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**WELCOME TO MINI U PROGRAMS**

The University of Manitoba is a place where students come to define themselves; Mini U prepares children and youth for this journey. For 39 years, we’ve captured their imaginations and invited them to explore our amazing world. Here, they can discover the sciences, connect with their creativity and develop physical activity and leadership skills.

Mini U encourages 4 - 16 year olds to see themselves as trailblazers and innovators. Register today for a physical activity program that will unlock your child’s potential and open up a world of possibilities.
I AM AN EXPLORE
Mini U offers a unique experience. Participants get to enjoy the University’s nationally-renowned facilities under the guidance and mentorship of skilled, caring staff.

Choose from 64 different day programs in a number of areas, including arts, film, sports, dance, martial arts, technology, science, engineering, recreation and leadership.
We all have the potential to lead. Here, you are given the opportunity.

- Be a role model
- Create games
- Teach others
- Work in teams

4805

The number of leadership cards earned by Mini U participants during summer 2016.

98%

of parents say leadership opportunities are valuable for their child.
Unlock Your Leadership Potential

We are passionate about the leadership abilities of the children and youth in our community. Led by our student staff with proven leadership experiences, our wide range of program options include leadership learning outcomes and activities.

Programs: Our leadership-specific programming inspires children to engage their peers and encourage them to discover physical activity. Select a program to drive their leadership experience forward.

Curriculum: Leadership learning outcomes are a part of everything we do. Every program. Every lesson. Every day. Our staff will connect a child’s interests to leadership opportunities. We encourage young people to share what they love about movement and play in leadership settings.

Leadership Cards: Every young person can lead. Our job is to help them realize it. By sharing these leadership cards, our staff help children identify their skills and abilities.

Leadership LOGs: Created by our staff, these low organized games (LOGS) are designed to open up a child’s leadership potential through communication, problem-solving, teamwork and relationship-building. Here, they’ll learn from their experiences and succeed.

“ I saw kids encouraging each other, rooting for each other, and celebrating accomplishments with each other. I saw leaders that encouraged, tried to instill confidence, coach them about proper technique and above all to have fun with sport and activity. The leaders were enthusiastic!

— Mini U Parent

97% of customers would recommend our programs to family & friends.
In 2016, 6,391 children and youth were inspired to be leaders at Mini U.

- 76% were able to recognize and respect the ideas of others.
- 77% learned to promote physical activity to others.
- 79% gained confidence and competence to express their own ideas.
- 81% gained skills and confidence to make new friends.
- 80% worked with others to help a team reach a goal.
- 76% encouraged others to join activities.

- 14% of 5 to 11 year olds in Canada get 60 minutes of daily moderate to vigorous physical activity.*
- 5% of 12 to 17 year olds get 60 minutes of daily moderate to vigorous physical activity.*
- 100% of our programs exceed Canadian Physical Activity Guidelines***
- 99% of our staff say Mini U positively impacted their academic studies.

*Stats from Active Healthy Kids Canada
***Guidelines provided by the Public Health Agency of Canada
With our soccer fields, court sport facilities, swimming pool, indoor and outdoor tracks, multi-purpose studios and climbing wall, it’s easy to enjoy yourself at Mini U. We believe play should be fun, safe and inclusive. Each summer program includes recreational activities to complement selected subject-specific activities (e.g. science, robotics).

Some of our favourite recreation activities include:

- Archery
- Racquetball
- Bouncy Castle
- Swimming
- Fencing
- Tchoukball
- Omnikin
- Wall Climbing
- Basketball

Our Staff

Mini U Program Leaders have unique and exceptional backgrounds – university students, nationally recognized athletes, newly certified teachers and leaders in the community. Proven by their volunteer and leadership experiences, they are passionate about inspiring young people to be active and develop as leaders. With a minimum of 42 hours of training annually, leaders are prepared to create safe, inclusive and positive experiences.

Our Staff

Mini U Program Leaders have unique and exceptional backgrounds – university students, nationally recognized athletes, newly certified teachers and leaders in the community. Proven by their volunteer and leadership experiences, they are passionate about inspiring young people to be active and develop as leaders. With a minimum of 42 hours of training annually, leaders are prepared to create safe, inclusive and positive experiences.

96% of participants say our STAFF are wonderful.

98% of our student staff would recommend the programs to family and friends.

39 The number of years Mini U Programs have been running at the University of Manitoba.
SUPPORT FOR FAMILIES

Special Needs
We welcome children of all abilities and believe every child deserves an opportunity to select the program that interests them most. Support staff and funds to subsidize a portion of registration fees are available for families with children with special needs to ensure we provide the best experience possible. Resources are allocated on a first-come, first-served basis. If your child has special needs, please visit miniu.ca for more information. At Mini U we make every effort to be fully inclusive but do have some limitations in providing an experience for all children. Once we receive your child’s application form, we may need to discuss in more detail if and how we can best care for your child.

DID YOU KNOW? With the help of Children’s disAbility Services, we have provided support for more than 1,700 children with special needs during the last 15 years.

Subsidy Opportunities
We make funds available to families who may not otherwise have the opportunity to send their children to Mini U. You can apply for funding support if your child: does not have the financial means through parents, guardians or agencies, is of an Indigenous background and/or has special needs. For details, visit miniu.ca.

DID YOU KNOW? Our programs make over $35,000 available to families and agencies each year.

Giving Back to Our Community
Since 1979, the Manitoba community has believed in our programs. In appreciation of this, we strive to give back to children who might not otherwise have the opportunity to attend our programs or be physically active. With the support of our community partners (page 47) and donations received by previous participants, we have been able to support more than 5,000 children in our community during the last 15 years.

DID YOU KNOW? 100 pairs of runners and 175 pieces of sporting equipment were collected by participants in the summer of 2016 and donated to children participating in the CANU program. Visit canucanada.org.

Busing
The University of Manitoba is closer than you think. Our supervised Mini U buses are in your neighborhood and provide rides to and from the University campus each day (July & August only). You and 45 of your friends can meet us at a school in your local area and we’ll take it from there. Check out when we will be in your neighborhood, then select from our 60 program options. Dates and locations can be found on page 20 and seen online at miniu.ca/busing.

DID YOU KNOW? More than 430 children ride the Mini U bus to camp each summer.
We welcome swimmers of all ages and levels, and offer private and group lessons. Whether you’re just getting your feet wet or working your way towards becoming a lifeguard, we’re here to guide the way! Choose from a variety of classes in our spring and summer aquatics program.

AQUATICS

For more information, please visit miniu.ca
Swimming Lessons (Spring)

<table>
<thead>
<tr>
<th>Spring</th>
<th>Start – End Dates</th>
<th>Days Off</th>
<th>Lesson Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>April 7 – June 23</td>
<td>April 14 &amp; May 19</td>
<td>6:00pm–8:15pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>April 8 – June 24</td>
<td>April 15 &amp; May 20</td>
<td>10:30am–1:30pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>April 9 – June 25</td>
<td>April 16 &amp; May 21</td>
<td>10:30am–1:30pm</td>
</tr>
<tr>
<td>Monday</td>
<td>April 10 – June 19</td>
<td>May 22</td>
<td>6:00pm–7:30pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>April 11 – June 13</td>
<td>N/A</td>
<td>7:00pm–8:00pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>April 12 – June 14</td>
<td>N/A</td>
<td>6:00pm–7:30pm</td>
</tr>
<tr>
<td>Thursday</td>
<td>April 13 – June 15</td>
<td>N/A</td>
<td>7:00pm–8:00pm</td>
</tr>
</tbody>
</table>

Swimming Lessons (Summer)

Lessons run Monday – Friday

<table>
<thead>
<tr>
<th>Summer</th>
<th>Start – End Dates</th>
<th>Days Off</th>
<th>Lesson Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>July 4- July 15</td>
<td>N/A</td>
<td>4:30pm–6:00pm</td>
</tr>
<tr>
<td>Session 2</td>
<td>July 17- July 28</td>
<td>N/A</td>
<td>4:30pm–6:00pm</td>
</tr>
<tr>
<td>Session 3</td>
<td>July 31 - August 11</td>
<td>August 7</td>
<td>4:30pm–6:00pm</td>
</tr>
<tr>
<td>(short week)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Session 4</td>
<td>August 14 – August 25</td>
<td>N/A</td>
<td>4:30pm–6:00pm</td>
</tr>
</tbody>
</table>

AQUATIC PROGRAMS

Program barcodes can be found online at miniu.ca

Adult Programs

Please consult the University of Manitoba Recreation Services Activity Guide for all adult swimming classes. Contact 204-474-6100 or visit uofmactiveliving.ca.

Pool Temperatures

Please note: the temperature of the pool is 28°C, which makes it cooler than most. This pool is a training centre for high-performance athletes and must be maintained at this temperature. Due to the annual shutdown of the university’s steam plant during the month of June, pool temperatures will be closer to 27°C.

Pool Closures

In the event of an unplanned pool closure, a credit will be placed on the computer file of the swimming lesson participants affected. The credit amount will be for the missed class only and can be used for any Active Living program for one year. Where possible, every effort will be made to notify parents and/or participants of the closure.

Our annual pool maintenance shut down has been tentatively scheduled for August 26- Sept 15, 2017. There will be no swimming during week 9 of summer camp.

