



Summer Camps 2024

Mon-Fri 9am-4pm

July 8-12 Jump Rope Camp Sampler Hollywood Theme

Be a star this week with our popular Hollywood theme and learn some fun tricks with a single rope, long rope and double dutch. Fun crafts and games are included every day.

July 15-19 Jump Rope Amazing Race Theme

All levels welcome to enjoy our amazing race game play without getting voted off. Participate in fun challenges for points throughout the week with your team.

July 22-26 Circus Dance & Jump Rope Camp

If you like music you will love this week. Dance, jump and play games to your favourite music. Learn circus acrobatics, hip hop and jump rope tricks plus some fun circus crafts.

Aug 12-16 Around The World Summer Camp

This week takes us around the world as we explore different countries. Fasten your seat belt for an amazing trip around the world.

Aug 19-23 Best of The Best Jump Rope Camp

This week takes all of the favourite activities from the entire summer and packs it into this week to play the best of the best. No experience required but bring your best energy to this fun filled week.

Located at Derry Road/Guelph Line we are your neighbourhood summer camp with supporting children from Carlisle, Kilbride, Campbellville and surrounding areas. Our camp counsellors are nationally ranked jump rope athletes and certified coaches with Rope Skipping Canada and International Jump Rope Union.

Join us each Friday for a full performance where your child is the star.

Find all of the details at www.jumpdancefit.ca or email us jumpdancefitca@gmail.com or call 905-299-9294

Join our family this summer for a unique camp experience – no jump rope or dance experience is required for a fun week of camp.