



3 Day Camp
3 Grass court sessions daily
Hiking * Lifestyle * Thermal Cycle
Nutrition * Strength Training *
Yoga * Breath work * Ottawa River
paddling & more!
AUG 18-20, 2025





Experience

Instruction by Patrick Richardson * 3 Full days coaching & activities * Great meals *

Cost: \$300 per youth based on Two sharing a room with private bathroom.

Includes: 3 nights at Whitewater Inn, all meals & transportation, lazy river float. Ages 12-16.



Itinerary:

Monday, August 18, 2025.

9:00am Drop off. Check in to rooms and orientation.

10:00am. Court session

12:00pm. Lunch

1:00pm. Mindset discussion & breath work

2:00pm. Court session.

4:00pm. Thermal Cycle time (sauna- cold plunge & hot tub) & snacks.

6:00pm. Dinner

7:30pm. Court session.

9:30pm. Bedtime.

Tuesday, Aug.19, 2025

7:30am. Yoga/stretching/breath work

8:00am. Breakfast

9:00am. Court session

11:00am. Mind set exercises & strenght.

12:00pm. Lunch

1:00pm. Court session.

2:00pm. Depart for hike around whitewater rapids.

4:30pm. Outdoor games and dinner at Ottawa River Barn.

7:00pm. Free time for thermal cycle (sauna - cold plunge - hot tub)

9:30pm. Bedtime.

Wednesday, Aug. 20, 2025

7:30am. Yoga/stretching/breath work

8:00am. Breakfast

9:00am. Court session

11:00am. Mind set exercises & strenght.

12:00pm. Lunch

1:00pm. Court session.

2:30pm. Depart for Wilderness Tours for river tubing paddling adventure, water park & dinner.

*Beach court session at Wilderness Tours.

8:30pm. Return to Inn. Free time for sauna-cold plunge - hot tub.

Thursday, Aug. 21, 2025

7:30am. Yoga/stretching/breath work

8:00am. Breakfast - Departure.