Please note: Only children four and under are allowed in the opposite-gender change room.
### Learn to Swim Programs

All Learn to Swim programs run every lesson day in spring and every session during the summer.

#### Tots

Just getting your feet wet? Tots programs will help young swimmers become comfortable in the water while having fun and learning basic swimming skills.

**Spring session:** Monday, Wednesday, Friday, Saturday, Sunday  
**Summer session:** Every Session

**Ratio:** 1 teacher to 4 or 5 swimmers  
**Cost:** $88 ($79.20 for short week)  
**Duration:** 30 minutes

1. **Parent and Tots**  
   **Ages:** infant–3 years

2. **Tots 1**  
   **Ages:** 3-5

Children should be willing to try to swim without mom or dad.

3. **Tots 2**  
   **Ages:** 3-5

Children should be comfortable moving through the water independently with or without a flotation aid.

#### I Can Swim

Enrol in the I Can Swim (ICS) programs, in both group settings as well as private or semi-private lessons. ICS is a dynamic aquatic program in which participants learn to swim better, faster. It promotes participation, fun and success in the water. It is the only program that lets children learn at their own pace, with rewards at every step of the way. Children are grouped according to their skill level, so it’s easy to schedule siblings to take lessons at the same time.

**Duration:** 45 minutes  
**Spring session:** Monday, Wednesday, Friday, Saturday, Sunday  
**Summer session:** Every session

**Ratio:** 1 teacher to 5 or 6 swimmers  
**Cost:** $102 ($91.80 for short week)  
**Ages:** 5-13

#### Beginner Youth I Can Swim

Is swimming still pretty new to you? No problem! This program is designed specifically for youth/teens who have little to no experience in the water.

**Spring session:** Saturday and Monday  
**Ratio:** 1 teacher to 5 or 6 swimmers  
**Cost:** $102  
**Ages:** 10-14

#### Teen I Can Swim

Experienced swimmers, here’s a chance to complete the final stages of the ICS program or fine-tune your strokes and enhance endurance.

**Spring session:** Wednesday, Friday, Sunday  
**Ratio:** 1 teacher to 5 or 6 swimmers  
**Cost:** $102  
**Ages:** 13-16

#### Private/Semi-Private Swimming Lessons

Private/semi-private lessons are available for individuals who require or prefer more personalized instruction. All sections are open to children and adults. For semi-private lessons, it is the responsibility of the participant to find the person(s) they would like to swim with, and register for the program at the same time. A semi-private lesson is for two to five people of approximately the same ability.

**Spring session:** All days  
**Summer session:** Every session

**Ratio:** 1 teacher to 1 swimmer (private)  
1 teacher to 2-5 swimmers (semi-private)  
**Cost:**  
  - **Private:** $300 ($270 for short week)  
  - **Semi-private:** $177 ($159.30 for short week)  
**Ages:** Any

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Program barcodes can be found online at [miniu.ca](http://miniu.ca)
Special Interest Aquatics

These programs are great as a complement to the I Can Swim Programs, or may be taken by individuals who have completed the program.

Swim Fit

Here is your opportunity to get fit in the pool! Swim two times per week working on endurance and technique. Participants should have completed the I Can Swim Program (or equivalent) prior to registering for this program.

Spring session: Tuesday and Thursday  
Duration: 60 minutes, twice per week  
Cost: $205  
Ages: 11-16

Diving

Learn the basics of diving! Together with Diving Manitoba, we’re able to offer a nationally standardized program.

Spring session: Wednesday and Saturday  
Cost: $102  
Ages: 6-15

Swim Patrol  
(Rookie, Ranger, Star)

Ready to swim hard? This is a three-level award progression that delivers work-hard, play-hard training for skilled swimmers. Swim Patrol levels form a pre-Bronze progression of enriched training for young swimmers ready to go beyond learning to swim.

Spring session: Monday and Saturday  
Duration: 60 minutes  
Cost: $137  
Ages: 8-11  
Materials: Canadian Lifesaving Manual recommended ($42)

My son’s favourite part of Mini U was EVERYTHING! My favourite part is that my son is excited every day to tell us what he has done all day.

– Mini U Parent

The combined number of years the full-time staff have worked at Mini U.

Program barcodes can be found online at miniu.ca
Steps to Becoming a Lifeguard

Want to be a lifeguard? Here’s what you need to do:

**Step 1: Bronze Star**

This course is the first step to becoming a lifeguard if you are under the age of 13 and is a preview to the world of lifeguarding. This course will introduce basic lifesaving skills and water safety procedures.

**Prerequisites:** None

**Ages:** 10-12

**Spring session:** Friday and Saturday

**Cost:** $212

**Materials:** Canadian Lifesaving Manual recommended ($42)

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**Step 2: Bronze Medallion**

Bronze Medallion focuses on the four components of a water rescue – judgment, knowledge, skill and fitness. Rescuers learn tows, carries and release methods in preparation for challenging rescues of increased risk. This is the first official step to becoming a lifeguard if you are 13 years of age or older.

**Prerequisites:** 13 years of age or Bronze Star

**Ages:** 13 +

**Spring session:** Monday, Wednesday, Saturday

**Summer session:** Sessions 1 and 3

**Cost:** $343

**Materials:** Canadian Lifesaving Manual required ($42)

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**Step 3: Bronze Cross**

Bronze Cross teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures, and teamwork.

**Prerequisites:** Bronze Medallion

**Ages:** 13 +

**Spring session:** Friday and Sunday

**Summer session:** Sessions 2 and 4

**Cost:** $368

**Materials:** Canadian Lifesaving Manual required ($42)

---

**Step 4: National Lifeguard Service Award (NL) and Standard First Aid**

NL is the nationally recognized lifeguard certification and is the final step to becoming a lifeguard. This course includes three certifications: Standard First Aid, CPR level C and NL all necessary certifications for employment as a lifeguard.

*Participants must participate in all three parts of the course.

**Prerequisites:** Bronze Cross and Standard First Aid Certification

**Ages:** 16 years (by exam date) and older

**Spring session:** Saturdays April 8 & 22 AND Sunday afternoon beginning April 9 (1:30-6:30)

**Cost:** $448

**Materials:** Please bring a whistle. All other materials will be provided.

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**National Lifeguard Service (NL) Recertification**

**Prerequisite:** Successful completion of the NLS program within the last five years.

**Spring session:** Saturday, April 29

**Duration:** 5 hours

**Cost:** $90

**Materials:** Alert Manual, whistle

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For all lifeguarding courses, students MUST be available for the exam date (the last day of each program).

Program barcodes can be found online at miniu.ca
SPRING BREAK PROGRAMS
(INCLUDING SPRING SESSION PROGRAMS)

Join us for our full day programs that allow you to participate in summer camp favorites during your week off school! Along with camp-specific content, you will participate in a wide variety of recreational activities throughout the day that will keep you active during Spring Break. In many of our programs you will get the opportunity to try swimming, wall climbing, dodgeball, archery, soccer and much more!

<table>
<thead>
<tr>
<th>Spring Break Camp Weeks Offered</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 27 - 31, 2017</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Spring Session Program Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Karate: Saturdays</td>
</tr>
<tr>
<td>April 8 - June 24</td>
</tr>
<tr>
<td>Tennis: Thursdays</td>
</tr>
<tr>
<td>May 25 - June 22</td>
</tr>
</tbody>
</table>

For more information, please visit miniu.ca
Fun, Sport & Fitness

Explore a variety of sports and recreational activities in a fun, non-competitive environment. Learn about basic skill development, fair play, teamwork and participation.

**Ages:** 5-7  
**Instructor:** Qualified Mini U Leaders  
**Hours/day:** 6 Rec  
**Barcode:** 26548  
**Price:** $188

**Fun, Dodgeball & Fitness**

Come have some fun in this instructor favorite. Beginner or experienced dodgeballers, welcome! Learn about throwing, catching, dodging balls and the official rules of the game.

**Ages:** 8-11  
**Instructor:** Qualified Mini U Leaders  
**Hours/day:** 3 Dodgeball; 3 Rec  
**Barcode:** 26549  
**Price:** $188

**Rhythmic Gymnastics**

This camp is an introduction to the sport of rhythmic gymnastics. You will have the opportunity to learn routines, basic rhythmic and movement skills and improve flexibility. Get instruction in rope, hoop, ball, clubs, ribbon and scarves from national level athletes.

**Ages:** 5-7  
**Instructor:** National Level Athletes  
**Hours/day:** 3 Rhythmic; 3 Rec  
**Barcode:** 26551  
**Price:** $205

**Wall Climbing**

Tackle a 1,500-square-foot climbing facility located in the Active Living Centre. It’s 50 feet long and 40 feet high! Learn safety procedures, knot tying techniques, bouldering and climbing communication in a fun and safe indoor environment.

**Ages:** 8-11 & 12-14  
**Instructor:** Qualified Wall Leader  
**Hours/day:** 2 Climbing; 4 Rec  
**Barcode:** 26550 & 26595  
**Price:** $219

**Learn to Skate**

Experience the fun of skating! This program is ideal for beginner skaters. Lessons focus on the fundamentals (forward skating, stopping, starting, turning and backwards skating) and combines movement-oriented activities and games to encourage fun through learning.

