child to learn safely. Aquatic instructors are trained to assess the swimming abilities of the participants in their group and challenge each individual appropriately. The lifeguarding staff reserves the right to change campers’levels based on their assessment.

Swim Reports that highlight areas of a swimmer’s strengths, and areas for improvement, are provided at the end of the week. It is important to note that children do not pass or fail a swimming level. Rather, when they complete the necessary skills to move on to a more challenging group, an instructor will indicate that they are ready to move forward. Given the organization of swimming groups, this could mean that the swimmer will be working on more challenging skills, while still in a similar group.

The following conversion chart helps compare the Swim for Life program to the Red Cross Swim Kids program.

<table>
<thead>
<tr>
<th>LIFESAVING SOCIETY SWIMMERS</th>
<th>RED CROSS SWIM KIDS EQUIVALENT</th>
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</thead>
<tbody>
<tr>
<td>Swimmer 1</td>
<td>Swim Kids 1 (IC) or (C) and 2 (IC)</td>
</tr>
<tr>
<td>Swimmer 2</td>
<td>Swim Kids 2 (C) and 3 (IC)</td>
</tr>
<tr>
<td>Swimmer 3</td>
<td>Swim Kids 3 (C) and 4 (IC)</td>
</tr>
<tr>
<td>Swimmer 4</td>
<td>Swim Kids 4 (C) and 5 (IC) or (C)</td>
</tr>
<tr>
<td>Swimmer 5</td>
<td>Swim Kids 6 (C) or 7 (IC) or (C)</td>
</tr>
<tr>
<td>Swimmer 6</td>
<td>Swim Kids 7 (C)</td>
</tr>
</tbody>
</table>

(Lessons begin promptly at 9 a.m. Please arrive before 8:45 a.m.)

SPASH AND PLAY

Swimming lessons will not be included in this week of camp but will be replaced by various water themed activities.

<table>
<thead>
<tr>
<th>DATE</th>
<th>CODE</th>
<th>COST</th>
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<tbody>
<tr>
<td>Jun 22 to Jun 26*</td>
<td>10327</td>
<td>$280</td>
</tr>
</tbody>
</table>

* Daily registrations are accepted for this week of camp.
For more information, please contact the Gee-Gees Camps administration.
Basketball

Age: 8 to 16

Camp Hours: 9:00 a.m. to 4:00 p.m.

Under the direction of Gee-Gees men’s and women’s basketball coaches, this week-long camp provides a great opportunity for young players to learn game strategy and the skills that are required to be a successful individual and team player. We are committed to developing the camper’s self-confidence, teamwork skills, fair play, sportsmanship, and positive attitude toward physical activity and sport. Our mission is also to provide them with an enjoyable basketball experience through instruction and organized games.

WE ARE A SLAM-DUNK ABOVE THE REST!

- We approach every session with energy and are committed to providing a positive introduction to the game.
- We offer instruction from top players in the country to create a fun and competitive setting.

Food Services: Daily lunches and a fruit are provided and are included in the cost of the camp.

For technical program information only:

Women’s Basketball: Rose-Anne Joly
rjoly@uOttawa.ca

Men’s Basketball: Mike L’Africain
mlafrica@uOttawa.ca

Age: 8 to 13

<table>
<thead>
<tr>
<th>DATE</th>
<th>CODE</th>
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<td>Jun 29 to Jul 3**</td>
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<td>Jul 13 to Jul 17</td>
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<tr>
<td>Jul 20 to Jul 24</td>
<td>10246</td>
<td>$290</td>
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Age: 14 to 16*

<table>
<thead>
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<tbody>
<tr>
<td>Jun 22 to Jun 26</td>
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<td>Jun 29 to Jul 3**</td>
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<td>Jul 13 to Jul 17</td>
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<td>$290</td>
</tr>
<tr>
<td>Jul 20 to Jul 24</td>
<td>10242</td>
<td>$290</td>
</tr>
</tbody>
</table>

* HST is applicable to age groups 14 years old and older; HST will be added to the cost of the camp.

** Closed for Canada Day – Wednesday July 1st 2020.
**FENCING**

Age: 10 to 14  
Camp Hours: 9:00 a.m. to 4:00 p.m.

On guard! This camp is a great opportunity to learn basic and intermediate fencing strategies and techniques with a foil sword. Led by experienced fencers, participants will learn the general rules of the sport, its equipment and its judging. Throughout the week, campers will apply their skills in group fencing games and individual matches. On Friday, fencers will show off what they have learned in a tournament. Friends and family are welcome to attend. We provide all necessary equipment.

*Food Services:* Daily lunches and a fruit are provided and included in the cost of the camp.

