

PHYSIK



Informative Document
Summer camp 2025!



Table of contents

- 3 ✨ What to bring to camp?
- 4 ✨ Example of a typical day
- 5 ✨ Park Champfleury
- 6 ✨ Info week 1 (June 24–27)
- 7 ✨ Info week 2 (June 30–July 4)
- 8 ✨ Info week 3 (July 7–11)
- 9 ✨ Info week 4 (July 14–18)
- 10 ✨ Info week 5 (July 21–25)
- 11 ✨ Info week 6 (July 28–August 1)
- 12 ✨ Info week 7 (August 4–8)
- 13 ✨ Info week 8 (August 11–15)
- 14 ✨ Info week 9 (August 18–22)





What to bring to camp



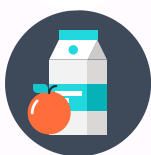
Sportswear

***Camp t-shirt for outings**

The camp t-shirt will be given on your child's first day of participation



Running shoes



A lunch and many snacks



Water bottle



Gymnastics leotard &
bathing suit



Cap or hat



Sandals



Beach towel



Sunscreen (in spray format)

✦ Hair in a pony tail or bun

✦ No jewelry or items of value

✦ Nuts and peanuts are not permitted in lunch and snacks

Typical day at camp



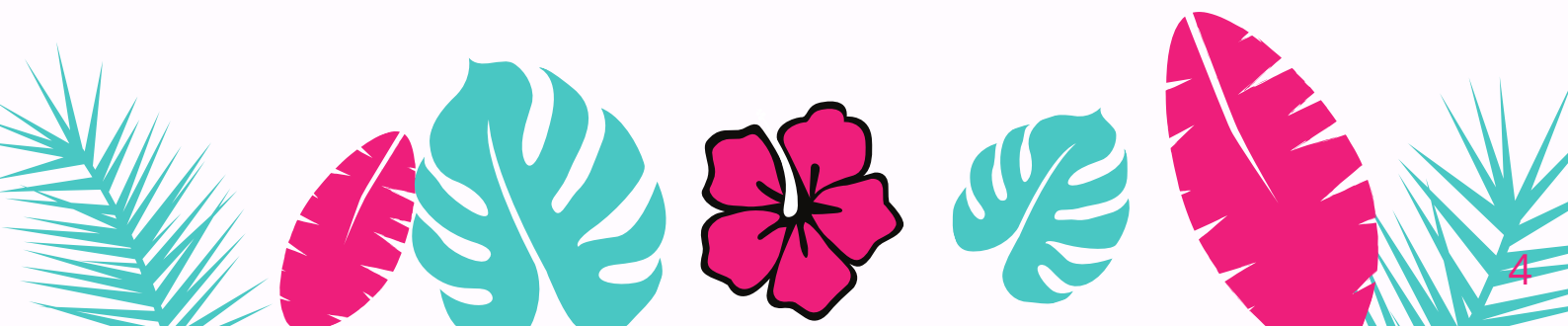
7:30 – 9:00am	Daycare
9:00 – 10:30am	Gymnastics
10:30 – 10:45am	Snack time
10:45am – 12pm	Gymnastique

LUNCH: 12:00 – 1:00pm

1:00 – 3:45pm	Recreational activities*
3:45 – 4:00pm	Campers departure
4:00 – 5:00pm	Daycare

**Recreational activities: indoor activities, outdoor activities, special activities/outings, park, activities in the gym.

- Daycare: Included in the price
- Travel: School bus or city bus. Included in the price