**Ages:** 5-7  
**Instructor:** Qualified Mini U Leaders  
**Hours on ice:** 1; **off-ice:** 5  
**Barcode:** 26552  
**Price:** $216
Hockey & Sports
Daily on-ice sessions will teach you the fundamentals of hockey through scrimmages and games. Learn power skating, puck control, proper positioning and offensive and defensive play. Full hockey equipment required.

Ages: 8-11
Instructor: Qualified Mini U Coaches
Hours on ice: 2; off ice: 4
Barcode: 26553
Price: $265

Sport Sampler
Are you a sports enthusiast who loves being active, having fun, and trying new things? Get to know basketball, soccer, track and field, floor hockey, archery and more! You’ll also receive a daily dose of our classic Mini U recreational games and activities for two hours per day.

Ages: 8-11
Instructor: Qualified Mini U Coaches
Hours/day: 4 Sport; 2 Rec
Barcode: 26554
Price: $188

Spring Karate
Take part in a program built on a philosophy of respect for yourself and others. Karate training emphasizes proper manners, respectable behaviour and physical fitness. In co-operation with the Manitoba Provincial Karate Team Head Coach and Bushido-Kai School of Martial Arts Chief Instructor, Angelo Mendoza, 6th Dan, this introduction to karate offers age-appropriate instruction. Improve your fitness and self-discipline while learning the fundamentals, like kicking, striking, blocking and self-defence movements.

Dates: Saturdays, April 8 - June 24
Price: $165 Course price includes a $35 Karate Manitoba Membership fee

Ages: 4-6
Time: 10:00-10:50am
Barcode: 26557

Ages: 7-13
Time: 11:00-11:50am
Barcode: 26556

Tennis
Come and work on your swing in our spring tennis lessons, which take place on our beautiful outdoor tennis courts. Tennis instruction will focus on the fundamentals with an emphasis on stroke development, proper footwork, serving and doubles and singles strategies. Racquets are provided but you may also bring your own

Ages: 8-11
Dates: Thursdays, May 25 - June 22, 2017
Time: 5:00-6:00pm
Barcode: 26558
Price: $67

The minimum number of minutes children are physically active each day at Mini U. The Public Health Agency of Canada recommends at least 60.
Leaders
Mini U leaders are university students chosen for their maturity, leadership skills and ability to relate to children. Leaders work with faculty advisors, camp coordinators, and the director of Mini U Programs to benefit from this unique work-study program.

Lunch Hour
All children in Mini U programs will spend the lunch hour under the supervision of a Mini U leader. Please send a bag lunch with your child or purchase a lunch through our Lunch Bunch program (see page 19). Please do not send items that require a microwave.

Nut Policy
For safety reasons, please do not include nuts, peanut butter or substitutes like sun, soy, or pea butter in snacks or lunches, as a growing number of children have life-threatening allergies to nuts. Due to the size and diversity of the University, there is no guarantee that peanuts and nut products will not be on or around the location of Mini U Programs. Thank you for your co-operation in making the environment as safe as possible.

For more information, please visit miniu.ca
**Pre & Post Camp Arrival**

All camps will meet in the James Daly Fieldhouse at the Max Bell Centre, open from 8:00 a.m. until 5:30 p.m. for the convenience of working parents. We appreciate your every effort to pick up your child before 4:30 p.m. Please note the following: although supervision is provided until 5:30 p.m. (5:00 p.m. during Spring Break programs), there are no structured activities before 9:00 a.m. or after 4:00 p.m.; there is a fee for late pick-up after 5:30 p.m. (after 5:00 p.m. for Spring Break programs).

**Pick-Up**

Only individuals whose names are provided on the registration form will be allowed to pick up your child. Only when written permission is provided in advance will other individuals be allowed to do so. We require all adults to present photo ID and provide a signature when picking up children from camp. This policy is in effect at all times.

**Behaviour**

We want all children to have fun at Mini U. Unfortunately, the behaviour of some children negatively impacts others. If a child is asked to leave a day program, it will only be after we have contacted the child’s parents or guardians and no money will be refunded.

**Swimming & Pool Closures**

We know that swimming is a favorite activity of many of our campers and unless otherwise noted, it will be included in your day program. It is our intention to ensure each camper swims as often as possible and all groups will swim at minimum once per week. In the unfortunate event of a pool fouling or closure swim times may be affected. Please send swimsuits and towels on the first day.

Our annual pool maintenance shut down has been tentatively scheduled for August 26–Sept 15, 2017. There will be no swimming during week 9.

A minimum ratio of seven kids per one Mini U leader is maintained in the swimming pool at all times. All children seven years and under MUST wear a life jacket, unless a note is sent by parents and swimming ability is approved by a lifeguard.

The “Group With” option on the registration form is not available for swimming lessons as all children are grouped based on skill level.

**Lunch Bunch**

Sign up for the Lunch Bunch and we will provide your child with a nutritious, convenient box lunch each day. Our lunches are now healthier than ever and will be delivered fresh each morning in the fieldhouse. Lunches are available Monday to Friday and come in two sizes. Regular lunch costs $34 per week ($28 for short week) and large lunch costs $45 per week ($39 for short week). Prices include tax. For more information on the lunch menu, visit miniu.ca/lunch.

**Special Needs**

We welcome children of all abilities and believe every child deserves an opportunity to select the program that interests them most. Support staff and funds to subsidize a portion of registration fees are available for families with children with special needs to ensure we provide the best experience possible. Resources are allocated on a first-come, first-served basis. If your child has special needs, please visit miniu.ca for more information. At Mini U we make every effort to be fully inclusive but do have some limitations in providing an experience for all children. Once we receive your child’s application form, we may need to discuss in more detail if and how we can best care for your child.

**Health Care**

First-aid staff will be on site in case of medical concerns and will work in conjunction with medical professionals where necessary. Parents are required to include pertinent health information on the registration form. Each child must have his/her own health and accident insurance policy.

**T-Shirts**

Participants attending summer programs (July and August) will receive ONE complimentary Mini U Program T-shirt to take home! T-shirts will be delivered to your child during their first week of programs. Children registered for multiple weeks will receive their shirt during their first week of programs. We do our best to deliver your preferred shirt size, however sizes are not guaranteed.

*This offer does not include aquatic programs.*
Ride the MINI U BUS

NEED A RIDE TO MINI U? WE’LL PICK YOU UP!
Buses will leave promptly at the time specified online at miniu.ca/busing. If your child is not on the bus, he/she will be marked absent. Children registered for the bus must ride the bus, unless a note is sent by the parent/guardian. For any other information regarding busing, please visit miniu.ca/busing or call 204-474-6100.

Transportation registration
When you fill out the registration form, please include transportation fees in the total cost. For a full week, the Mini U Bus costs $36 per child. For a four-day week (Week 1 and Week 6), the cost is $31 per child. Please note, buses coming from Ste. Agathe and St. Adolphe will be $40.

Bus Stop Locations

<table>
<thead>
<tr>
<th>Area of Winnipeg</th>
<th>Drop-Off Location</th>
<th>Week</th>
<th>Barcode</th>
</tr>
</thead>
<tbody>
<tr>
<td>North</td>
<td>Bannatyne Campus</td>
<td>1</td>
<td>26172</td>
</tr>
<tr>
<td></td>
<td>Brodie Center – 727 McDermot</td>
<td>2</td>
<td>26197</td>
</tr>
<tr>
<td></td>
<td>Lord Wolseley School</td>
<td>5</td>
<td>26183</td>
</tr>
<tr>
<td></td>
<td>Garden City Collegiate</td>
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<td>26198</td>
</tr>
<tr>
<td>Central</td>
<td>Great West Life Building</td>
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<td>26176</td>
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<tr>
<td></td>
<td>100 Osborne Street</td>
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<td>Grant Park High School</td>
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<td>26181</td>
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<td></td>
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Weeks Offered

1* July 4 - 7*
2    July 10-14
3    July 17 - 21
4    July 24 - 28
5    July 31 - August 4
6* August 8 - 11*
7    August 14 - 18
8    August 21 - 25
9    August 28 - September 1

*Short week – offered at the reduced price

The number of children who attended our programs in 2016.
THE MINI EXPERIENCE

Ages 4-7

Join us for a day filled with fun, laughter and endless games and activities! Our Mini programs encourage children to be creative and explore new activities and interests in a welcoming, playful and fun environment. Along with camp-specific content and a wide variety of recreational activities, our Minis have the opportunity to participate in fun morning dances, watch lunch time movies and jump on our inflatable bouncy castle before and after camp!

Mini Recreation Activities:
Swimming
Bouncy Castle
Spelunker Exploring
Scooters
Bean Bag Zoo & more!

Our Mini Leadership Opportunities:
Making new friends
Sharing your ideas
Being creative
Learning to solve problems
Assisting your Leader

Weeks Offered
1*  July 4-7*
2   July 10-14
3   July 17-21
4   July 24-28
5   July 31-August 4
6*  August 8-11*
7   August 14-18
8   August 21-25
9   August 28-September 1

*Short week – offered at the reduced price

For more information, please visit miniu.ca
**Cheerleading**

This camp is an introduction to the sport of cheerleading. Learn basic tumbling, pyramids and stunts combined with gymnastics and dance techniques. Showcase your skills during a cheer performance for friends and family on Friday afternoon.