<table>
<thead>
<tr>
<th>DATE</th>
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<tbody>
<tr>
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<tr>
<td>Jul 13 to Jul 17</td>
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<tr>
<td>Jul 20 to Jul 24</td>
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<td>$290</td>
</tr>
<tr>
<td>Jul 27 to Jul 31</td>
<td>10267</td>
<td>$290</td>
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**FOOTBALL**

Age: 8 to 16  
Camp Hours: 9:00 a.m. to 4:00 p.m.

Our goal as coaches, players and guest instructors at the University of Ottawa's football camp is for campers to reach their full potential as football players and athletes. The camp provides the campers with evaluations and feedback that will give them a clear picture of their fundamental skills by position. This includes expert commentary on strengths and weaknesses that will allow them to improve their overall performance on the field.

The Gee-Gees football camp also provides an opportunity for participants to measure themselves against other players from around the region. With two-a-day training sessions, participants are fully immersed in a football environment. Between sessions, campers will also have the opportunity to go swimming.

Participants are required to provide their own equipment, as this is not provided by the camp. *Football equipment is mandatory (helmet, shoulder pads).* T-shirts, shorts, a bathing suit, running shoes and cleats are also required.

A jersey as well as two tickets to a Gee-Gees regular-season home game will be provided for each camper.

This camp will fill up quickly so register early to avoid disappointment!

*Food Services:* Daily lunches and a fruit are provided and included in the cost of the camp.

**Age 8 to 13**

<table>
<thead>
<tr>
<th>DATE</th>
<th>CODE</th>
<th>COST</th>
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</thead>
<tbody>
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**Age 14 to 16**

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<tr>
<th>DATE</th>
<th>CODE</th>
<th>COST</th>
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</thead>
<tbody>
<tr>
<td>Jul 6 to Jul 10</td>
<td>10268</td>
<td>$330</td>
</tr>
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</table>

*HST is applicable to age groups 14 years old and older; HST will be added to the cost of the camp*
GIRLS HOCKEY SKILLS

Age: 6 to 16

Gee-Gees’ girls Hockey camps aims to help participants achieve their full potential as hockey players as well as to provide them with a rich and memorable experience. Participants will be led by skilled players from the Gee-Gees women’s Hockey team and their coach Chelsea Grills.

Goaltenders will be led by high quality coaches. The aim of this is to provide each participant with individualised learning during each session.

The camp offers young players a chance to learn and to improve the five following components of ice hockey:

1. Physical skills (speed, agility, coordination, balance)
2. Technical skills (change of direction, cross overs, skating, shooting, puck handling)
3. Tactical skills (shooting, faking, 1 v. 1, puck protection)
4. Psychological skills (confidence, concentration, motivation)
5. Social skills (respect of others, fun, leadership)

Participants will be grouped by age as well as by skill level. Younger participants will have a daily swim break while older aged participants will develop their leadership skills in group workshops. Camps will also include mini tournaments, games, guest speakers as well as a special Friday that includes Olympics and a full-ice game.

Enjoy this incredible experience and come learn alongside your favorite local stars.

A typical day at camps:
• Power skating and on-ice puck handling
• On-ice individual skills session and small space game
• Off-ice shooting techniques (with precision targets)
• Dining Hall lunch
• Swim break (6-12 years) or leadership workshops (13-16 years)

Food Services: Daily lunches and a fruit are provided and are included in the cost of the camp.

SKATERS

Camp Hours: 8:00 a.m. to 4:00 p.m.
(Camp begins promptly at 8:00 please arrive beforehand)

Jun 29 to Jul 3**

<table>
<thead>
<tr>
<th>AGE</th>
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<td>10 to 13 years old</td>
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</tr>
<tr>
<td>14 to 16 years old*</td>
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Jul 6 to Jul 10

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<tr>
<td>14 to 16 years old*</td>
<td>10289</td>
<td>$425</td>
</tr>
</tbody>
</table>

* HST is applicable to age groups 14 years of age and older; HST will be added to the cost of the camp.
** Closed for Canada Day – Wednesday July 1st 2020.

GOALTENDERS

Jun 29 to Jul 3**

<table>
<thead>
<tr>
<th>AGE</th>
<th>CODE</th>
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</thead>
<tbody>
<tr>
<td>6 to 9 years old</td>
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<td>$375</td>
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<tr>
<td>10 to 13 years old</td>
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<td>$375</td>
</tr>
<tr>
<td>14 to 16 years old*</td>
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Jul 6 to Jul 10

<table>
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<tr>
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<td>10 to 13 years old</td>
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<tr>
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<td>$425</td>
</tr>
</tbody>
</table>

* HST is applicable to age groups 14 years old and older; HST will be added to the cost of the camp.
** Closed for Canada Day – Wednesday July 1st 2020.
BOYS HOCKEY SKILLS

Age: 5 to 12

The boy’s hockey camp is a great place to learn the skills that will help players improve in all facets of hockey. Under the supervision of Gee-Gees men’s hockey head coach Patrick Grandmaitre, campers are guaranteed to have fun while learning new skills.

