

RSC

2025  
SUMMER  
CAMPS



# Hello & Welcome!



Welcome to the 2025 Rideau Sports Centre Summer Camp Guide!

We're thrilled to help you plan an unforgettable summer for your child. At RSC, we believe every child deserves a summer filled with adventure, growth, and new friendships.

Whether your child dreams of improving their tennis skills, perfecting their swim strokes, or simply having fun outdoors, we've crafted camps that inspire confidence, creativity, and joy. Let's make this summer one to remember!

## Why Choose Us?

At Rideau Sports Centre we are dedicated to creating a safe, exciting, and enriching environment for your child. Here's why families love spending their summers with us:



### Certified Tennis Coaches NEW!

Your child will learn and improve their skills under the guidance of our highly certified year-round RSC professionals passionate about the sport.



### Certified Lifeguards & Swim Instructors

Whether it's swimming lessons or free time at the pool, our aqua team is fully trained to provide expert supervision, teach water safety, and help campers build confidence.



### Thoroughly Trained Counselors

Our camp counselors are not only experienced but also extensively trained to ensure your child's safety, happiness, and engagement.



### Fun & Dynamic Programming

Every day is packed with activities designed to keep kids active, entertained, and smiling, all while fostering improved skill, teamwork and creativity.



### Active & Energetic Environment

We promote an active lifestyle, giving children the chance to make friends, try new activities, and create lasting memories.

“

There was super warm and friendly atmosphere at drop off and pick up. Made you feel like you kid was in a good place and was going to have fun” - 2024 Summer Camp Parent

# Our Camps

Whether your child is refining their skills or just starting their swimming journey, our Aqua Summer Camp promises a week of growth, confidence, and water-filled excitement!

## Aquatics Summer Camps



Make a splash this summer at our Aqua Summer Camp! Perfect for swimmers of all skill levels, this program offers an exciting mix of learning, fun, and friendly competition.

### Junior (Ages 6-8):

Ratio 1:5 in pool, plus lifeguard and instructor supervisor.

### Seniors (Ages 9-12)

Ratio 1:6 in pool, plus lifeguard and instructor supervisor.

### Daily Instructional Swim (1 - 1.5 hours)

Each day, campers focus on mastering a new swimming skill, from stroke techniques and breathing exercises to diving and water safety. Our certified instructors provide personalized attention to ensure every child progresses at their own pace.

### Daily Free Swim

Each day, in addition to instructional swim, campers can cool off, splash around, and enjoy some unstructured fun in the water under the watchful eyes of our certified lifeguards and their counselors.

### End-of-Week Swim Olympics

Campers showcase their skills in a fun and friendly competition! This exciting event promotes teamwork, boosts confidence, and creates lasting memories.

“

The aquatics camp was great! Special thanks to the counsellors who made my daughters week super.”

- 2024 Summer Camp Parent

# Tennis Camps

We are transforming our tennis camps, offering a more structured and skill-based experience for children of all levels. Whether you're picking up a racquet for the first time, or you've played for years, our year-round Tennis Canada Certified coaches will tailor to each child's age and skill level. Campers can expect fun and engaging activities to build confidence, teamwork and love for the sport!

## Red Ball Tennis Camp



**Ages 6 - 7 | Ratio 1:5 on and off court  
3 hours on-court per day**

The **Red Ball Tennis Camp** introduces our youngest players to the game of tennis in a fun, supportive environment. Campers will work on developing coordination, balance, and basic stroke fundamentals using smaller courts and red tennis balls designed for their age and size. Our certified coaches integrate games and activities to teach teamwork, sportsmanship, and foundational athletic skills. This camp is the perfect starting point for kids to fall in love with tennis.

## Orange Ball Tennis Camp



**Ages 8 - 9 | Ratio 1:8 on and off,  
1:6 off court  
3 hours on-court per day**

The **Orange Ball Tennis Camp** is designed for young players ready to build on their foundational skills. Using a mid-sized court and orange tennis balls (50% depressurized), participants focus on improving technique, rallying, and playing points. Our certified coaches emphasize teamwork, decision-making, and sportsmanship through engaging drills and games. This camp ensures players develop confidence and enjoy the game in a fun and inclusive setting. This group would be ideal for kids who turned 9 in 2025.