Park Champfleury

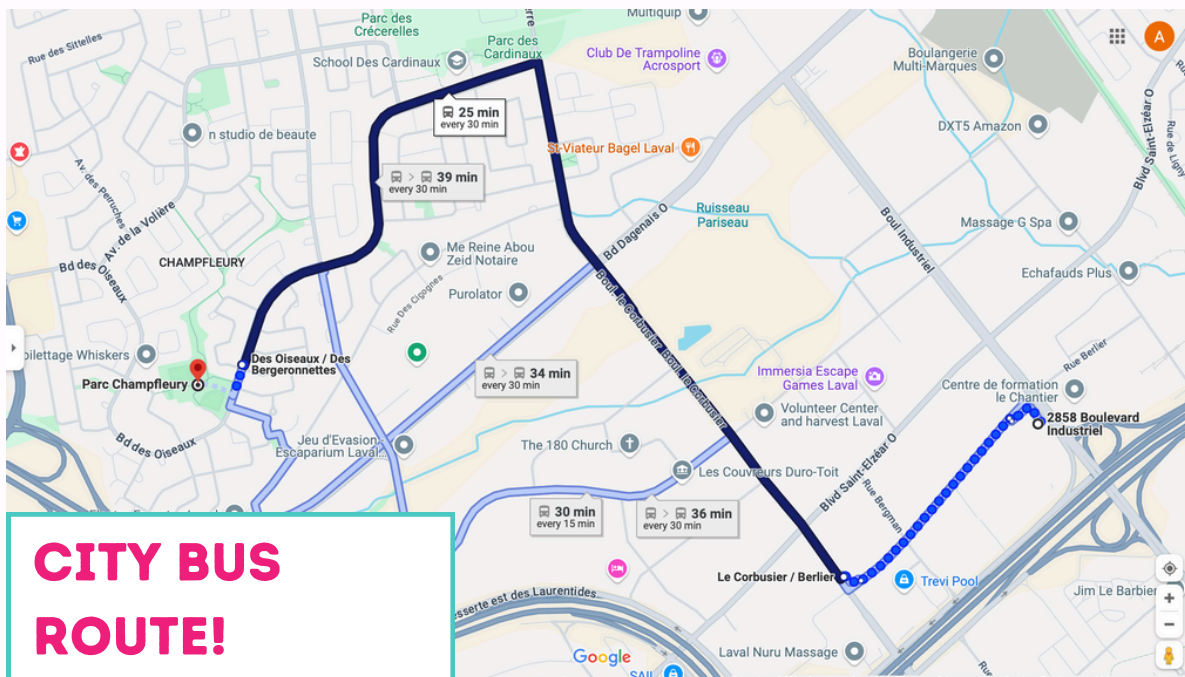


Park activities and water games

Park Champfleury

2585 Bd des Oiseaux, Laval, H7L 4M4

- When the weather permits, we will go to the park in the afternoon! We do not notify in advance, which is why it is important that your child has everything they need every day!
- Check p.3, "What to Bring to Camp" to make sure your child has everything they need
- We will go by city bus. Bus fares are included. We will take the "65"
- Planned activities: Picnic lunch, modules, group games and water games



Themes & Activities

WEEKS

Week 1 (June 24-27)

Week 2 (June 30-July 4)

Week 3 (July 7-11)

Week 4 (July 14-18)

Week 5 (July 21-25)

Week 6 (July 28-August 1)

Week 7 (August 4-8)

Week 8 (August 11-15)

Week 9 (August 18-22)

THEMES

➡ Aloha l'été

➡ Detectives

➡ The Circus

➡ Safari

➡ Superheros

➡ Hollywood

➡ Candyland

➡ Space

➡ Disney

Week 1

June 24-27

Theme of the
week!

Aloha summer!



Afternoon activities:

Tuesday: Games in the gym

Mercredi: Arts and crafts!

Jeudi: Games in the gym

Vendredi: Games in the gym & mini show

*Outing to Champfleury Park if the weather permits!

Mini show!

When: Friday, June 27 at 4pm

- The children will prepare a mini routine with gymnastic movements to show you what they learned during the week!
- It starts at 4pm sharp and will last about 5 minutes

Week 2

June 30 - July 4

A magnifying glass is positioned at the top right, focusing on a yellow circular area. Below it, a cartoon dog wearing a brown trench coat and a hat is shown from the side, looking down. Several black footprints lead from the dog towards the yellow circle.

Thème de la
semaine:
Les détectives!

Céramic Café

At our gym

Date: July 2

Time: 1:30 - 3:00pm

Information:

- Céramic Café will come to our gym
- Planned activities: Painting a cup
- Céramic Café will leave with the cups to have them cooked. The cups will be ready about two weeks later. We will contact you when the cups can be picked up at our gym

Afternoon activities:

Monday: Games in the gym

Tuesday: Arts & Crafts! T-shirt personalization

Wednesday: Céramic Café

Thursday: Games in the gym

Friday: Games and mini show

*Outing to Champfleury Park if the weather permits!

Mini show!

When: Friday, July 4 at 4pm

- The children will prepare a mini routine with gymnastic movements to show you what they learned during the week!
- It starts at 4 pm sharp and will last about 5 minutes

Week 3

July 7-11

Theme of the
week!
Circus!



Magislain

(At our gym)

Date: July 10

Time: 1-4pm

Information:

- Magislain will come to our gym
- Planned activities: A magic show followed by workshops that will allow children to learn how to do magic

Afternoon activities:

Monday: Games in the gym

Tuesday: Games in the gym

Wednesday: Arts & Crafts! Paint a canvas

Thursday: Magislain

Friday: Games and mini show

*Outing to Champfleury Park if the weather permits!

Mini show!

When: Friday, July 11 at 4pm

- The children will prepare a mini routine with gymnastic movements to show you what they learned during the week!
- It starts at 4 pm sharp and will last about 5 minutes

Week 4

July 14-18

Theme of the
week!
Safari!



Nid'Otruche

825 Chemin Fresnière, Saint Eustache

Date: July 16

Time: 10am - 3pm

Information:

- The bus will leave the gym at 9:00 a.m. Be on time!
- What you'll need: Check page 3 "What to Bring to Camp." Bring a cold lunch (no microwaves will be available) and snacks.
- The bus will leave Nid'Otruche at 2:15 p.m. We'll be back at the gym around 3:00 p.m.
- Planned activities: Walking safari, Ostrich Museum, playgrounds, and inflatable games.

Afternoon activities:

Monday: Games in the gym

Tuesday: Arts & Crafts!

Wednesday: Nid'Otruche

Thursday: Dress up as a princess and watch a Disney movie (you must bring your own costume)

Friday: Games and mini show

*Outing to Champfleury Park if the weather permits!