Members of the men’s hockey coaching staff and players will be on hand to ensure quality supervision and development on and off the ice.

AGES:

U9: Birth Year 2012 and 2013
U11: Birth Year 2010 and 2011
U13: Birth Year 2008 and 2009

CAMP GROUPS

Pony (Ages 5 to 8): Campers will be introduced to the fundamentals of hockey. Our main focus will mostly be skating, but we will also be introducing stickhandling. Players in this group should not have advanced hockey and skating skills.

Colt: U9 (birth years 2012 and 2013)
Mustang: U11 (birth years 2010 and 2011)
Thoroughbred: U13 (birth years 2008 and 2009)

In these camps, kids will be going on the ice on two separate occasions throughout the day where they will work on all the various skills that make an elite hockey player. Power skating, stickhandling, shooting, conditioning and more will be practiced daily. On top of this, there will be swimming, off ice training, stretching, games and movies!

Food Services: Daily lunches and a fruit are provided and are included in the cost of the camp.

CAMP GROUPS

Pony (Ages 5 to 8):
- Birth Year 2012 and 2013
- Birth Year 2010 and 2011
- Birth Year 2008 and 2009

Colt Group (U9 – Birth Year 2012-2013) – 7-8 years old

Mustang Group (U11 – Birth Years 2010-2011) – 9-10 years old

Thoroughbred Group (U13 – Birth Years 2008-2009) – 11-12 years old

Food Services:
- Daily lunches and a fruit are provided and are included in the cost of the camp.

SKATERS

Jul 27 to Jul 31

<table>
<thead>
<tr>
<th>Age</th>
<th>Code</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Mustang Group (U11) – 9-10 years old</td>
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<td>$465</td>
</tr>
<tr>
<td>Thoroughbred Group (U13) – 11-12 years old</td>
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<td>$465</td>
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Aug 4 to Aug 7*

<table>
<thead>
<tr>
<th>Age</th>
<th>Code</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Pony Group - 5 to 8 years old</td>
<td>10284</td>
<td>$415</td>
</tr>
<tr>
<td>Colt Group (U9) – Birth Year 2012-2013) – 7-8 years old</td>
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GOALTENDERS

Jul 27 to Jul 31

<table>
<thead>
<tr>
<th>Age</th>
<th>Code</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mustang Group (U11) – 9-10 years old</td>
<td>10281</td>
<td>$465</td>
</tr>
<tr>
<td>Thoroughbred Group (U13) – 11-12 years old</td>
<td>10282</td>
<td>$465</td>
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Aug 4 to Aug 7*

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<thead>
<tr>
<th>Age</th>
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<th>Cost</th>
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<tbody>
<tr>
<td>Pony Group - 5 to 8 years old</td>
<td>10279</td>
<td>$415</td>
</tr>
<tr>
<td>Colt Group (U9) – Birth Year 2012-2013) – 7-8 years old</td>
<td>10280</td>
<td>$415</td>
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</table>

*Closed on Ontario Civic Holiday – Monday August 3rd 2020.
GIRLS VOLLEYBALL

Age: 10 to 14  Camp Hours: 9:00 a.m. to 4:00 p.m.

The Gee-Gees Girls Volleyball Camp provides a fantastic learning opportunity for all participants. Our camp focuses on skill development and teaching entry-level tactics of the game in an athlete-centered atmosphere. Our varsity women's volleyball players will coach participants in the mechanics of all basic skills and help incorporate these skills into game-speed competition and drills. This camp also includes a full day of beach volleyball instruction and play at Mooney's Bay. Each week includes daily recreational swim times at Montpetit pool, and Friday afternoon is tournament time! Spectators are welcome!

- Designed to coach players who love the game of volleyball & want to improve their skills and knowledge.
- Reserved for players who do not have previous ‘club team’ experience but may or may not have played school & recreational volleyball.
- A great choice for athletes from ages 10 to 14
- Participants are grouped in consideration of age and skill level
- Beach Volleyball day is Wednesday at Mooney’s Bay Beach.
- Weather considerations are made at the beginning of the camp week.

Food Services: Daily lunches and a fruit are provided and are included in the cost of the camp.