**Ages:** 5-7  
**Instructor:** Local Cheer Coaches & Athletes  
**Hours/day:** 3 Cheer; 3 Rec  
**Weeks offered:** 2, 7  
**Price:** $205

**NEW! All About Animals**

Animal lovers will be wild about this camp! You will learn where animals live, what they eat, how long they have been around for and how they survive. Have fun through interactive activities, games and a live animal presentation.

**Ages:** 5-7  
**Instructor:** Qualified Mini U Classroom Leader  
**Hours/day:** 3 Classroom; 3 Rec  
**Weeks offered:** 2, 3, 4, 7  
**Price:** $205

**NEW! Crafty Kids**

If you love all things crafty, this is the camp for you. Improve your skills in drawing and painting. Try splatter painting, sculpture and more! Participants will have some take-home projects at the end of the week. Please bring a large shirt to protect your clothes.

**Ages:** 5-7  
**Instructor:** Qualified Mini U Classroom Leader  
**Hours/day:** 3 Classroom; 3 Rec  
**Weeks offered:** 2, 3, 6*, 8  
**Price:** $205 ($175 *short week)

**Fun, Sport & Fitness PLUS**

Explore a variety of sports and have fun in a non-competitive environment. Each day includes one hour of science adventure and one hour of cool crafts. Learn about basic skill development, fair play, teamwork and participation. Please send a nut-free snack and a drink for breaks for five- and six-year-olds.

**Ages:** 5-7  
**Instructor:** Qualified Mini U Classroom Leader  
**Hours/day:** 1 Craft; 1 Science; 4 Rec  
**Weeks offered:** 1*, 2, 3, 4, 5, 6*, 7, 8, 9  
**Price:** $188 ($157 *short week)

**Learn to Skate**

No experience necessary! Lessons focus on the fundamentals (forward skating, stopping, starting, turning and backwards skating) and combines movement-oriented activities and games to encourage fun through learning. Participants are required to bring their own skates, helmets with full face mask and thick mitts or hockey gloves.

**Ages:** 5-7  
**Instructor:** Qualified Mini U Leaders  
**Hours on ice:** 1; off ice: 5 Rec  
**Weeks offered:** 5, 6*  
**Price:** $216 ($176* short week)

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Add day swimming lessons to your camp experience. See back cover for details.
Mini Gym
Keep your body moving all day long. Program focuses on gymnastics elements like cartwheels, forward and backward rolls, and balance beam activities, and is combined with fun jungle gym activities throughout the day. Get instruction in movement and motor skills like throwing, catching, hopping and more!

Ages: 5-7
Instructor: Qualified Mini U Coaches
Hours/day: 3 Gym; 3 Rec
Weeks offered: 2, 3, 4, 7, 8
Price: $188

Mini Herd Hockey
For the beginner or intermediate Bison who can skate independently, understands the basics of hockey and has the ability to maintain puck control in most situations. Learn about passing, shooting, stick handling, skating with control of the puck, the rules of the game, teamwork and fair play. Experience fun dryland exercises and training, paired with tips about healthy living.

Ages: 5-7
Instructor: U Sports Athletes (including Bison Athletes)
Hours on ice: 1; off ice: 5 Rec
Weeks offered: 5, 6*, 7, 8, 9
Price: $265 ($220* short week)

Mini Herd Soccer
Learn the fundamentals and rules of soccer in a fun, non-competitive environment. Gain basic skills like dribbling, ball control, striking and passing.

Ages: 5-7
Instructor: U Sports Athletes (including Bison Athletes)
Hours/day: 3 Soccer; 3 Rec
Weeks offered: 1*, 2, 4, 6*, 7, 9
Price: $205 ($175* short week)

Our children talk a lot about the personal connections with staff. They appreciate their leadership and look up to them.

– Mini U Parent
Rhythmic Gymnastics

Experience the world of rhythmic gymnastics, whether you’re a beginner or advanced. Groups will be divided according to age and ability. Receive basic instruction in rope, hoop, ball, clubs, ribbon and scarves. Friends and family are welcome to join us for a performance of skills on Friday afternoon.

Ages: 5-7
Instructor: National Level Athletes
Partners: Rhythmic Royals
Hours/day: 4 Rhythmic; 2 Rec
Weeks offered: 3, 8
Price: $205

Science Alliance

Throughout the week, perform exciting experiments in a variety of hands-on activities. Learn about rockets, fossil formation, chemical reactions, and more!

Ages: 5-7
Instructor: Qualified Mini U Classroom Leader
Hours/day: 3 Classroom; 3 Rec
Weeks offered: 1*, 2, 4, 5, 7, 8
Price: $205 ($175 *short week)

Steve Nash Youth Basketball

 Tailored for all ability groups, SNYB is designed to teach the skills required for you to safely progress and maximize your development. Learn shooting, passing and dribbling while having fun playing games and doing drills. Each camper receives his or her own Steve Nash basketball, jersey and signed photo.

Ages: 5-7
Instructor: U Sports Athletes (including Bison Athletes)
Partners: Canada Basketball & Basketball Manitoba
Hours/day: 3 Basketball; 3 Rec
Weeks offered: 1*, 2, 3, 4, 5, 6*, 7, 8, 9
Price: $262 ($211* short week)

Superheroes in Training

It’s a bird! It’s a plane! No… it’s Superheroes in Training camp! Explore what it takes to be a superhero. Climb like Spiderman, run like The Flash and leap like Superman. Sharpen your leadership skills while discovering how the Avengers and Justice League work as a team and use their strengths for good. Create your very own superhero/heroine identity and make your own take-home costume!

Ages: 5-7
Instructor: Qualified Mini U Leader
Hours/day: 4 Superhero; 2 Rec
Weeks offered: 1*, 2, 3, 4, 5, 6*, 7, 8, 9
Price: $220 ($190* short week)

Add day swimming lessons to your camp experience. See back cover for details.
Come and explore your adventurous side in our Junior Programs, designed to get you moving, challenge your mind and body, and teach you new skills. Along with camp-specific content and a wide variety of recreational activities, Junior participants have the opportunity to participate in a fun team-building challenge each week, choose to spend the lunch hour outside or indoors, and achieve U Lead cards throughout the week!

**Junior Recreation Activities:**
- Swimming
- Archery
- Dodgeball
- Wall Climbing
- Fencing and more!

**Our Junior Leadership Opportunities:**
- Forming meaningful relationships
- Helping to build successful teams
- Being creative
- Assisting Leaders in providing leadership during games and activities

**Weeks Offered**

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*Short week – offered at the reduced price

For more information, please visit miniu.ca
3-D Designers
Unleash your creativity in this week-long camp. Experience 3-D printing firsthand in our fabulous university fabrication lab. Watch our 3-D printers bring your vision to life! Learn about famous designers and their innovative creations, eco-friendly construction and how to build and design unique structures. Participants will be given a 3-D object to take home at the end of the week.

**Ages:** 8-11  
**Instructor:** Qualified Mini U Classroom Leader (typically from the Faculty of Architecture)  
**Hours/day:** 3 Classroom; 3 Rec  
**Partners:** Faculty of Architecture  
**Weeks offered:** 3, 4, 5, 8  
**Price:** $205  

NEW! Active Gamers
The new Nintendo Switch gaming system has arrived! Join this action-packed week of fun physical activities, video games and the strategy board game chess. Learn how strategies acquired in video games can be applied to the physical activities you play throughout the day. Get ready to get your game on with the latest systems from Xbox, PlayStation and Nintendo.

**Ages:** 8-11  
**Instructor:** Qualified Mini U Classroom Leader (typically from the Faculty of Kinesiology and Recreation Management)  
**Hours/day:** 3 Classroom; 3 Rec  
**Weeks offered:** 2, 3, 4, 5, 6*, 7, 8, 9  
**Price:** $205 ($175* short week)

Archery, Fencing, Racquetball
Get the opportunity to try these three sports in a fun and safe environment. Learn sport specific skills in archery, fencing and racquetball while developing an understanding of fair play.

**Ages:** 8-11  
**Instructor:** Sport Manitoba Trained Staff  
**Partners:** Sport Manitoba & Manitoba Fencing Association  
**Hours/day:** 5 Sport; 1 Rec (will include swimming)  
**Weeks offered:** 5, 6*  
**Price:** $205 ($175* short week)

Add day swimming lessons to your camp experience. See back cover for details.
Bring it on Broadway (Two Week Camp)
Step onto the big stage if you have a flair for the performing arts! Learn about melodies, harmonies, acting and choreography. Discover how our bodies work to create sound and expression. Show off your talent during a group performance for family members at the University of Manitoba's very own John J. Conklin Theatre. Vocal experience is not required but participants must be excited about singing and performing.

Ages: 8-11
Instructor: Qualified Mini U Classroom Leader (typically from the Department of English, Film & Theatre)
Hours/day: 3 Classroom; 3 Rec
Partners: Faculty of Arts
Weeks offered: 2 & 3, 4 & 5, 7 & 8
Price: $345

Mini U Biz Kidz
What does it take to run a successful business? Learn about finance, marketing, human resources, customer service, and how to pitch an idea just like the Dragons do! Experience real-life business scenarios that challenge you to come up with your own strategies. Participants will also get to hone decision-making skills using interactive business simulators.

