



Canterbury College 2021 September Holidays Fun & Fitness Camps

OPEN TO THE PUBLIC

TENNIS SWIMMING ATHLETICS

- ✓ Experienced & fully qualified coaches
- ✓ Quality sport programs
- ✓ 8 international standard tennis courts
- ✓ Large heated Lap & Learn To Swim pools
- ✓ Professional athletics running track & facility
- ✓ Fully equipped changerooms with showers
- ✓ NEW Splash & Smash Café
- ✓ Canterbury student discounts



3-Day Tennis Camp

- OPTION 1** Tuesday 21 - Thursday 23 September
- OPTION 2** Tuesday 28 - Thursday 30 September

- ✓ Players just need to bring a hat, sunscreen & water bottle.
- ✓ All players receive a certificate.
- ✓ Half & Full Day Camps include Day 3 Pizza Party.

Tennis Camp Options

Tiny Taipans Red Ball Tennis Camp

- ✓ Three fun-filled mornings of *Hot Shots* classes for little champions aged 4-7 years.
- ✓ Perfect for young players looking to start their tennis pathway while making new friends.
- ✓ Loads of skills, games & prizes.
- ✓ New *Hot Shots* players get a FREE racket + t-shirt with their registration.
- ✓ Morning tea fruit break provided.

Time: 8:00am - 9:30am each morning.

Cost: \$90 for all 3 sessions OR \$40 per session.

Half Day Tennis Camp

- ✓ Three intensive half-day clinics for beginner to mid-range players aged 8-12 years.
- ✓ Greatly improves playing technique in a *Learn Through Play* environment.
- ✓ New *Hot Shots* players get a FREE racket + t-shirt with their registration.
- ✓ Morning tea fruit break provided.

Time: 8:45am - 12 noon each morning.

Cost: \$130 for all 3 sessions OR \$60 per session.

Full Day Tennis Camp

- ✓ Awesome three-day challenge for players keen to improve their match-play & fitness.
- ✓ Includes a morning of technique, athlete education, plus fun & games.
- ✓ Swimming 12:30pm - 1:00pm then Match-Play 1:15pm - 3:00pm.
- ✓ Morning tea fruit break & lunch provided.

Time: 8:45am - 3:00pm each day.

Cost: \$160 for all 3 sessions OR \$75 per session.

BOOK NOW - 07 3299 0900

tennis@canterburytaipans.com.au

[Click here to book online](#)



Canterbury

Casual Lap Pool Swimming

- ✓ For ages 16 years & up.
- ✓ 10-lane Olympic-sized 50-metre heated swimming pool.

Times: 5:30am - 8:00am & 3:00pm - 6:00pm
weekdays only. **Cost:** \$5 per session.

BOOK NOW - 07 3299 0900
swim@canterburytaipans.com.au
[Click here to book online](#)



5-Day Learn To Swim Intensive Program

OPTION 1 Monday 20 - Friday 24 September

OPTION 2 Monday 27 September - Friday 1 October

- ✓ For ages 3 years & up.
- ✓ Five swimmers per 30-minute class.
- ✓ Levels: Cuttlefish, Crayfish, Lobsters, Swordfish, Marlins, Dolphins, Sharks.

Class Times: 8:00am, 8:30am, 9:00am,
9:30am, 10:00am, 10:30am.

Cost: \$80 per swimmer for 5 morning lessons plus 1 x FREE Term 4 lesson.

BOOK NOW - 07 3299 0900
swim@canterburytaipans.com.au
[Click here to book online](#)



4-Day Athletics Basics Camp

OPTION 1 Monday 20 - Thursday 23 September

OPTION 2 Monday 27 - Thursday 30 September

- ✓ For ages 4-9 years old.
- ✓ Includes: Sprints, High Jump, Long Jump, Discus, Shotput, Javelin & Middle Distance Running.
- ✓ All events are rotated through each 3-hour session to maximise engagement.

Time: 8:00am - 11:00am each morning.

Cost: \$100 for all 4 sessions OR \$30 per session.

BOOK NOW - 07 3299 0900
b.king@canterbury.qld.edu.au
[Click here to book online](#)

- ✓ Our athletics programs teach basic skills & fitness for each event in a safe & fun environment.
- ✓ Participants need to bring a hat, sunscreen & water bottle.

3-Day Athletics Cross Training Camp

OPTION 1 Tuesday 21 - Thursday 23 September

OPTION 2 Tuesday 28 - Thursday 30 September

- ✓ For ages 10-18 years old.
- ✓ Fun yet challenging strength & conditioning cross training exercises.
- ✓ Please ensure you are a strong swimmer as working in the deep end of the pool.
- ✓ Participants need to bring a towel & swimming goggles.

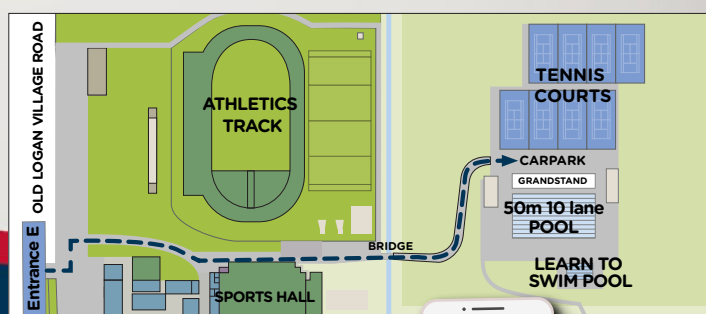
Time: 2:00pm - 4:00pm each afternoon.

Cost: \$65 for all 3 sessions OR \$25 per session.

BOOK NOW - 07 3299 0900
b.king@canterbury.qld.edu.au
[Click here to book online](#)

At the **NEW** Canterbury College Aquatic, Tennis & Athletics Centre

Use Entrance E via 182 Old Logan Village Road, Waterford. Then follow the signs with plenty of onsite parking.



Enquiries Welcome

Visit Canterbury Taipans Sport Webpage
canterbury.qld.edu.au/canterbury-taipans

Visit Tiny Taipans Learn To Swim Webpage
canterbury.qld.edu.au/tiny-taipans

Call us on 07 3299 0900

Take a Virtual 'YouTour' on our website today. Find us on Facebook & Instagram.

canterbury.qld.edu.au