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<thead>
<tr>
<th>DATE</th>
<th>CODE</th>
<th>COST</th>
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<td>Aug 17 to Aug 21</td>
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RUGBY

Age: 8 to 16  Camp Hours: 9:00 a.m. to 4:00 p.m.

The uOttawa Gee-Gees offer the only specialized rugby camp of its kind, coached by the 2018 and 2019 USPORTS Bronze Medal recipients along with uOttawa Gee-Gees and Team Ontario coaching staff. They will help develop current athletes (campers!) into future U Sports players and potential Olympians. This is an excellent opportunity to learn from the best.

With access to the most current standards, skill assessment protocols and player development tools in the country, campers will be working alongside current members of the Gee-Gees, Team Quebec and Team Canada.

COACHES:
- Jen Boyd, Head Coach uOttawa Gee-Gees/ Women’s U20 Canada Head Coach
- Andrew Armstrong, Assistant Coach uOttawa Women’s Gee-Gees
- Varsity Athletes of the uOttawa Gee-Gees
- Guest coaching appearances from current and former National team members

This camp is two-fold: an introduction to rugby for new players and a reintroduction to rugby for experienced players. The program safely introduces new or inexperienced players to the game of rugby in a small group setting. There will be a low athlete to coach ratio throughout the week to provide a more hands on approach.

More experienced players are challenged to improve their current level of play. Skill development will be organized by age, ability and gender where appropriate. Training focuses on general skills needed by all players while working with specialized positions. There will also be focus on team tactics, both on offence and defence.

Skills learned include: pass catch, Y-Lines, contact/breakdown, tackle set pieces, place kicking, etc.

Activities include: free swims at the uOttawa pool, a wide variety of skills and drills, flag rugby tournament, etc.

Food Services: Daily lunches and a fruit are provided and are included in the cost of the camp.

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<tr>
<th>DATE</th>
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<th>COST</th>
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<tbody>
<tr>
<td>Aug 4 to Aug 7**</td>
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<tr>
<td>Aug 10 to Aug 14</td>
<td>10318</td>
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*HST is applicable to age groups 14 years old and older; HST will be added to the cost of the camp.

** Closed on Ontario Civic Holiday – Monday August 3rd 2018.

For technical program information only:
Jen Boyd | jboyd@uOttawa.ca
**STRIKER AND GOALKEEPER**

**Age:** 8 to 16  
**Camp Hours:** 9:00 a.m. to 4:00 p.m.

The uOttawa Gee-Gees offer an intensive week of specialized training for the soccer striker and goalkeeper. The camp is organized to allow the participant to focus on the specific skills needed to achieve and perform at the highest level. The players will learn the art of creating options in the attacking 1/3 and scoring goals. Goalkeepers will be put through an intensive program focusing on the technical and tactical aspect of the game. The striker and goalkeeper programs will run distinctively for the first hour and 30 minutes and will conclude with finishing games or matches designed to train the strikers and goalkeepers, in real situations, on positioning, communication, and decision-making.

**SPECIAL FEATURES:**
- Specific training tailored for the striker and goalkeeper
- Detailed analysis and study of set pieces and their importance to winning games
- Daily training and small-sided games on the Gee-Gees Field Turf home field
- Low players-to-coach ratio

**Food Services:** Daily lunches and a fruit are provided and included in the cost of the camp.

### Ages 8 to 13

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### Ages 14 to 16*  

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**SOCCER**

**Age:** 7 to 15  
**Camp Hours:** 9:00 a.m. to 4:00 p.m.

Fresh off their 2019 FISU International World Cup University Tournament, the uOttawa Gee-Gees offer specialized soccer camps for all children and youth between the ages of 7 and 15, of all skill levels. Current as well as former Gee-Gees players and coaches lead this camp. Skill development groups will be divided based on age and ability. The training will focus on individual and technical skills as well as on team and tactical concepts.

**SPECIAL FEATURES:**
- Final day four-on-four tournaments and game against the camp staff
- Daily training and small-sided games on the Gee-Gees Field Turf home field
- Low players-to-coach ratio
- Individual field and goalkeeper positional training
- Skill development for all ages and ability levels
- Daily themes such as one-on-one attacking and defending, passing, shooting, and group play
- Swim times at the Montpetit Olympic size pool

**Food Services:** Daily lunches and a fruit are provided and included in the cost of the camp.

### Ages 7 to 13

<table>
<thead>
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### Ages 14 to 15*  

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</table>

* HST is applicable to age groups 14 years old and older; HST will be added to the cost of the camp.
**COMPETITIVE SWIMMING**

**INTRODUCTION**

Age: 6 to 12  
Camp Hours: 8:45 a.m. to 4:00 p.m.  
(Lessons begin promptly at 9:00; please arrive by 8:45 a.m.)

