Love to move – Love to dance? Our campers will experience different dance styles including; hip hop, jazz, musical theatre, cultural dances and more. Swim sessions included.

Aug 4–Aug 7 Tue–Fri, 9–4pm $169
39563

DANCE
9–12 YRS (CO-ED) CARSA MOVEMENT STUDIO
Love to move – Love to dance? Our campers will experience different dance styles including; hip hop, jazz, musical theatre, cultural dances and more. Swim sessions included.

Aug 4–Aug 7 Tue–Fri, 9–4pm $169 39563

GIRL POWER 10–13 YRS MCK DANCE STUDIO
Girls experience a week of activities that focus on team building, leadership development and health and fitness. A variety of activities are included (yoga, martial arts, racquet sports, dance.)

Jul 20–Jul 24 Mon–Fri, 9–4pm $199 39564
Aug 17–Aug 21 Mon–Fri, 9–4pm $199 39565

MINI VIKES 5–7 YRS MCK RM 155
Girls experience a week of activities that focus on team building, leadership development and health and fitness. A variety of activities are included (yoga, martial arts, racquet sports, dance.)

Jul 20–Jul 24 Mon–Fri, 9–4pm $199 39564
Aug 17–Aug 21 Mon–Fri, 9–4pm $199 39565

REFUNDS:
Please note we require written notice be received no less than 30 days prior to the camp start date in order to process a refund. Notices received less than 30 days prior to the start of a camp requires a medical note prior to processing a refund. All refunds are subject to a $10 administration fee.

Camp locations subject to change based on facility availability.

Register: vikescamps.com
More info: (250) 472-4000

Before & after camp care available on a weekly/daily basis

Refund Policy: Please note we require written notice be received no less than 30 days prior to the camp start date in order to process a refund. Notices received less than 30 days prior to the start of a camp requires a medical note prior to processing a refund. All refunds are subject to a $10 administration fee.

Camp locations subject to change based on facility availability.

Thank you to Thrifty Foods for contributing nutritious fun to the Vikes Summer Camps Fun Fridays!
SPORTS DEVELOPMENT CAMPS

CHEER
11–14 YRS  (CO-ED)  MCK GYM
Cheer camp will introduce you to the fun and excitement of cheerleading. The Vikes Cheer team will teach participants dances, jumps, cheers, tumbling, teambuilding and more!

Aug 24–Aug 28 Mon–Fri, 9–4pm $189 39562

HOKEY  ISIC ICE RINK
Vikes are proud to offer our developmental camps and the addition of new goalie camps this summer! Players need a minimum of one year minor hockey experience. Participants receive a coach’s evaluation, training tips, a water bottle and a hockey jersey!

Newf Goalie (7–10 yrs) Aug 17–Aug 21 Mon–Fri, 8:30–4:30pm $400 39566
Newf Goalie (11–14 yrs) Aug 17–Aug 21 Mon–Fri, 8:30–4:30pm $400 39567
Novice (7–8 yrs) Aug 24–Aug 28 Mon–Fri, 8:30–4:30pm $295 39568
Atom (9–10 yrs) Aug 24–Aug 28 Mon–Fri, 8:30–4:30pm $295 39569

MULTI-SPORTS  MCK DANCE STUDIO
This fun-packed camp helps to foster teamwork and to develop a wide range of sporting skills. Spend the week experiencing various sports such as basketball, soccer, touch rugby, squash, tennis and volleyball. Includes swim sessions.

9–12 yrs

Jul 6–Jul 10 Mon–Fri, 9–4pm $185 39564
Jul 13–Jul 17 Mon–Fri, 9–4pm $185 39565
Jul 27–Jul 31 Mon–Fri, 9–4pm $185 39568
Aug 4–Aug 7 Tue–Fri, 9–4pm $150 39560
Aug 10–Aug 14 Mon–Fri, 9–4pm $185 39562
Aug 17–Aug 21 Mon–Fri, 9–4pm $185 39563

RACQUET SPORTS  8–13 YRS  CARSA FIELDHOUSE
Develop skills and learn the rules of play in tennis, badminton, squash and table tennis, in a fun and challenging environment. Includes swim sessions.

Jul 13–Jul 17 Mon–Fri, 9–4pm $199 39646
Jul 20–Jul 24 Mon–Fri, 9–4pm $199 39647
Aug 10–Aug 14 Mon–Fri, 9–4pm $199 39648
Aug 24–Aug 28 Mon–Fri, 9–4pm $199 40457

SOCCER  8–16 YRS  TURF FIELD #2
A camp for soccer enthusiasts of all levels, as participants are grouped by age and skill level. Mornings focus on game fundamentals, lunch hour features World Cup videos and a skills competition, and the afternoon includes our World Cup tournament. Includes a coaches evaluation, camp shirt, soccer ball and swim sessions.

Jul 6–Jul 10 Mon–Fri, 9–4pm $189 39560
Jul 13–Jul 17 Mon–Fri, 9–4pm $189 39561
Aug 10–Aug 14 Mon–Fri, 9–4pm $189 39562

MINI VIKES SOCCER  5–7 YRS  TURF FIELD #1
A morning only soccer camp perfect for our youngest soccer enthusiasts! Participants engage in skills, drills and games, with a focus on fun and fundamentals. Includes a coaches evaluation, camp shirt and soccer ball.

Jul 6–Jul 10 Mon–Fri, 9–12pm $105 39564
Jul 13–Jul 17 Mon–Fri, 9–12pm $105 39565
Aug 10–Aug 14 Mon–Fri, 9–12pm $105 39566

SWIMMING  8–12 YRS  MCK POOL
Experience the depths of competitive swimming as our coaches teach stroke improvement, fitness, dry land skills and provide video feedback. Participants must be able to swim 50 meters or be at a competitive level.