Ages: 8-11
Instructor: Qualified Mini U Classroom Leader (typically from the Asper School of Business)
Hours/day: 3 Classroom; 3 Rec
Partners: Asper School of Business, Stu Clark Centre for Entrepreneurship
Weeks offered: 2, 5
Price: $205

Cheerleading
This camp is an introduction to the sport of cheerleading. Learn basic tumbling, pyramids and stunts combined with gymnastics and dance techniques. Showcase your skills during a cheer performance for friends and family on Friday afternoon!

Ages: 8-11
Instructor: Local Cheer Coaches & Athletes
Hours/day: 3 Cheer; 3 Rec
Weeks offered: 3, 4
Price: $205

Coding for Kids
If you have an active imagination and an interest in computers then come and learn to code with us. Get to know the fundamentals of programming using the drag and drop program Scratch. Create your own interactive stories, animated adventures, creative comics and games. Previous experience with coding is not required.

Ages: 8-11
Instructor: Qualified Mini U Classroom Leader (typically from the Department of Computer Science)
Hours/day: 3 Classroom; 3 Rec
Partners: Department of Computer Science
Weeks offered: 1*, 3, 5, 7
Price: $205 ($175 *short week)
NEW! Dodgeball
We’ve added a new twist on an old favorite! Join us for our new glow in the dark dodgeball combined with the classic games you love. You will also learn throwing, catching and dodging techniques while getting to know the official rules of the game.

**Ages:** 8-11  
**Instructor:** Qualified Mini U Leaders  
**Hours/day:** 3 Dodgeball; 3 Rec  
**Weeks offered:** 1*, 2, 4, 5, 7, 8  
**Price:** $188 ($157 *short week)

Draw, Paint, Create
Explore your creativity and express yourself. Learn about art mediums like drawing, painting and more! Showcase your work during an art show on Friday. Smocks may not be available so please bring a large shirt to protect your clothes.

**Ages:** 8-11  
**Instructor:** Qualified Mini U Classroom Leader (typically from the School of Art)  
**Hours/day:** 3 Classroom; 3 Rec  
**Weeks offered:** 1*, 4, 7  
**Price:** $205 ($175 *short week)

GirlZone: Educate, Empower, Express
In a safe and supportive environment, develop and grow into an expressive, confident mover and thinker. Learn about topics like leadership, healthy living, yoga, coding with computers and more! This program is open to female participants only.

**Ages:** 8-11  
**Instructor:** Female, Qualified Mini U Classroom Leader  
**Hours/day:** 3 Classroom; 3 Rec  
**Weeks offered:** 3, 8  
**Price:** $205

Add day swimming lessons to your camp experience. See back cover for details.
THE JUNIOR EXPERIENCE

Goalie Training Camp

Come learn from the best in this goalie-focused camp that’ll be sure to have you stopping shots all year long. Learn about net positioning and movement, puck control, rebound control and stick use. Minimum of one year playing experience required. Goalies must have full equipment to participate.

**Ages:** 8-11  
**Instructor:** U Sports Athletes (including Bison Athletes)  
**Hours on ice:** 2.25; off ice: 3.75  
**Weeks offered:** week 8  
**Price:** $359

Golf

This summer, learn from a certified golf professional! Improved scheduling will allow for more course time at Harbour View Golf Course: two full days and two half days. Learn the basics of the game on the golf course and the driving range. Receive a video analysis and print-out of your swing to help maximize your shots off the tee box, your fairway shots, and your chipping and putting. Participants must supply their own set of clubs and golf balls.

**Ages:** 8-11  
**Instructor:** Glen Sirkis, CPGA Golf Professional and multiple MB Junior Leader of Year Award Winner  
**Hours/day:** Varies  
**Weeks offered:** week 3  
**Price:** $252

Judo

Enjoy a sport built on respectful behaviour, physical fitness, safety and fair play. Learn Judo techniques – including throws and mat work – designed for your skill level, either beginner or advanced. Judo gis (clothing) are provided.

**Ages:** 8-11  
**Advisor:** Moe Oye, 8th Degree Black Belt  
**Hours/day:** 3 Judo; 3 Rec  
**Weeks offered:** week 3  
**Price:** $205

“The staff are fantastic! When I dropped my son off it felt like I was sending him to Disneyland! Everyone was so energetic, positive and friendly.”

~ Mini U Parent
Junior Herd Hockey

Join a program designed for the intermediate or experienced Bison who can skate with confidence, has a good understanding of the rules of the game, and a good foundation in shooting, passing and stick handling. Participants must have at least two years experience playing on a hockey team. Learn about conditioning, agility training, positioning, shooting and scoring, stick handling, passing, offensive and defensive strategies, teamwork and fair play. Experience fun dryland exercises and training, paired with tips about healthy living.

Ages: 8-11
Instructor: U Sports Athletes (including Bison Athletes)
Hours on ice: 2; off ice: 4
Weeks offered: 5, 6*, 7, 8, 9
Price: $265 ($220* short week)

Junior Herd Soccer

Take part in an intermediate soccer program that uses drills and activities focused on the progressive development of players. Learn the fundamentals – kicking, dribbling, and throw-ins – as well as more specialized techniques like trapping, marking and attacking.

Ages: 8-11
Instructor: U Sports Athletes (including Bison Athletes)
Hours/day: 3 Soccer; 3 Rec
Weeks offered: 1*, 3
Price: $205 ($175* short week)

Junior Herd Volleyball

Develop your volleyball skills so you can master this fun sport! Get to know all angles of the game. Learn about passing, hitting, setting, and offensive and defensive systems.

Ages: 9-11
Instructor: U Sports Athletes (including Bison Athletes)
Hours/day: 3 Volleyball; 3 Rec
Weeks offered: 2, 6*, 7
Price: $205 ($175* short week)

Add day swimming lessons to your camp experience. See back cover for details.
Junior Scientists
Come explore the exciting world of science through fun and interactive hands-on experiments. Learn about various themes in chemistry and physics with an emphasis on exploration and scientific discovery. All experiments and activities will take place in a university science lab!

Ages: 8-11
Instructor: Qualified Mini U Classroom Leader (typically from the Faculty of Science)
Hours/day: 3 Classroom; 3 Rec
Weeks offered: 1*, 2, 3, 4, 5, 6*, 7, 8, 9
Price: $205 ($175 *short week)

Karate
An introduction to karate, this camp is appropriate for beginners or advanced students looking to develop fitness and self-discipline. Learn the fundamentals – kicking, striking, clocking and self-defence movements – while gaining a greater appreciation for proper manners and respectable behaviour.

Ages: 8-11
Instructor: Angelo Mendoza, 6th Dan
Partners: Bushido-Kai Canada School of Martial Arts
Hours/day: 3 Karate; 3 Rec
Weeks offered: week 4
Price: $205

Kids in the Kitchen
Learn from a professional chef and become a leader in the kitchen! Better understand kitchen safety, techniques for proper food handling, how to follow a recipe and more! Transform healthy ingredients into delicious snacks, baked goods and savory meals. Participants will be assembling a recipe book that can be taken home at the end of the week.

Our menu for the week will be set prior to your first day of camp. All recipes prepared will be nut-free. Please visit our website for our full menu and a list of ingredients that will be used. Families must inform us of any food allergies or dietary restrictions a minimum of 10 days prior to your first day in the kitchen. We may not be able to accommodate all requests.

Ages: 8-11
Instructor: Professional Chef
Hours/day: 3 Kitchen; 3 Rec
Weeks offered: 1*, 2, 4, 5, 6*, 7
Price: $275 ($220 *short week)

NEW! LEGO™ Animation
Get your Lego on with our Director’s Cut partners and our Stop Motion Animation camp. Film making crews will work together with a REAL film maker to create a stop motion animation film that is sure to rival the works of Hollywood’s most talented. Small crews will storyboard, script, build, design, capture and add sound effects, titles, voices and music, culminating in your own action packed, dramatically inspired comedy (or whatever you choose your movie to be about!) Participants will also learn how to market their films by creating a movie poster. Family and friends will enjoy a red carpet film festival on Friday afternoon and participants will receive a digital USB key with their film on it.

Ages: 8-11
Instructor: The Director’s Cut Workshops Staff
Partners: The Director’s Cut
Weeks offered: 1*, 2, 4, 6*
Price: $275 ($220 *short week)
NEW! Road to the Pros

Live the life of a professional athlete. U Sports athletes will give you behind the scenes access into training, nutrition, travel, team rooms and media interviews. Your experience will include a meet and greet with local athletes and a tour of a major athletic venue. Player and venue details coming soon at miniu.ca.

**Ages:** 8-11  
**Instructor:** U Sports Athletes (including Bison Athletes)  
**Hours/day:** Varies  
**Weeks offered:** 1*, 2, 3, 4, 7  
**Price:** $252 ($202* short week)

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**Rugby**

This camp is an introduction to the growing sport of rugby! With an emphasis on safety, teamwork, communication and fun, we'll guide you through the basic rules of the game. Work on improving your individual skills through activities and games, and learn about scrums, lineouts, offensive and defensive tactics, and passing and receiving. This camp welcomes participants of all skill levels and abilities. No previous experience necessary.

**Ages:** 8-11  
**Instructor:** Qualified Mini U Leaders  
**Hours/day:** 3 Rugby; 3 Rec  
**Weeks offered:** week 4  
**Price:** $205

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**SUP & Water Sports**

If you have a love for water and adventure, pack your bathing suit and let’s go! Join us for a full week of exciting water sports that take place on and off campus. Experience a variety of water based activities such as stand up paddling, kayaking, canoeing and inner tube water polo in a fun and safe environment.

