

Summer camp 2026!



Informative Document

PHYSIK



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What to bring to camp



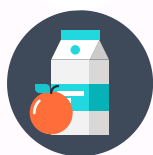
Sportswear

*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



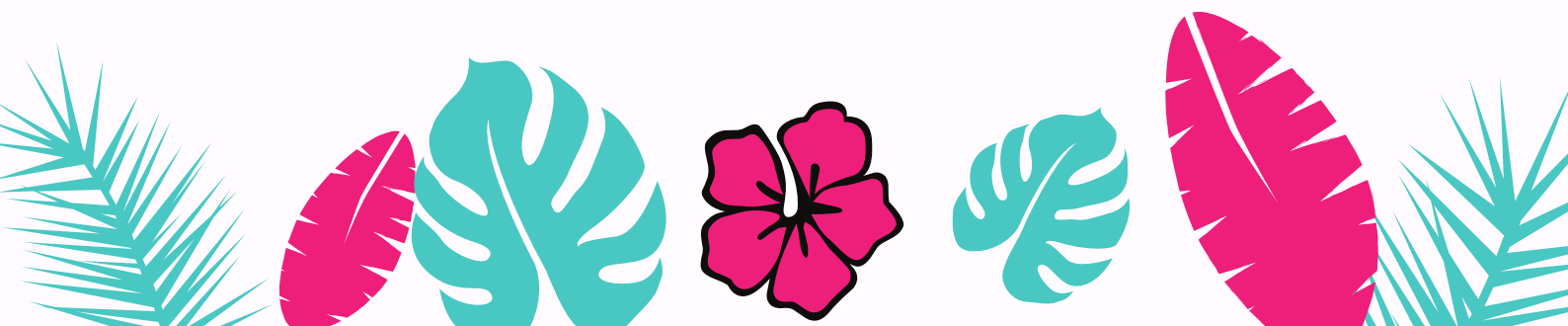
7:30 – 9:00am	Daycare
9:00 – 10:30am	Gymnastics
10:30 – 10:45am	Snack time
10:45am – 12pm	Gymnastique

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

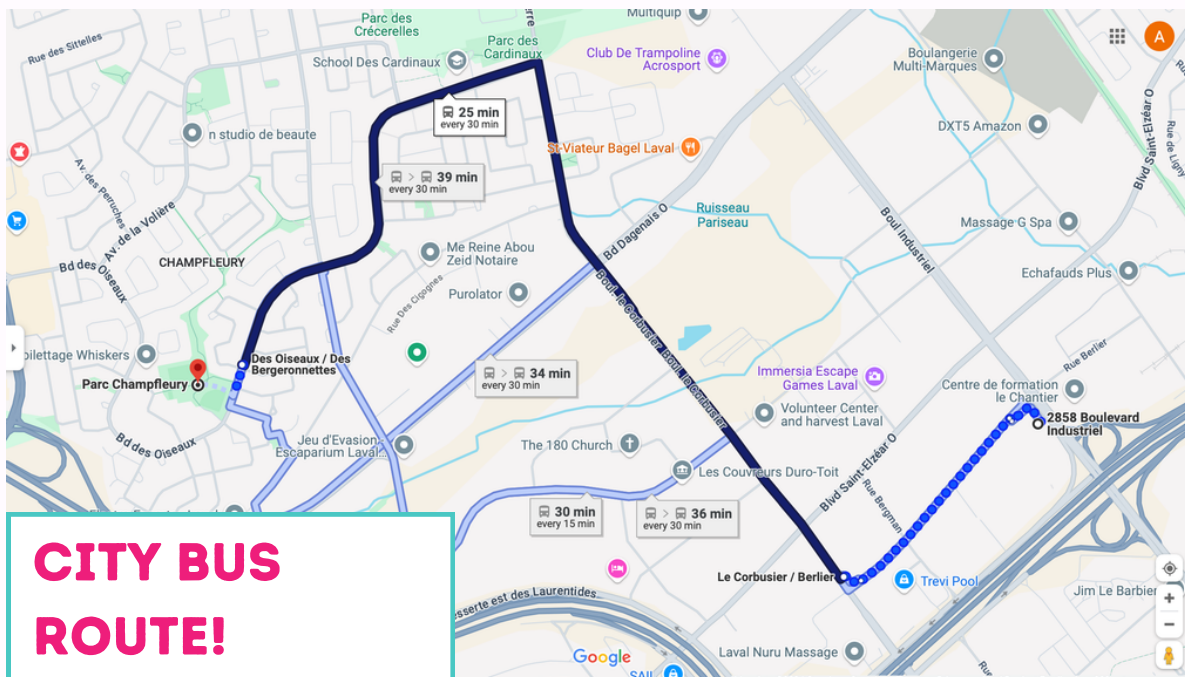


Park activities and water games

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 29–July 3)