Mini show!

When: Friday, July 18 at 4pm

- The children will prepare a mini routine with gymnastic movements to show you what they learned during the week!
- It starts at 4 pm sharp and will last about 5 minutes

Week 5

July 21-25



Theme of the
week!

Superheros!



Clip'N Climb

2929 Boul, St-Martin Ouest, Laval

Date: July 23

Time: 9:00am - 1:30pm

Information:

- The bus will leave the gym at 9:00 a.m. Be on time!
- What you need: Running shoes, socks, sportswear, no jewelry, a cold lunch (no microwaves available), and snacks.
- The bus will leave Clip'N Climb at 1:15 p.m. We'll be back at the gym around 1:30 p.m.
- Planned activities: Various climbing stations

Afternoon activities:

Monday: Games in the gym

Tuesday: Arts & Crafts! Paint your own notebook

Wednesday: Clip'N Climb

Thursday: Games in the gym

Friday: Games in the gym and mini show

*Outing to Champfleury Park if the weather permits!

Mini show!

When: Friday, July 25 at 4pm

- The children will prepare a mini routine with gymnastic movements to show you what they learned during the week!
- It starts at 4 pm sharp and will last about 5 minutes

Week 6

July 28 - August 1st



Theme of the
week!
Hollywood!

Glitter Party Spa

At our gym

Date: July 30

Time: 1:00 - 3:00pm

Information:

- Glitter Party Spa will be coming to our gym.
- Planned activities: Eyeshadow, glitter, nail polish, and temporary glitter tattoos.
- If your child has any allergies or you would prefer not to participate in this activity, please let us know.

Afternoon activities:

Monday: Games in the gym

Tuesday: Arts & Crafts! Make a bracelet

Wednesday: Glitter Party Spa

Thursday: Games in the gym

Friday: Games and mini show

*Outing to Champfleury Park if the weather permits!

Mini show!

When: Friday, August 1 at 4pm

- The children will prepare a mini routine with gymnastic movements to show you what they learned during the week!
- It starts at 4 pm sharp and will last about 5 minutes

Week 7

August 4-8

Theme of the
week!
Candyland!



Putting Edge

105 Promenade du Centropolis, Laval

Date: August 6

Time: 9:45am - 1:30pm

Information:

- The bus will leave the gym at 9:45 a.m. Be on time!
- What you need: Running shoes, socks, sports clothes, a cold lunch (no microwaves available), and snacks.
- The bus will leave Putting Edge at 1:15 p.m. We'll be back at the gym around 1:30 p.m.
- Planned activities: Mini golf & arcade (no money required for the arcade. The package includes the arcade).

Afternoon activities:

Monday: Games in the gym

Tuesday: Arts & Crafts! Candy brochette

Wednesday: Putting Edge!

Thursday: Games in the gym

Friday: Games and mini show

*Outing to Champfleury Park if the weather permits!

Mini show!

When: Friday, August 8 at 4pm

- The children will prepare a mini routine with gymnastic movements to show you what they learned during the week!
- It starts at 4 pm sharp and will last about 5 minutes

Week 8

August 11-15

Theme of the
week!
Space!



Le Crux Junior

95 Boul. des Entreprises, Boisbriand

Date: August 13

Time: 9:45am - 2:00pm

Information:

- The bus will leave the gym at 9:45 am. Be on time!
- What you need: Running shoes, socks, sportswear, no jewelry, a cold lunch (no microwaves available), and snacks.
- The bus will leave Le Crux at 1:30 pm. We'll be back at the gym around 2 pm.
- Planned activities: Various climbing stations & Ninja Warrior course.

Afternoon activities:

Monday: Games in the gym

Tuesday: Arts & Crafts! Flower pot

Wednesday: Le Crux Junior

Thursday: Games in the gym

Friday: Games and mini show

*Outing to Champfleury Park if the weather permits!

Mini show!

When: Friday, August 15 at 4pm

- The children will prepare a mini routine with gymnastic movements to show you what they learned during the week!
- It starts at 4 pm sharp and will last about 5 minutes

Week 9

August 18-22

Theme of the
week!
Disney!



Funtropolis

3925 Boul. Curé Labelle, Laval

Date: August 20

Time: 9:15am – 2:15pm

Information:

- The bus will leave the gym at 9:15 a.m. Be on time!
- What you need: Running shoes, socks, sportswear, no jewelry, a cold lunch (no microwaves available), and snacks.
- The bus will leave Funtropolis at 2:00 p.m. We'll be back at the gym around 2:15 p.m.
- Planned activities: 4D X-Rider, play structures, a maze, and more!

Afternoon activities:

Monday: Games in the gym

Tuesday: Arts & Crafts! Mickey ears

Wednesday: Funtropolis

Thursday: Games in the gym

Friday: Games and mini show

*Outing to Champfleury Park if the weather permits!

Mini show!

When: Friday, August 22 at 4pm

- The children will prepare a mini routine with gymnastic movements to show you what they learned during the week!
- It starts at 4 pm sharp and will last about 5 minutes