**Ages:** 8-11  
**Instructor:** Qualified Mini U Leaders  
**Hours/day:** 3 Water Sports; 3 Rec  
**Weeks offered:** 3, 5, 8  
**Price:** $252

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Add day swimming lessons to your camp experience. See back cover for details.
Outdoor Explorers
If you have a passion for the great outdoors then this camp is for you! Spend the week visiting various green spaces such as La Barriere Park, Kings Park and Birds Hill Provincial Park. Learn about wilderness survival and basic orienteering. Try geocaching as well as wall climbing at the U of M Active Living Centre, all while learning leadership skills involving teamwork, communication and responsibility.

Ages: 8-11
Instructor: Qualified Mini U Leader
Hours/day: 3 Exploring; 3 Rec
Weeks offered: 3,4,5,6*,7,9
Price: $252 ($202 *short week)

Rhythmic Gymnastics
Experience the world of rhythmic gymnastics, whether you’re a beginner or advanced. Groups will be divided according to age and ability. Receive basic instruction in rope, hoop, ball, clubs, ribbon and scarves. Friends and family are welcome to join us for a performance of skills on Friday afternoon.

Ages: 8-10
Instructor: National Level Athletes
Partners: Rhythmic Royals
Hours/day: 4 Rhythmic; 2 Rec
Weeks offered: week 9
Price: $205

Robotics
Explore the world of robotics using our EV3 LEGO Mindstorm kits! Working in pairs, you’ll design, build and program your robot to compete in mini challenges throughout the week. As a way to showcase your work, you and your partner will be creating a website dedicated to your robot.

Ages: 8-11
Instructor: Qualified Mini U Classroom Leader
Hours/day: 3 Classroom; 3 Rec
Weeks offered: 1*, 2, 3, 4, 5, 6*, 7, 8, 9
Price: $205 ($175 *short week)
**Sport Sampler**

Are you a sports enthusiast who loves being active, having fun, and trying new things? Get to know basketball, soccer, track and field, floor hockey, archery and more! You’ll also receive a daily dose of our classic Mini U recreational games and activities for 2 hours per day.

**Ages:** 8-11  
**Instructor:** Qualified Mini U Leaders  
**Hours/day:** 4 Sport; 2 Rec  
**Weeks offered:** 1*, 2, 3, 4, 5, 6*, 7, 8, 9  
**Price:** $188 ($157 *short week)

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**Steve Nash Youth Basketball**

Tailored for all ability groups, SNYB is designed to teach the skills required for you to safely progress and maximize your development. Learn shooting, passing and dribbling while having fun playing games and doing drills. Each camper receives his or her own Steve Nash basketball, jersey and signed photo.

**Ages:** 8-11  
**Instructor:** U Sports Athletes (including Bison Athletes)  
**Partners:** Canada Basketball & Basketball Manitoba  
**Hours/day:** 3 Basketball; 3 Rec  
**Weeks offered:** 2, 5, 6*, 8  
**Price:** $262 ($211* short week)

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**Tennis**

Enjoy tennis and hone your skills on brand new outdoor courts on campus. Tennis instruction will focus on the fundamentals with an emphasis on stroke development, proper footwork, serving, doubles and singles strategies. Racquets are provided but you may also bring your own.

**Ages:** 8-11  
**Instructor:** Qualified Mini U Leaders  
**Partners:** Sport Manitoba  
**Hours/day:** 3 Tennis; 3 Rec  
**Weeks offered:** 2, 7  
**Price:** $205

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Add day swimming lessons to your camp experience. See back cover for details.
Track & Field
Step into the blocks and sprint to the finish line! Develop your skills as you explore all the events of track and field. Learn about running, jumping and throwing in an active and games-oriented environment. Take part in a mock track meet at the end of the week to test out your new skills.

Ages: 8-11
Instructor: Qualified Mini U Leaders
Partners: Sport Manitoba
Hours/day: 3 Track; 3 Rec
Weeks offered: 2, 8
Price: $188

Wall Climbing
Tackle a 1,500-square-foot climbing facility located in the Active Living Centre. It’s 50 feet long and 40 feet high! Learn safety procedures, knot-tying techniques, bouldering and climbing communication in a fun and safe indoor environment.

Ages: 8-11
Instructor: Qualified Wall Leader Instructor
Hours/day: 2 Climbing; 4 Rec
Weeks offered: 1*, 2, 3, 4, 5*, 6*, 7, 8, 9
Price: $219 ($181* short week)
THE SENIOR EXPERIENCE

Ages 12 -16

Get a glimpse of what it’s like to be a student on campus! Whether you’re in the gym with our Bison athletes or in the classroom with our faculty partners and students, you’ll have the opportunity to use the facilities and spaces on campus that university students use throughout the year. Along with camp-specific content and a wide variety of recreational activities, Seniors are given more freedom and independence during camp hours and spend the lunch hour at Campo in University Centre!

Senior Recreation Activities:

- Bubble Soccer
- Swimming
- Tchoukball
- Dodgeball
- Omnikin and more!

Our Senior Leadership Opportunities:

- Mentoring young campers
- Building relationships
- Developing teamwork skills
- Increasing communication skills

Weeks Offered

1*  
July 4-7*

2  
July 10-14

3  
July 17-21

4  
July 24-28

5  
July 31-August 4

6*  
August 8-11*

7  
August 14-18

8  
August 21-25

9  
August 28-September 1

*Short week – offered at the reduced price

For more information, please visit miniu.ca
**NEW! Becoming a Mini U Leader**

Be a Leader at Mini U! Develop your skills in the areas of responsibility, behavior management and goal setting and get a powerful glimpse into what it takes to be a leader on the Mini U team. Receive hands on training through an in-depth Orientation that includes learning behavior management techniques, customer service, creating games for kids and teamwork. During the first week, our Leaders will prepare you to lead at Mini U. During the second week, you’ll work alongside a Mini U Mentor and assist leading one of our summer camps. The program will consist of three levels. Each level will unlock new responsibilities and opportunities. After a program level has been completed, you will have the chance to volunteer at our programs or apply for a paid Junior Leader position! For more information regarding program levels, Volunteer position or the Junior Leader position, please go to miniu.ca/juniorleader.

**Ages:** 13-16

**Instructor:** Qualified Mini U Classroom Leader and Mini U Mentor

- **Level Orange**
  - **Hours/day:** 3 Learning; 3 Leading
  - **Weeks offered:** 2&3, 4&5
  - **Price:** $250

- **Level Yellow**
  - **Pre-requisite:** must have previously attended Level Orange.
  - **Hours/day:** 3 Learning; 3 Leading
  - **Weeks offered:** 7&8
  - **Price:** $250

- **Level Green Coming in 2018!**

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**Artists’ Studio**

Work in the studio to create a variety of art projects. At the end of the week, you’ll provide insight into your own artistic process in the form of a critique. It’s a great opportunity to practice your public speaking skills in a positive and supportive environment. Smocks may not be available so please bring a large shirt to protect your clothes.

- **Ages:** 12-14
- **Instructor:** Qualified Mini U Classroom Leader (typically from the School of Art)
- **Hours/day:** 3 Classroom; 3 Rec
- **Weeks offered:** 5, 9
- **Price:** $205

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**Design-Build (Two-Week Camp)**

See how our 3-D printers and laser cutters can bring your ideas and creative vision to life. In our university fabrication lab, you’ll design and build things like models, toys, artwork, and puzzles. Take part in daily design challenges that will have you working together in small teams and thinking like designers.

- **Ages:** 12-14
- **Instructor:** Qualified Mini U Classroom Leader (typically from the Faculty of Architecture)
- **Hours/day:** 3 Classroom; 3 Rec
- **Partners:** Faculty of Architecture
- **Weeks offered:** 1*, 4, 5, 7
- **Price:** $205 ($175 *short week)

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**Create an App**

Interested in smartphone app design? Get to know the principles of app game design while transforming your creative ideas into interactive video games. Learn all about mobile game creation using specialized software like Stencyl.

You do not require a smartphone to enroll in this camp; games will be written and run with stand-alone software. Participants who want to try running their games on a smartphone are welcome to bring their own personal iPhone or Android device, which should be running the most up-to-date operating system. Mini U Programs is not responsible for lost, damaged, or stolen equipment.

Previous experience with programming or programming software is not required.

- **Ages:** 12-14
- **Instructor:** Qualified Mini U Classroom Leader (typically from the Department of Computer Science)
- **Hours/day:** 3 Classroom; 3 Rec
- **Partners:** Department of Computer Science
- **Weeks offered:** 1*, 4, 5, 7
- **Price:** $205 ($175 *short week)
NEW! Film Making

It’s going to be a blockbuster summer with our Director’s Cut partners and our NEWLY designed film making camp. Use GO PRO ACTION cameras, HD cameras and the latest digital equipment and hardware to film and edit your next big blockbuster. Participants will storyboard, write a script, and learn all about camera angles and cinematography, before filming and editing their movies. Participants will also learn how to market their films by creating a movie poster. Family and friends will enjoy a red carpet film festival on Friday afternoon and participants will receive a digital USB key with their film on it.

