

WINTER CAMP 2026

FROM MARCH 2 TO 6



Specialized in
gymnastics and
FUN!

For children
6 to 12 years old





Our gym



- Spring floor
- Trampoline
- Tumble Trak
- Foam pit
- Balance beams & Bars
- Arts and crafts & lunch area and much more!

Our camp



- All our activities are based on FUN & the development of self-confidence!
- Our coaches are certified, dynamic and passionate!
- 15 hours of gymnastics/week in small groups of 8-12 kids which enables a more personalized learning experience and an emphasis on security.
- Special activities for even more fun and discovery!





A typical day at camp Physi-K



- | | |
|-----------------------|----------------------------|
| 7:30 – 8:45am | • Daycare |
| 8:45 – 9:00am | • Welcoming campers |
| 9:00 – 10:30am | • Gymnastics |
| 10:30 – 10:45am | • Snack time |
| 10:45am – 12:00pm | • Gymnastics |
| LUNCH: 12:00 – 1:00pm | |
| 1:00 – 3:45pm | • Recreational activities! |
| 3:45 – 4:00pm | • Campers departure |
| 4:00 – 5:00pm | • Daycare |

* Recreational activities: Games in the gym, arts & crafts, themed days!



Themes & afternoon activities

- **Monday**

Theme: Camp spirit

Afternoon activities: Personalize your camp T-shirt

- **Tuesday**

Theme: Candyland

Afternoon activities: Candy chase & make your own candy brochette

- **Wednesday**

Theme: Friendship

Afternoon activities: Make a friendship bracelet

- **Thursday**

Theme: Pyjama day

Afternoon activities: Watch a film while eating popcorn

- **Friday**

Theme: Storm of fun challenges

Afternoon activities: Creative team games, physical challenges

Price



For the week

320\$^{+txs} from January 28 to February 3

340\$^{+txs} As of February 4

no additional fee's

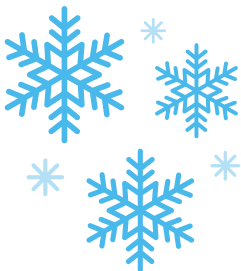
Per day

80\$^{+txs}/day

- The earlybird rebate of -20\$ applies only for a registration to the whole week.
- Registration per day begins February 11th (subject to availability)

INCLUDED IN THE PRICE:

- Daycare everyday from 7:30 to 9am and from 4 to 5pm
- Camp t-shirt
- Microwave available for warm meals



Family rebate

- \$10 discount/week starting from the 2nd child residing at the same address. (Applicable for weekly registration only)
- Relevé24 available for your 2026 income taxes

Reimbursement policy

- No reimbursement will be given once the week has begun.
- Absences are not creditable, exchangeable nor reimbursable.

A snapshot of our camp



Winter camp checklist



Sportswear

*Camp t-shirt for outings (given on the first day)



Boots



A lunch and multiple snacks



Water bottle



Winter jacket and snow pants



Hat



Gloves



Scarf

- Hair in a pony tail or bun
- No jewelery or items of value
- Nuts and peanuts not permitted in snacks and lunch