## Green Ball Tennis Camp



**Ages 9 - 10 | Ratio 1:8 on and off court  
3 hours on-court per day**

The **Green Ball Tennis Camp** provides an exciting opportunity for older kids to continue their tennis journey. Campers use a full-sized court and green tennis balls (25% depressurized) to work on stroke fundamentals, rallying skills, and point play. With a focus on teamwork, fitness, and sportsmanship, our certified coaches create a supportive environment where participants build athletic skills and a lifelong love for tennis. This group would be ideal for kids who are 9 and turning 10 in 2025.

## Teen Tennis Camp



**Ages 11 - 14 | Ratio 1:8 on and off court  
3 hours on-court per day**

The **Teen Tennis Camp** offers beginner and intermediate players a chance to grow their skills and enjoy the game in a social and active environment. Campers will focus on foundational stroke techniques, point play, and teamwork, while also improving their fitness and mental skills for match scenarios. This camp emphasizes fun, inclusivity, and the core values of sportsmanship and collaboration.

## High Performance Tennis Camps



High Performance camps are for junior players who are **currently competing in tournaments and are at a competitive level**. Unlike recreational camps, our High Performance camp specializes in specific training along with fitness and a mix of tactical and technical elements and are not full day programs.

Inquiries for HP camps should be made directly to Rachel Cruikshank, Head of High Performance.



“There was super warm and friendly atmosphere at drop off and pick up. Made you feel like you kid was in a good place and was going to have fun” - 2024 Junior Tennis Program Parent

## Sample Schedule

Time	Activity
8:45am - 9:00am	Icebreaker/Attendance
9:00am - 10:30am	Specialized sport time (Tennis/Swim Lesson)
10:30am - 10:45am	Snack
10:45am - 12:00pm	Camp Activities (Dodgeball, capture the flag, park, etc.)
12:00pm - 1:00pm	Lunch & Low Organized Games
1:00pm - 2:30pm	Specialized sport time (Tennis/Swim Lessons)

Schedule is subject to change based on weather.

## Programs & Pricing

All of our Summer Camps run weekly from June 30th to August 29th. Four-day weeks will be priced accordingly. All camps are subject to HST.

Camp	Price
Aquatics Junior	\$350
Aquatics Senior	\$350
Red Ball Tennis	\$450
Orange Ball Tennis	\$450
Green Ball Tennis	\$450
Teen Tennis	\$450
High Performance (Invite Only)	Please contact Head of High Performance Rachel Cruickshank ( <a href="mailto:rachel@rideausportscentre.com">rachel@rideausportscentre.com</a> )

# Pre & Post Care



Available for an additional \$35 per week.

We offer pre- and post-care for an additional \$35 per option per week.

- **Pre-care:** Drop off as early as 7:30 a.m. (without pre-care, drop-off starts at 8:45 a.m.).
- **Post-care:** Pick up as late as 5:30 p.m. (without post-care, pick-up ends at 4:15 p.m.).

Please note: Our late pick-up policy applies to both post-care and non-post-care options. A fee of \$15 is charged for every 15 minutes late, applied incrementally.

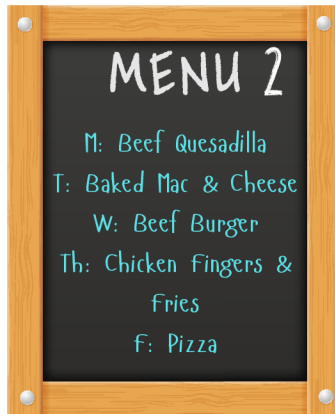
#### Example:

- Pick-up between 5:30 and 5:45 p.m. = \$15 fee
- Pick-up at 5:47 p.m. = \$30 fee

# Lunch Add-On

Lunch is available to purchase for the week for \$65 plus HST. Lunch can be added-on up until the **Thursday morning** (10:00am) prior to your camp week.