Ages: 12-14
Instructor: The Director’s Cut Workshops Staff
Hours/day: 3 Classroom; 3 Rec
Partners: The Director’s Cut
Weeks offered: 3, 5, 7
Price: $275

NEW! Entrepreneurship

Have you ever wondered how other kids your age are able to create their own business? Join us and learn what it takes to become an entrepreneur. Get hands on training in finance, investing, marketing, human resources, and customer service. Learn how to pitch an idea just like the Dragons! Spend a day at Winnipeg’s very own Innovation Alley where young entrepreneurs design and manufacture their own inventions. Participants will be given a take home item to commemorate their visit.

Ages: 12-14
Instructor: Qualified Mini U Classroom Leader (typically from the Asper School of Business)
Hours /day: 3 Classroom; 3 Rec
Weeks offered: 4, 8
Price: $230

NEW! Kitchen Masters

Learn from a professional chef and become a leader in the kitchen! Better understand kitchen safety, techniques for proper food handling, how to follow a recipe and more! Transform healthy ingredients into delicious snacks, baked goods and savory meals. Participants will be assembling a recipe book that can be taken home at the end of the week.

Our menu for the week will be set prior to your first day of camp. All recipes prepared will be nut-free.

Ages: 12-14
Instructor: Professional Chef
Hours /day: 3 Kitchen; 3 Rec
Partners: Department of Computer Science
Weeks offered: 3
Price: $275

Video Game Designers with Minecraft™

With millions of players worldwide, Minecraft™ is one of the most popular video games in history! Create, explore and put your problem-solving skills to the test with storyboarding and level design. Learn about the world of coding, with an introduction to programs like Learn to Mod and Scratch. End the week by sharing what you’ve created with other participants. New and experienced players are welcome.

Ages: 12-14
Instructor: Qualified Mini U Classroom Leader (typically from the Department of Computer Science)
Hours /day: 3 Classroom; 3 Rec
Weeks offered: 2, 4, 6*, 8
Price: $205 ($175 *short week)
Archery, Fencing, Racquetball

Get the opportunity to try these three sports in a fun and safe environment. Learn sport-specific skills in archery, fencing and racquetball while developing an understanding of fair play.

**Ages:** 12-14

**Instructor:** Sport Manitoba Trained Staff

**Partners:** Sport Manitoba & Manitoba Fencing Association

**Hours/day:** 5 Sport; 1 Rec (will include swimming)

**Weeks offered:** week 7

**Price:** $205

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NEW! Dodgeball

We’ve added a new twist on an old favorite! Join us for our new glow in the dark dodgeball combined with the classic games you love. You will also learn throwing, catching and dodging techniques while getting to know the official rules of the game.

**Ages:** 12-14

**Instructor:** Qualified Mini U Leaders

**Hours/day:** 3 Dodgeball; 3 Rec

**Partners:** Faculty of Architecture

**Weeks offered:** 3, 6*

**Price:** $188 ($157* short week)

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Flag Football / Floor Hockey Combo

Coached by experienced football and hockey players, this camp covers the basic movements of football and hockey without the physical contact. Along with some behind-the-scenes access at Investors Group Field, you’ll hone your skills in running, throwing, catching, shooting, scoring and positioning through drills and scrimmages throughout the week.

**Ages:** 12-14

**Instructor:** Qualified Mini U Leaders

**Hours/day:** 4 Sport; 2 Rec

**Weeks offered:** week 2

**Price:** $205

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Golf

This summer, learn from a certified golf professional! Improved scheduling will allow for more course time at Harbour View Golf Course: two full days and two half days. Learn the basics of the game on the golf course and the driving range. Receive a video analysis and print-out of your swing to help maximize your shots off the tee box, your fairway shots, and your chipping and putting. Participants must supply their own set of clubs and golf balls.

**Ages:** 12-14

**Instructor:** Glen Sirkis, CPGA Golf Professional and multiple MB Junior Leader of Year Award Winner

**Hours/day:** Varies

**Weeks offered:** week 2

**Price:** $252

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Outdoor Adventure

Explore and experience La Barriere Park, Kings Park and Birds Hill Provincial Park! Learn about wilderness survival and orienteering. Try geocaching as well as wall climbing at the U of M Active Living Centre, all while learning leadership skills involving teamwork, communication and responsibility. Discover how fulfilling it is to be a leader in the great outdoors!

**Ages:** 12-14

**Instructor:** Qualified Mini U Leader

**Hours/day:** 3 Exploring; 3 Rec

**Weeks offered:** 2, 8

**Price:** $252

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Tennis

Enjoy tennis and hone your skills on brand new outdoor courts on campus. Tennis instruction will focus on the fundamentals with an emphasis on stroke development, proper footwork, serving, doubles and singles strategies. Racquets are provided but you may also bring your own.

**Ages:** 12-14

**Instructor:** Qualified Mini U Leaders

**Partners:** Sport Manitoba

**Hours/day:** 3 Tennis; 3 Rec

**Weeks offered:** 5

**Price:** $205
Senior Herd Basketball

Experienced CIS athletes lead you through drills, competitions and daily scrimmages to help improve your play. Learn shooting, passing, dribbling, offensive and defensive strategies and conditioning. Our coaches emphasize transitional situations and advanced shooting techniques.

Ages: 12-15
Instructor: U Sports Athletes (including Bison Athletes)
Hours/day: 5 Basketball; 1 Rec
Weeks offered: 3, 7
Price: $205

Senior Herd Soccer

Learn from the best! Bison athletes develop the lesson plans for this camp, offering you an optimal opportunity to improve your game. Learn shot selection, tackling, marking, offensive and defensive team strategies and fine-tune your fundamental skills. Each participant will take home a Mini U soccer ball at the end of the week.

Ages: 11-13
Instructor: U Sports Athletes (including Bison Athletes)
Hours/day: 4 Soccer; 2 Rec
Weeks offered: week 4
Price: $208

Senior Herd Volleyball

Coaches will lead you through drills, daily scrimmages and mini competitions to help build on your volleyball skills. Learn advanced offensive and defensive strategies and systems, approach, attacking, blocking, hitting, setting, serving and passing.

Ages: 12-14
Instructor: U Sports Athletes (including Bison Athletes)
Hours/day: 5 Sport; 1 Rec
Weeks offered: 3, 5
Price: $205

Add day swimming lessons to your camp experience. See back cover for details.
Tryout Prep
Let us help you crack that hockey roster this year! This camp has a strong focus on conditioning, nutrition and agility training that will help get you in top shape heading into your tryout or hockey season. Learn about offensive and defensive positioning and strategies, shooting and scoring, checking, stick handling and passing. A minimum of three years playing experience is required.

**Ages:** 11-13  
**Instructor:** U Sports Athletes (including Bison Athletes)  
**Hours on ice:** 2.25; off ice: 3.75  
**Weeks offered:** week 7  
**Price:** $330

Wall Climbing
Tackle a 1,500-square-foot climbing facility located in the Active Living Centre. It’s 50 feet long and 40 feet high! Learn safety procedures, knot tying techniques, bouldering and climbing communication in a fun and safe indoor environment.

**Ages:** 12-14  
**Instructor:** Level 1 Certified Climbing Gym  
**Hours/day:** 2 Climbing; 4 Rec  
**Weeks offered:** 1*, 4, 6*, 9  
**Price:** $219 ($181* short week)

Xtreme Adventures
Get the adrenaline flowing in this exciting extreme adventure camp. Experience outdoor adventure at Adrenaline Adventures three times throughout the week. Experience wakeboarding, activities on the high ropes course, beach volleyball, wall climbing, slack lining and more! There will be swimming or wakeboarding every day of the week so please pack a bathing suit and towel daily.

**Ages:** 12-14  
**Instructor:** Qualified Mini U Leaders  
**Partners:** Adrenaline Adventures  
**Hours /day:** Varies  
**Weeks offered:** 2, 4, 8  
**Price:** $290

“Mini U has helped me grow in so many ways. I am so fortunate to have been part of something so amazing.”

— Mini U Leader
Please note: the Joyce Fromson Swimming Pool will be closed August 26- Sept 15, 2017 to complete annual maintenance. There will be no swimming during week 9.

*Short week – offered at reduced price. Programs only run during sessions where a barcode appears.

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## Programs

### Weeks offered

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Registration information

Register your child for their favorite program early. There are a limited number of spaces available, so send in your registration before they fill up!

Registration start dates

Spring programs
Open registration February 13, 2017 at noon.

Summer programs
Pre-sale March 11 and 12, 2017* at 8:00 a.m.
Open registration March 13, 2017 at 8:00 a.m.
* For returning customers only, online registration only.

Summer pre-sale
Get into your summer programs before they fill up! This is an online pre-sale only available for returning Mini U customers. Keep in mind that requesting your login information from our staff will take up to 24 hours to process. Be sure to have your login info ready before pre-sale weekend.

Dates: March 11 and 12, 2017

How to register

Send fax to 204-474-7503
Mail to 154 Active Living Centre
University of Manitoba
Winnipeg, Manitoba R3T 2N2

Drop off in person at the Active Living Centre, Max Bell Centre or Joe Doupe Centre (Bannatyne Campus).
Register quickly and easily online. You will require a login ID and pin, available at miniu.ca.
Sorry, but we do not accept registrations over the phone.

Important information

• Children must be of minimum age for programs by December 31, 2017.
• Both sides of the registration form must be fully completed for each child.
• We do not hold spots.
• Payment is required at the time of registration.
• Registration forms received by fax or mail will be processed in the order in which they are received.