Jul 13–Jul 17 Mon–Fri, 9–4pm $189 39669
Aug 4–Aug 7 Tue–Fri, 9–4pm $150 39670
Aug 10–Aug 14 Mon–Fri, 9–4pm $189 39671

TENNIS  8–13 YRS  ISIC OUTDOOR COURTS
Camps are instructed in the technical, tactical, physical, and mental aspects of play while participating in fundamental games and activities to ensure a healthy balance of skill and game development. Includes swim sessions.

Jun 29–Jul 3 Mon–Tue, Thu–Fri, 9–4pm $165 39549
Jul 20–Jul 24 Mon–Fri, 9–4pm $189 39550
Jul 27–Jul 31 Mon–Fri, 9–4pm $189 39551
Aug 17–Aug 21 Mon–Fri, 9–4pm $189 39552

TRACK & FIELD  8–14 YRS  CENTENNIAL STADIUM
A great introduction to a wide range of running, jumping and throwing events including sprints, middle distance, steeple chase, high jump, long jump, and throws. Focus is on progressive skill development in a fun environment. Includes swim sessions.

Jun 29–Jul 3 Mon–Fri, 9–4pm $189 39503

VICTORY BASKETBALL  8–13 YRS  CARSA PERFORMANCE GYM
NCCP coaches and Uvic Vikes players present a comprehensive co-ed camp, offering a variety of teaching techniques and a focus on individual skill development. All aspects of the game will be covered. Includes a Vikes reversible jersey, basketball and swim sessions.

Jun 29–Jul 3 Mon–Tue, Thu–Fri, 9–4pm $165 39549
Jul 20–Jul 24 Mon–Fri, 9–4pm $189 39550
Jul 27–Jul 31 Mon–Fri, 9–4pm $189 39551
Aug 17–Aug 21 Mon–Fri, 9–4pm $189 39552

MINI VIKES BASKETBALL  5–7 YRS  CARSA FIELDHOUSE COURT
Developed for the beginner basketball player this camp covers the fundamentals (passing, shooting, defence, dribbling and rebounding), a progression of innovative drills and fun modified games. Includes a Vikes reversible jersey and basketball.

Jul 20–Jul 24 Mon–Fri, 9–12pm $110 39553
Jul 27–Jul 31 Mon–Fri, 9–12pm $110 39554
Aug 17–Aug 21 Mon–Fri, 9–12pm $110 39555

SOCCER GIRLS ELITE  13–18 YRS  GRASS FIELD #4
Tailored to the female soccer player who has played at the Vancouver Island Premier LEAGUE (VIP) LEVEL or higher. Vikes’ Head Coach Tracy David and her varsity players will focus on skill development through drills and scrimmages. Includes a soccer ball.

Aug 10–Aug 14 Mon–Fri, 9–12pm $125 39511

SPEED & AGILITY  8–16 YRS  CENTENNIAL STADIUM
Improve your performance in any sport as you develop agility, balance, suppleness and coordination with speed. Stamina and strength are introduced progressively at age appropriate levels. Specific SPEED and AGILITY skills for various sports are taught and participants experience what they have learned through interactive games. Includes swim sessions.

Jul 6–Jul 10 Mon–Fri, 9–4pm $225 39504
Jul 13–Jul 17 Mon–Fri, 9–4pm $225 39505

BASKETBALL SHOOTING CLINIC & COMPETITION  14–17 YRS  CARSA PERFORMANCE GYM
Vikes Nation Basketball presents a 3-day specialized program with a focus on shooting and court competition. Instruction will educate players on the proper mechanics of shooting, one of the most important skills in basketball. The first half of the session will focus on solid shooting habits while the second half will include a heavy dose of competitive drills such as how to play 1 vs 1, 2 vs 2, 3 vs 3, and odd man transition breaks and rushes. This will assist in the development of on court toughness and decision making. This specialty program includes a Vikes reversible jersey.

Aug 10–Aug 12 (boys) Mon–Wed, 9–12pm $110 39560
Aug 11–Aug 13 (girls) Tue–Thu, 2–5pm $110 39561

TRACK & FIELD FOR MINI’S  5–7 YRS  CENTENNIAL STADIUM
A great introduction to a wide range of running, jumping and throwing events for our five to seven year olds. This camp focuses on progressive skill development in a fun environment. Swim sessions included.

Jul 6–Jul 10 Mon–Fri, 9–4pm $189 39667
Jul 13–Jul 17 Mon–Fri, 9–4pm $189 39668

TRACK & FIELD FOR MINI’S  5–7 YRS  CARSA FIELDHOUSE COURT
Developed for the younger child this camp covers the fundamentals (passing, shooting, defence, dribbling and rebounding), a progression of innovative drills and fun modified games. Includes a Vikes reversible jersey and basketball.

Jul 6–Jul 10 Mon–Fri, 9–4pm $189 39659
Jul 6–Jul 10 Mon–Fri, 9–4pm $199 39660
Aug 17–Aug 21 Mon–Fri, 9–4pm $199 39661

VICS SPORTS DEVELOPMENT CAMPS

CAMPS  SPORTS  DEVELOPMENT

MICRO 16 YRS  CENTENNIAL STADIUM
A great introduction to a wide range of running, jumping and throwing events including sprints, middle distance, steeple chase, high jump, long jump, and throws. Focus is on progressive skill development in a fun environment. Includes swim sessions.

Jun 29–Jul 3 Mon–Fri, 9–4pm $189 39503