

**All Sport One Day @ Lake Bonavista Community  
Association**

**August 17th Schedule**

**9:45AM-11:00AM**

Sport	Age Group
<b>Disc Golf</b>	<b>6-17</b>
<b>Kung Fu</b>	<b>12-17</b>
<b>Basketball</b>	<b>6-8</b>
<b>Volleyball</b>	<b>8-12</b>
<b>Curling</b>	<b>8-12</b>
<b>Hockey</b>	<b>6-8</b>
<b>Learn to Skate</b>	<b>6-14</b>
<b>Fencing</b>	<b>6-8</b>
<b>Ski Jumping</b>	<b>6-12</b>
<b>Baton Twirling</b>	<b>6-17</b>

**11:15AM-12:15PM**

Sport	Age Group
<b>Disc Golf</b>	<b>6-17</b>
<b>Kung Fu</b>	<b>6-11</b>
<b>Basketball</b>	<b>9-14</b>
<b>Volleyball</b>	<b>8-12</b>
<b>Curling</b>	<b>8-12</b>
<b>Hockey</b>	<b>9-14</b>
<b>Learn to Skate</b>	<b>6-14</b>
<b>Fencing</b>	<b>6-8</b>
<b>Baton Twirling</b>	<b>6-17</b>
<b>Ski Jumping</b>	<b>6-12</b>

**12:45PM-1:45PM**

Sport	Age Group
<b>Disc Golf</b>	<b>6-17</b>
<b>Kung Fu</b>	<b>6-11</b>
<b>Basketball</b>	<b>9-14</b>
<b>Curling</b>	<b>12-17</b>
<b>Volleyball</b>	<b>8-12</b>
<b>Ski Jumping</b>	<b>6-12</b>
<b>Fencing</b>	<b>9-14</b>
<b>Baton Twirling</b>	<b>6-17</b>

**2:00PM-3:00PM**

Sport	Age Group
<b>Disc Golf</b>	<b>6-17</b>
<b>Kung Fu</b>	<b>6-11</b>
<b>Basketball</b>	<b>6-8</b>
<b>Curling</b>	<b>8-12</b>
<b>Volleyball</b>	<b>11-14</b>
<b>Ski Jumping</b>	<b>6-12</b>
<b>Baton Twirling</b>	<b>6-17</b>
<b>Kendo</b>	<b>8-17</b>

## Session Description

Sport	Session Description
<b>Hockey</b>	<p>Come out on to the ice and learn the basics of hockey! We will teach you how to skate, stop, turn and shoot, but most importantly having fun!</p> <p>Hockey Calgary is a volunteer driven organization that has been dedicated to helping young hockey players since 1949.</p>
<b>Kendo</b>	<p>Kendo is a modern Japanese martial art, descended from kenjutsu, that uses bamboo swords as well as protective armor. This is the perfect opportunity to learn the art of Kendo! You will swing shinai and get your stress away.</p> <p>Chinook Kendo Dojo was established in 2004, practicing the martial art of Kendo, Japanese traditional martial art. Head Instructor Kyle Lee is the former captain of Canadian National Team and Canadian Men's champion.</p>
<b>Ski Jumping</b>	<p>Participants will be introduced to the sport of ski jumping in a safe accessible way. The session includes an intro to ski jumping warm-up, dynamic exercises, and ski jumping on a mobile miniature ski jump. This session is a great way to experience the fun sport of ski jumping, even in the summer months!</p> <p>Alberta Ski Jumping and Nordic Combined Association is a non-profit organization in started in 1991. The organization promotes, encourages and supports the competitive and recreational ski jumping and nordic combined programs in Alberta.</p>
<b>Curling</b>	<p>Participants will be introduced to the Olympic sport of curling! Learn about the rules and basic skills like throwing and sweeping. The Calgary Youth Curling Association is dedicated to getting youth involved in the sport of curling, providing opportunities for young curlers to develop skills and learn the game.</p>
<b>Volleyball</b>	<p>During this session, participants will be introduced to the fundamental skills of volleyball such as bumping and setting.</p> <p>Stryker Sports Development provides fundamental skills development programs for kids ages 6-15. Our focus is to provide an outstanding opportunity for young players to develop their maximum potential as a player, athlete and person.</p>
<b>Basketball</b>	<p>During this session, participants will be introduced to the fundamental skills of basketball such as dribbling, shooting and passing!</p> <p>Stryker Sports Development provides fundamental skills development programs for kids ages 6-15. Our focus is to provide an outstanding opportunity for young players to develop their maximum potential as a player, athlete and person.</p>
<b>Kung Fu</b>	<p>Tap into something new as you explore the basics of martial arts. Join us for this introductory session that will teach focus, discipline, and the basic skills of kung fu, with lots of fun and games! All ages are welcome from kids to adults!</p> <p>A Dojo, in martial arts, is a place where you come to learn, grow, and develop - ultimately leaving with a new found confidence. The Wellness Dojo brings those same principles to your wellness. With a community of support, education, and accountability, you will walk away empowered to live the life you want to be living!</p>
<b>Disc Golf</b>	<p>Join our passionate and experienced instructors to learn about how to play disc golf, disc types, disc flight, putting, backhand throws, forehand throws, how to play a round, where to get discs, how to find courses, etiquette and more!</p> <p>Alberta Youth Disc Golf works for the betterment of youth disc golf in Alberta by assisting with local youth disc golf prgrams, organizing youth disc golf clinics and lessons, running youth only tournaments, and more!</p>
<b>Fencing</b>	<p>This fun and engaging session will teach participants basic skills such as fencing footwork, bladework, and strategy.</p> <p>Epic Fencing Club is a not-for-profit organization with the vision to build an inclusive, respectful and supportive fencing community that grows healthy and fulfilled individuals by encouraging them to embrace challenge, curiosity and learning so they can chase their dreams and discover themselves.</p>