Methods of payment

We accept Interac, Visa and MasterCard, cash and cheque. Please make cheques payable to "The University of Manitoba. "We do not accept post-dated cheques, and cheques cannot be accepted within two weeks of the start date of a program. A $30 fee will be charged for all returned cheques.
Prices may be subject to change.

Refunds and transfers

Complete details on refund and transfers are found online. Fees do apply.

Contact information

Customer Service Desk
154 Active Living Centre
University of Manitoba
Winnipeg, Manitoba R3T 2N2
Phone: 204-474-6100
Fax: 204-474-7503

For more information, please visit miniu.ca
Registration form

Child’s last name ______________________ First name __________________________
Birthdate ___________________________ Gender □ M □ F MM | DD | YYYY
Mailing address __________________________________________________________
City ________________________________ Postal Code _________________________
E-mail address _______________________

□ I agree to allow Active Living & Mini U Programs at the University of Manitoba to contact me by email with information and updates regarding programs, services and facility information. I may withdraw my consent at any time by contacting the Customer Service Desk at 204-474-6100, 145 Frank Kennedy Centre, University of Manitoba, Winnipeg MB. R3T 2N2

Contact/Authorized Pick-Up Information

Mother/Guardian name ____________________________________________________
Phone (home) _______________ (daytime) ______________  (cell) ________________
Father/Guardian name _____________________________________________________
Phone (home) _______________ (daytime) ______________  (cell) ________________
Alternate contact name (other than parent/guardian) __________________________
Phone (home) _______________ (daytime) ______________  (cell) ________________

Office use only
□ Cash □ Debit □ Cheque □ Visa □ MasterCard
Date received ________________________ Amount paid ________________________
Processed by ________________________ Participant Notified by ______________________
□ Phone □ In person □ Fax □ Mail
Staff initials ________________________ Barcode ____________________________

Payment information (fax and mail registrations only)
Please make cheques payable to the University of Manitoba and send to:
Mini U Programs, Customer Service Desk
Room 154 Active Living Centre, University of Manitoba
Winnipeg, Manitoba R3T 2N2 | Fax: 204-474-7503

Payment
We do not accept post-dated cheques. Check method of payment:
□ Cheque □ Visa □ MasterCard
Card Number ______________________ Expiry Date______________
Authorized credit card signature___________________________________________

Programs

One application per participant. Refer to program codes chart on page 42 and 43.

Program Name ___________________________ Code _______________  Cost _______________

Group with* (name) ________________________
□ Lunch Bunch  Code _______________  Cost _______________
□ Mini U Busing  Code _______________  Cost _______________

Total ________________________

Program Name ___________________________ Code _______________  Cost _______________

Group with* (name) ________________________
□ Lunch Bunch  Code _______________  Cost _______________
□ Mini U Busing  Code _______________  Cost _______________

Total ________________________

Program Name ___________________________ Code _______________  Cost _______________

Group with* (name) ________________________
□ Lunch Bunch  Code _______________  Cost _______________
□ Mini U Busing  Code _______________  Cost _______________

Total ________________________

Program Name ___________________________ Code _______________  Cost _______________

Group with* (name) ________________________
□ Lunch Bunch  Code _______________  Cost _______________
□ Mini U Busing  Code _______________  Cost _______________

Total ________________________

Grand Total ________________________

*Group-with option:
Your patience is greatly appreciated as we do our best to try and accommodate requests for your child and one other child to be grouped together. (This option is not applicable for swimming programs.)
Health information

Child’s name ______________________________________________________________

Please fill out any of the following that apply. The more information we have, the better we can meet the needs of your child.

My child…
☐ has allergies ☐ has dietary concerns ☐ carries an Epipen*
☐ requires medication during camp hours* ☐ has Asthma ☐ carries an inhaler*
☐ wears a Medical Alert Bracelet ☐ other ☐ has additional medical conditions
☐ uses a wheelchair

* Please submit the appropriate health consent form with the registration form, available at miniu.ca

If any of the boxes noted above are checked, please provide written information below or attach the additional information and submit all documents to the University of Manitoba.

Please provide:
• name and details of the condition(s)/allergy/allergies
• symptoms of allergy
• triggers of condition/allergy
• management plan
• dosage requirements if medication is necessary

____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________

My child…
☐ does not have special needs
☐ has special needs, but does not require a one-on-one support worker*
☐ has special needs, and will require a one on one support worker*

* Please make sure that the package of information available at miniu.ca has been reviewed and appropriate paperwork submitted with this registration form.

Please have a staff member call regarding:
☐ my child’s medical needs
☐ my child’s special needs

Questions? Call 204-474-6100.

Waiver, Release, Indemnity, Acknowledgement of Risk, and Conditions of Enrollment

1. I also understand that injuries can arise by accident from the very nature of camp activities, and I hereby release and waive all rights to any claim or action against the University of Manitoba (the “University”) arising from injury, loss or damage to my child or to my child’s property except where such injury, loss or damage is caused by the negligence of the University.

2. I hereby authorize the University to seek emergency medical assistance for my child named in this application (“my child”) if the parents/guardians or emergency contact cannot be contacted. I understand that over-the-counter medications (e.g. Tylenol) may be used during camp and hereby authorize the use of such medications for my child if required.

3. I have read the general information in the Spring/Summer 2017 Mini U Guide and understand the refund policy.

I give permission to the University of Manitoba to take photographs/video content of my child named in this application (“my child”) during camp activities, and to display and otherwise use these photographs without charge for promotional purposes in connection with the University of Manitoba, including publicity, advertising, brochures, web content, including postings on social medial sites such as Facebooks, Instagram, Snap Chat and/or Twitter. ☐ yes ☐ no

Signature ____________________________________________________________
(PARENT OR GUARDIAN)

Date _____________________

This personal information is being collected under the authority of The University of Manitoba Act. It will be used for the registration and admission of the applicant in the University of Manitoba Mini U Programs. It will not be used or disclosed for other purposes, unless permitted by The Freedom of Information and Protection of Privacy Act (FIPPA). If you have any questions about the collection of your personal information, contact the Access and Privacy Office (tel. 204-474-9462), 233 Elizabeth Dafoe Library, University of Manitoba, Winnipeg MB, R3T 2N2.

While Mini U makes every attempt to be fully inclusive, we may have some limitations in providing an optimal experience for all children. Once we receive your child’s application form we may need to discuss in more detail if and how we can best care for your child. Please note that the health and medical information may be shared between administrators of Mini U Programs and the U of M athletic therapy staff.
Mini U’s mission and partners

Mission statement
Mini U strives to:

1. Develop educated leaders in children/youth physical activity.
2. Provide excellent and inclusive recreation/sport and educational experiences to young people.
3. Promote the Faculty of Kinesiology and Recreation Management and the University of Manitoba as destinations for post-secondary education.
4. Contribute to the creation and dissemination of physical activity knowledge.

Helping kids play every day
Children from low-income families, with special needs, and indigenous backgrounds have the opportunity to access funds to subsidize their camp fees, and are able to enjoy Mini U thanks to our generous donors. We would like to extend our thanks to the Mini U Alumni Staff who participated in the inaugural Mini U Alumpics and the late Edward James (Ted) Barkwell. The Ted Barkwell Memorial Fund allows underprivileged children to meet new friends and learn new skills in a university setting. To contribute to any of our subsidy programs please contact Donor Relations at 204-474-9195, or donor.relations@umanitoba.ca.

Research
Mini U Programs conduct fundamental research to better understand the importance of physical activity for children and the benefits that our programs bring. Our research is conducted through a random selection of children who are registered for Mini U. Your child may have the opportunity to participate!

Thank you, Joyce!
Joyce Fromson joined the Faculty of Physical Education at the University of Manitoba in 1979. She was the founder and director of Mini U and Children’s Programs. Since 1979, Mini U has grown from 70 children to more than 7,000! Joyce continued to direct Mini U until 1996, creating a model that has been emulated throughout North America. Thank you Joyce for giving Winnipeg such a great program!

Thank you to our partners
This program is made possible through funding from the Government of Canada, the Province of Manitoba, the Winnipeg School Division, Manitoba Camping Association, Urban Green Team, Robert A. Kennedy, UM Community Health Sciences and the Office of Indigenous Achievement.

Each year, more than 30,000 students, staff and community members engage with the Faculty of Kinesiology and Recreation Management through our various programs and services.

RECREATION SERVICES
Memberships available for the whole family!
uofmactiveliving.ca

ATHLETIC THERAPY CENTRE
204-474-6956
umanitoba.ca/kinrec/at
GET A RIDE TO MINI U

THE MINI U BUS is an easy, convenient way to get to the U of M – no matter where you live!

We have pick up and drop off locations in all areas of the city:

- Great West Life Building (downtown)
- Garden City Collegiate
- Ness Middle School
- Regent Park School
- École St. Adolphe School
- École Sainte-Agathe
- And many more!

494 The number of children who rode the Mini U bus in 2016.

NEW! CAMP SWIMMING LESSONS

Add a swimming lessons to your camp day experience:

Campers can participate in a semi private (2 or 3 swimmers per group),
60 minute swim lesson during a one hour slot of recreation time

$88 per swimmer, per week

See www.miniu.ca for more information

@miniuprogram