Competitive swimming is designed for those who are in lessons or pre-competitive groups within swim clubs. The goal is to introduce campers to a competitive swimming environment and help with the development of their skills. Throughout the week, we will focus on stroke development and introduction of more advanced skills such as flip turns and racing dives.

This camp is fun, interactive and highly engaging with a lot of focus on games, general fitness, motor abilities and flexibility. The goal is an introduction to the world of competitive sport, in particular swimming, in a safe and engaging way with our exceptional staff and while incorporating a full-day camp experience.

**PREREQUISITES:**
- Must be comfortable swimming these 3 strokes: Freestyle, Breast Stroke, & Back Stroke

**SPECIAL FEATURES:**
- Video analysis on deck
- High level guest coaches
- Cap and water bottle included

Food Services: Daily lunches and a fruit are provided and included in the cost of the camp.

<table>
<thead>
<tr>
<th>DATE</th>
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<th>COST</th>
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<tbody>
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<tr>
<td>Aug 17 to Aug 21</td>
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</table>

* Closed on Ontario Civic Holiday – Monday August 3rd 2020.

For technical program information only:  
Vince Sljuka | vsijuka@uottawa.ca

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**COMPETITIVE SWIMMING**

**SKILL DEVELOPMENT**

Age: 7 to 13  
Camp Hours: 8:45 a.m. to 4:00 p.m.  
(Lessons begin promptly at 9:00; please arrive by 8:45 a.m.)

This camp is dedicated to a more advanced level of swimmers who already have experience in the sport, or individuals who have a strong base skill level and can participate at this level. The focus is on continued skill and stroke development, as well as a continued building of well-rounded athletes. To this end, there is a strong focus on fitness, body awareness, flexibility, as well as the continued development of strokes and swimming skills. In this camp, we will introduce and work on more advanced skills such as IM turns, starts, relay takeovers, and racing. This will all happen under the watchful eye of our skilled counselors and guest coaches in a full-day camp experience.

**PREREQUISITES:**
- Must be able to swim 25m of each swim stroke or has knowledge of all swim stroke basics.

**SPECIAL FEATURES:**
- Video analysis on deck
- High level guest coaches
- Cap and water bottle included

Food Services: Daily lunches and a fruit are provided and included in the cost of the camp.

<table>
<thead>
<tr>
<th>DATE</th>
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<tr>
<td>Aug 17 to Aug 21</td>
<td>10258</td>
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</tbody>
</table>

* Closed on Ontario Civic Holiday – Monday August 3rd 2020.
Gee-Gees Camps are thrilled to introduce our Leadership Development camps in summer 2020! These camps are for youth who are interested in developing their overall leadership abilities that are transferable in to their everyday life. Our comprehensive programs engage all youth in interactive activities, workshops and various certifications. Youth involved in these programs will learn skills in communication, problem solving, mindfulness, responsibility, and autonomy. Moreover, all skills and certifications taught and facilitated in our camps attribute to job-readiness and self-exploration.
## Leadership Camps

**Apprenticeship Program**  
**Age:** 13 to 16  
As a Gee-Gee Camp apprentice, campers will work on enhancing overall skills in child-care and group management. This is for young volunteers who are looking to stay involved in their community and within the camp setting. Participants will learn alongside a camp counselor and help them in everyday tasks. Campers will also take part in volunteer workshops and debrief sessions to discuss applicable learning and group goals within the camp setting.

**Campers Leave With:**  
- 24 volunteer hours  
- Personalized letter regarding your apprenticeship  
- Camp T-Shirt

**Certification:**  
- Emergency First Aid & CPR/AED

**Workshops:**  
- Day 1 goal setting & preparedness  
- Communication essentials & Facilitation  
- Interactive debrief sessions

**Main Goals:**  
- Work alongside a camp counselor as a volunteer to aid in everyday tasks  
- Understanding of child-care management and gain insight in to the day in a life of a camp counselor  
- Develop Confidence

**Leaders in Training**  
**Age:** 14 to 15  
Campers will develop leadership and interpersonal skills and programming will focus on personal development, team cohesion and positive team dynamics. They will practice interpersonal skills and build their confidence in our camp setting. With ongoing support and mentorship, participants will have the opportunity to practice skills learned at this camp during interactive activities.