Week 2 (July 6–10)

Week 3 (July 13–17)

Week 4 (July 20–24)

Week 5 (July 27–31)

Week 6 (August 3–7)

Week 7 (August 10–14)

Week 8 (August 17–21)

THEMES

➡ Aloha l'été

➡ The Circus

➡ Safari

➡ Hollywood

➡ Candyland

➡ Imagination

➡ Under the sea

➡ Flashback

80's & 90's

Week 1

June 29 - July 3



Theme of the week!
Aloha summer!

Clip'N Climb

2929 Boul, St-Martin Ouest, Laval

Date: July 2

Time: 9:00am - 1:30pm

Information:

- The bus will leave the gym at 9:00am. 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! To be confirmed

Wednesday: Games in the gym

Thursday: Clip'N Climb

Friday: Games in the gym and mini show

*Outing to Champfleury Park if the weather permits!

Mini show!

When: Friday, July 3 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

July 6 - 10

Theme of the
week!
Circus!



Magislain

(At our gym)

Date: July 7

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: Magislain

Wednesday: Games in the gym

Thursday: Arts & Crafts! To be confirmed

Friday: Games in the gym and mini show

*Outing to Champfleury Park if the weather permits!

Mini show!

When: Friday, July 10 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 13 - 17

Theme of the
week!
Safari!



Nid'Otruche

825 Chemin Fresnière, Saint Eustache

Date: July 16

Time: 10am - 2pm

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: Games in the gym

Wednesday: Arts & Crafts! To be confirmed

Thursday: Nid'Otruche

Friday: Games in the gym and mini show

*Outing to Champfleury Park if the weather permits!

Mini show!

When: Friday, July 17 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 20 - 24



Theme of the
week!
Hollywood!

Glitter Party Spa

At our gym

Date: July 22

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! To be confirmed

Wednesday: Glitter Party Spa

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 24 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 27 - 31

Theme of the
week!

Candyland!



Céramic Café

At our gym

Date: July 30

Time: 1:00 - 2:30pm

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: Games in the gym and candy chase

Wednesday: Arts & Crafts! To be confirmed

Thursday: Céramic Café

Friday: Games in the gym and mini show

*Outing to Champfleury Park if the weather permits!

Mini show!

When: Friday, July 31 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

August 3 - 7

Theme of the
week!
Imagination!

Funtropolis

3925 Boul. Curé Labelle, Laval

Date: August 5

Time: 9:15am - 3:00pm

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 2:45m. We'll be back at the gym around 3:00pm.
- Planned activities: 4D X-Rider, play structures, a maze, and more!

Afternoon activities:

Monday: Games in the gym

Tuesday: Games in the gym

Wednesday: Funtropolis!

Thursday: Arts & Crafts! To be confirmed

Friday: Games in the gym and mini show

*Outing to Champfleury Park if the weather permits!

Mini show!

When: Friday, August 7 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 10 - 14

Theme of the
week!
Under the sea!



Le Crux

95 Boul. des Entreprises, Boisbriand

Date: August 13

Time: 9:15am - 3:00pm

Information:

- The bus will leave the gym at 9:15am. 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 2:30 pm. We'll be back at the gym around 3:00pm.
- Planned activities: Various climbing stations & Ninja Warrior course.

Afternoon activities:

Monday: Games in the gym

Tuesday: Games in the gym

Wednesday: Arts & Crafts! To be confirmed

Thursday: Le Crux

Friday: Games in the gym and mini show

*Outing to Champfleury Park if the weather permits!

Mini show!

When: Friday, August 14 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 17 - 21

Theme of the week!

Flashback
80s & 90s!



Bfly

451 A. Jean-Noël-Lavoie Ouest, Laval

Date: August 19

Time 9:30am - 2:30pm

Informations:

- The bus will leave the gym at 9:30am. Be on time!
- What you need: Running shoes, socks, sportswear, no jewelry, a cold lunch (no microwaves available), and snacks.
- The bus will leave Bfly at 2:15pm. We will return to the gym around 2:30pm.
- Planned activities: Butterfly interaction, short film, playground & mini golf

Afternoon activities:

Monday: Games in the gym

Tuesday: Games in the gym

Wednesday: Bfly

Thursday: Arts & Crafts! To be confirmed

Friday: Games in the gym and mini show

*Outing to Champfleury Park if the weather permits!

Mini show!

When: Friday, August 21 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