Our lunch menu rotates on a bi-weekly schedule. Weeks 1 and 2 feature Lunch Menu 1, weeks 3 and 4 switch to Lunch Menu 2, and weeks 5 and 6 return to Lunch Menu 1, continuing in this pattern. The menus consist of the following:



# FAQs

## When can I register my child for 2025 Summer Camps?

Registration for 2025 Summer Camps opens on **January 13, 2025**. RSC Tennis passholders and past summer camp registrants have early access to registration beginning January 6, 2025.

## How do I register my child for camp?

Parents can register their children for camp 3 different ways: Online at [rsc.clubautomation.com](http://rsc.clubautomation.com), using the RSC Mobile app (Download from the Apple App Store or Google Play Store), or giving our front desk a call at 613-749-6126 .

\*Note: All options will require you to create an account for yourself and your child\*



## What does camp registration include?

Registration includes a t-shirt plus one free yoga/fitness class for parents and/or guardians!

## Can my child be in the same group as their friend?

Yes! If your child is registered for the same camp (i.e. aquatics junior), they will be in the same group as their friend!

## What should my child bring to camp?

Running shoes and proper attire nut tree snacks & lunch (if you ordered lunch, please bring two nut-free snacks), water bottle, swimsuit, towel, sunscreen, lifejacket (if needed), hat. Please come to camp with sunscreen already applied, or remind your child(ren) how to properly apply sunscreen. If a camper needs assistance, we encourage parents to bring spray-on sunscreen.

If you're enrolled in the Tennis Camps, we highly recommend purchasing your own racquet, our certified coaches can point you in the right direction. Be sure to label everything!

## What time should I pick-up & drop-off my child at camp?

Families can drop off their child at 8:45am (or as early as 7:30am with our pre-care option) and pick up at 4:15pm (or as late as 5:30pm with our post-care option). We do have a late pick-up policy:

- Parents or Guardians who are late to pick up their child(ren) will be charged a fee of \$15 per 15 minutes per child. This fee will be reapplied every 15 mins.
- For example: A pick-up between 5:30pm and 5:45pm = \$15 fee, A pick-up at 5:47pm = \$30 fee.



# FAQs

## What is the RSC Camp refund policy?

- No refunds will be issued within 30 days of the camp start date.
- Refunds will be provided up to 30 days prior to the start date and are subject to a \$40+HST administration fee. An administration fee applies per camp, per child.
- If a camp participant is removed from camp due to misbehaviour, refunds will not be issued.



## What happens in the case of bad weather?

In the case of poor weather, campers will utilize our indoor facilities to continue their fun.

## Who will supervise my children at camp?

**Tennis Camps:** Campers will be with Tennis Canada Certified instructors during on court tennis lessons.

**Aqua Camps:** Campers will be with Certified Aquatics instructors during swim lesson time.

**At all other times,** campers will be with thoroughly trained and First Aid Certified camp counsellors.

## How are campers divided by skill?

Camps are divided by age and within the camp the kids will be grouped based on ability at the instructor's discretion.

## What if my child cannot swim?

Aquatics camp is a perfect way to help them learn! All campers will do a swim test administered by our certified lifeguards to determine their swim level. During free swim time, we have a variety of lifejackets for all ages and sizes, if your child cannot swim we're more than happy to put a lifejacket on them. If they don't want to be in the pool, we have a beautiful green space behind the pool where a counsellor will be located. Games and crafts will be run by the counsellor to ensure all participants are enjoying the beautiful weather!

## How often is free swim?

Free swim takes place in the afternoons. Each camp will have the opportunity to have free swim 3-4 times a week (weather dependent).

# FAQs

## My child has never played tennis, is this the right camp for them?

Yes absolutely! Our Tennis Canada Certified Coaches welcome all skill ranges.

## My child does the RSC Junior Tennis Programs during the year, how is this different?

Our newly restructured Tennis Summer camps are an extension of our year-round Junior Tennis programs pathways.

## Will tennis be indoors or outdoors?

On court tennis lessons will be inside the tennis domes.

## Will tennis camps teach singles strategy or doubles play?

Participants will learn both doubles and singles strategy and technique.

# Contact Us



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