**Campers Leave With:**  
- 28 volunteer hours  
- First Aid training and certification  
- Job readiness  
- Personalized Volunteer placement letter

**Certification:**  
- Safeguard Certification Training

**Workshops:**  
- Communication  
- Group Facilitation  
- Program Planning & Preparedness  
- Interactive debrief sessions

**Main Goals:**  
- Earn your first aid certification as a first step in to job readiness  
- Understand various nuances of program planning and group facilitation  
- Develop overall communication techniques and basic child-care practices

**Counselors in Training**  
**Age:** 15 to 17  
Campers will work on counselor specific training and learn about child care and behavior management. This is a follow-up program for those who have previously completed LIT. Participants will work on a number of skills including conflict resolution, goal setting and development of professional skills. They will receive hands-on experience in the facilitation of activities and various counselor duties.

**Campers Leave With:**  
- 35 volunteer hours  
- Safeguard training certification  
- Job Readiness  
- Skills in program planning  
- Personalized Volunteer placement letter

**Certification:**  
- Emergency First Aid & CPR/AED  
- Safeguard Certification Training

**Workshops:**  
- Diversity and inclusion training  
- Conflict Resolution & Behavior Management  
- Goal Setting & Professionalism  
- Resume & Cover Letter Development  
- 1 on 1 ongoing mentorship

**Main Goals:**  
- Grow professionally within a group setting  
- Gain hands-on experience in child-care management and conflict resolution  
- Understand aspects of summer day camps and how they are successful  
- Self-exploration, goal setting, mindfulness.

<table>
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<tr>
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** Closed on Ontario Civic Holiday – Monday August 3rd 2020.

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**Food Services:** Daily lunches and a fruit are provided and included in the cost of the leadership camps.
JUNIOR LIFEGUARD CAMPS

Age: 13 – 17

Camp hours: 9:00 a.m. – 4:00 p.m.
Lessons begin promptly at 9 a.m. please arrive by 8:45 a.m.

BRONZE MEDALLION LIFESAVING CAMP

Age: 13+ or has necessary prerequisite

This camp is an action-packed week for youth looking to complete the first step to become a lifeguard. Campers will develop first aid and water rescue skills in a fun team environment. They will improve their physical fitness and swimming efficiency while learning decision making skills to rescue themselves and others.

PRE-REQUISITES:
• Minimum 13 years of age by last day of camp or certified in Bronze Star
• Ability to swim at least 500m and support oneself in deep water.
• Completion of Swimming Lessons or Swimmers’ Camp recommended

SPECIAL FEATURES:
• Materials (provided): Canadian Lifesaving Manual and Bronze Medallion Workbook, CPR Face Shield
• Target Audience: Competitive aquatic athletes, leadership campers.

SUCCESSFUL CANDIDATES RECEIVE:
• Bronze Medallion certification
• Emergency First Aid with CPR-B/AED certification

LIFEGUARD TRAINING CAMP

Age: 16+ and has necessary prerequisite

Lifeguard Training Camp prepares the candidate to work as a lifeguard in a pool setting. This camp develops basic lifeguarding skills, principles and decision-making processes that will assist a lifeguard to evaluate and adapt to different aquatic facilities and emergencies. Candidates will also receive specific knowledge and training in the use of oxygen delivery systems and other airway management techniques.

PRE-REQUISITES:
• Minimum 16 years of age by last day of camp
• Bronze Cross certification
• Standard First Aid certification from one of: Lifesaving Society, Canadian Red Cross, Canadian Ski Patrol or St. John Ambulance
• Ability to swim at least 400m in 10 minutes or better and support oneself in deep water with a 20 lb object.

SPECIAL FEATURES:
• Materials (provided):
  Alert: Lifeguarding in Action, CPR Face Shield
• Target Audience: Competitive aquatic athletes, leadership campers.

SUCCESSFUL CANDIDATES RECEIVE:
• National Lifeguard Pool certification
• Airway Management certification

BRONZE CROSS ASSISTANT LIFEGUARD CAMP

Age: 13+ and has necessary prerequisite

This camp is an action-packed week for youth who hold Bronze Medallion looking to complete the next step towards becoming a lifeguard. Bronze Cross prepares lifesavers for the safety supervision role and responsibilities of assistant lifeguards in aquatic facilities. Campers will refine their first aid and water rescue skills, improve their physical fitness and swimming efficiency, while learning decision making skills to run an aquatic environment and keep swimmers safe.

PRE-REQUISITES:
• Bronze Medallion certification
• Ability to swim at least 500m and support oneself in deep water.
• Completion of Emergency First Aid recommended

SPECIAL FEATURES:
• Materials (provided): Bronze Cross Workbook, CPR Face Shield
• Target Audience: Competitive aquatic athletes, leadership campers.

