

Badminton Tournament • Playing badminton is such a fun experience! It's a simple game, but can increase your speed and improve your reflexes dramatically. Players need to be attentive and powerful at all times.

Muay Thai • Many martial arts are now incorporating Muay Thai techniques into their systems. Muay Thai is full of colourful and effective techniques. As your physical strength, coordination, and stamina develop, you will also notice improvements in your determination, patience, and self-control.

Rock Climbing • Whether you climb at an indoor facility or head into the wilderness to tackle mountains, rock climbing is one of the most enjoyable workouts around. Every muscle of the body is worked during a rock climbing session, which means that the body will regularly increase in strength, speed, and endurance.

Canoeing & Dragon Boat • Canoeing is a great low impact activity that can improve your aerobic fitness, strength and flexibility. It can be done as a hobby, a competitive sport or as a fun activity with friends!

Acro Yoga • A combination of Yoga, acrobatics and Thai massage. Not only is it an intense workout, but also enhances trust between friends. Being physically strong, 'in the moment' and in balance with another person is the essence of Acro Yoga.

Water Polo & Swimming Challenges • One of the best workouts you can get is in the water! So try water polo - a combination of soccer, basketball, hockey and rugby played in a deep pool.

Amazing Race / Geocaching • Whatever the location, the distances involved, and the level of intensity of the participants, these scavenger hunting challenges are guaranteed to enhance teamwork and add excitement to your group activity!

Capoeira • A Brazilian martial art that combines elements of dance and music. Whether the individual's goal is self-defense, physical training, entertainment, stress reduction, weight loss or improving overall health, Capoeira serves as an avenue to satisfy this need.

Non-Contact Boxing • Many people don't realize that boxing can be a non-contact sport that tones your mind and body. It's a great form of exercise which also allows participants to "get their frustrations" out and to battle stress in a much more effective and productive manner. Considering this, it is easy to see why so many people are becoming boxing enthusiasts.

Nature Walk & Yoga in the Park • Athletes have been practicing yoga for decades, and has become a standard part of training for many professional athletes. But within the confines of a studio, yoga teachers do their best to create an ambience of soft lights and pleasant sounds, and even an aromatic experience. But striking a mood is perhaps just an attempt to evoke a natural setting—the great outdoors. Why settle for a replica of natural surroundings when you can have the real thing?

Amazing Fitness Day Race • Invite teens out to compete in ten fitness based challenges. Challenges could include activities like yoga, soccer, karate, human parkour, Zumba, hacky sack, bowling, Frisbee, and/or basketball. At the end of the day award the most successful participant for their amazing performance in all of the challenges.

Stop Drop and Battle • An exciting way to get teens to come out and show off their dance skills. Many teens dance regularly in their free time why not create a venue for them to interact with others? Organizing dance competitions emphasizes a healthy lifestyle while being physically active.

Skateboarding Competitions • Skateboarding encourages teens to stay active, healthy and out of trouble. Getting a small group of individuals to judge and award prize to the most talent boarders is a great incentive.

Flag Football Funday • Flag football is a great way for teens to develop fundamental football skills. Football Funday is a day of flag football games organized into a tournament setting, each game is approximately 30 minutes.

Multi-Sport Drop in Programs • These programs create opportunities for teens to play a variety of sports and activities lead by leaders. Running a multi-sport program gives teens a chance to get active in different many different sports.

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