SUCCESSFUL CANDIDATES RECEIVE:
• Bronze Cross certification
• Standard First Aid with CPR-C/AED certification

LEADERSHIP DEVELOPMENT CAMPS

LEADERSHIP DEVELOPMENT CAMPS
GEE-GEES CULINARY CAMP

Learn how to make fresh pasta, pies, and pizza from scratch! Campers will have an opportunity to work hands-on in the kitchen with award-winning uOttawa chefs and learn basic (101) and advanced (102) cooking and kitchen skills, including food safety, kitchen tool handling, recipe reading, and measuring ingredients. Weekly visits to local farms or apiaries will tell the story of food seed to table.

CULINARY 101:

Age: 9 to 13  
Camp Hours: 9:00 a.m. to 4:00 p.m.

Campers will learn food safety, knife handling, measuring, and recipe reading while preparing chicken Cordon Bleu, risotto, and classic chocolate truffles. The flour will be flying as they create pizzas and ravioli from scratch. Healthy eating and creative use of leftovers are also covered, and everyone helps with cleaning up!

This camp is fun, interactive and highly engaging. Campers will come home with fundamental cooking techniques, classic recipes, and tasty treats for the whole family!

Culinary camps include a morning snack, lunch and other yummy treats! All campers receive a chef’s hat, cooking apron and a recipe magazine at the end of the camp week!

<table>
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<tr>
<td>Aug 4 to Aug 7**</td>
<td>10351</td>
<td>$400</td>
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</table>

*Closed on Ontario Civic Holiday – Monday August 3rd 2020.*

CULINARY 102:

Age: 9 to 13  
Camp Hours: 9:00 a.m. to 4:00 p.m.

Campers will learn more doughs and pastries in 102, including cinnamon rolls, quiches, bannock, pretzels and the classic Tarte Tatin. Food safety and knife handling is covered again, but healthy eating lessons go deeper. Entrees include schnitzel, gnocchi, soup and homemade quesadillas. Dinner may never be the same for your family again!

This camp is fun, interactive and highly engaging. Campers will come home with fundamental cooking techniques, classic recipes, and tasty treats for the whole family!

Culinary camps include a morning snack, lunch and other yummy treats! All campers receive a chef’s hat, cooking apron and a recipe magazine at the end of the camp week!

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<td>June 22 to June 29</td>
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<tr>
<td>Garnet &amp; Grey Multi – Sports</td>
<td>6 – 14</td>
<td>10270</td>
</tr>
<tr>
<td>Cheerleading</td>
<td>6 – 9</td>
<td>10247</td>
</tr>
<tr>
<td>Creative Dance</td>
<td>6 – 9</td>
<td>10260</td>
</tr>
<tr>
<td>Popular Dance</td>
<td>10 – 14</td>
<td>10313</td>
</tr>
<tr>
<td>Swimmers</td>
<td>6 – 14</td>
<td>10328</td>
</tr>
<tr>
<td>Splash and Play</td>
<td>6 – 14</td>
<td>10327</td>
</tr>
<tr>
<td>Basketball</td>
<td>8 – 16</td>
<td>10243</td>
</tr>
<tr>
<td>Fencing</td>
<td>10 – 14</td>
<td>10264</td>
</tr>
<tr>
<td>Football</td>
<td>8 – 16</td>
<td>10269</td>
</tr>
<tr>
<td>Girls Hockey – Goal tenders</td>
<td>6 – 9</td>
<td>10291</td>
</tr>
<tr>
<td>Girls Hockey – Skaters</td>
<td>6 – 9</td>
<td>10290</td>
</tr>
<tr>
<td>Boys Hockey – Goaltenders</td>
<td>5 – 8</td>
<td></td>
</tr>
<tr>
<td>Boys Hockey – Skaters</td>
<td>5 – 8</td>
<td></td>
</tr>
<tr>
<td>Rugby</td>
<td>8 – 16</td>
<td></td>
</tr>
<tr>
<td>Soccer</td>
<td>7 – 16</td>
<td></td>
</tr>
<tr>
<td>Soccer – Striker and Goalkeeper</td>
<td>8 – 13</td>
<td>10326</td>
</tr>
<tr>
<td>Competitive Swimming – Intro</td>
<td>6 – 12</td>
<td>10256</td>
</tr>
<tr>
<td>Competitive Swimming – Skills</td>
<td>7 – 13</td>
<td>10259</td>
</tr>
<tr>
<td>Leadership Development – Bronze Cross</td>
<td>~13+</td>
<td></td>
</tr>
<tr>
<td>Leadership Development – Bronze Medallion</td>
<td>~13+</td>
<td></td>
</tr>
<tr>
<td>Leadership Development – Apprenticeship</td>
<td>13 – 16</td>
<td>10312</td>
</tr>
<tr>
<td>Leadership in Training (L.I.T.)</td>
<td>13 – 15</td>
<td></td>
</tr>
<tr>
<td>Counselor in Training (C.I.T.)</td>
<td>~15 – 17</td>
<td></td>
</tr>
<tr>
<td>Leadership Development – National Lifeguard</td>
<td>16+</td>
<td></td>
</tr>
<tr>
<td>Volleyball – All Girls</td>
<td>10 – 14</td>
<td></td>
</tr>
<tr>
<td>Culinary Camps – Culinary 101</td>
<td>9 – 13</td>
<td>10347</td>
</tr>
<tr>
<td>Culinary Camps – Gee – Gees 102</td>
<td>9 – 13</td>
<td>10348</td>
</tr>
</tbody>
</table>

* Closed Wednesday July 1st, 2020
** Closed Monday August 3rd, 2020
**GEE-GEE CAMPS REGISTRATION FORM**

**GENERAL INFORMATION (mandatory)**

**PARTICIPANT’S LAST NAME**

**PARTICIPANT’S FIRST NAME**

**ADDRESS**

**CITY**

**PROVINCE**

**POSTAL CODE**

**SEX**

☐ F  ☐ M  ☐ OTHER

**DATE OF BIRTH (YYYY-MM-DD)**

**HOME TELEPHONE NO.**

**HEALTH INSURANCE NO.**

**HEALTH INDICATIONS** (i.e. allergies, dietary restrictions, disabilities)

**OR ANY CAMPER MEDICATIONS** (If required to be taken during camp hours):

**LANGUAGE OF CORRESPONDENCE**

☐ ENGLISH  ☐ FRANÇAIS

**PARENT/ GUARDIAN OR Main Contact Information:**

**FULL NAME**

**RELATIONSHIP**

**HOME TELEPHONE NO.**

**CELL PHONE NO.**

**WORK TELEPHONE NO.**

**E-MAIL ADDRESS (MANDATORY):**

**BEST WAY TO REACH YOU:**

**Camps**

Ask how you can donate to our Gee-Gees “Send a Kid to Camp” program.

<table>
<thead>
<tr>
<th>1. CODE</th>
<th>COST</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2. CODE</td>
<td>COST</td>
<td></td>
</tr>
<tr>
<td>3. CODE</td>
<td>COST</td>
<td></td>
</tr>
<tr>
<td>4. CODE</td>
<td>COST</td>
<td></td>
</tr>
</tbody>
</table>

**SUBTOTAL =**

$**

**HST (IF APPLICABLE) =**

$**

**GRAND TOTAL =**

$**

**PAYMENT METHOD**

Payments with instalments are no longer accepted. In order to guarantee your registration in the chosen program(s), full payment and a completed registration/waiver form must be received.

☐ CASH

☐ DEBIT

☐ CHEQUE Payable to the University of Ottawa. A returned cheque is subject to a $40 administration fee.

☐ CREDIT CARD

☐ VISA

☐ MASTERCARD

**CARD NO.**

**EXPIRY DATE**

**CARD HOLDER**

**SIGNATURE**

**CONSENT AND AUTHORIZATIONS**

Do you allow the Gee-Gees staff team to aid your child in administering sunscreen, if needed?

☐ YES  ☐ NO

Does the participant have permission to leave camp on his/her own?

☐ YES  ☐ NO

**I UNDERSTAND** that campers should not bring any valuable items with them to camp (i.e. electronics, jewelry); University of Ottawa and Gee-Gees camps are not responsible for any lost or stolen items.

**I FURTHER AUTHORIZE** the University to take photographs and video of my child for identification purposes during his/her participation and for the Camp’s promotional material, including the Gee-Gees website.

**NAME OF PARENT OR LEGAL GUARDIAN**

**SIGNATURE OF PARENT OR LEGAL GUARDIAN**

**DATE**

**MARKETING**

How did you hear about our camps?

☐ WORD OF MOUTH

☐ E-MAIL NEWSLETTER

☐ PREVIOUS CAMPER

☐ SCHOOL VISIT

☐ EXPOS

☐ OTHER:   

**NOTES**

Your personal information is collected under the authority of the University of Ottawa Act. It is collected for the purposes of recruitment, admission, registration, graduation, progression, administration, and other activities related to the University’s programs and services. At all times, it will be protected in accordance with the Freedom of Information and Protection of Privacy Act.

If you have questions, please refer to www.uOttawa.ca/admingov/privacy.html or contact the University’s Freedom of Information and Protection of Privacy Coordinator at secuni@uOttawa.ca or at 613-562-3950.