TORONTO

FIT For Success Program

elicamps
educate. lead. inspire.

Overview

Fit for Success brings active living, wellness, leadership and academic preparation together for students ages 14-17. A varied program of sports, fitness, workshops and cultural experiences encourages teamwork, confidence and healthy habits. Students have the opportunity to earn a First Aid Certification and develop practical life skills. Academic English focuses on research, instructional and business writing, presentations and critical thinking, with selected university visits that introduce students to post-secondary life. Activities welcome different athletic abilities and emphasize participation, improvement and responsibility.









Themed Workshops

- Nutrition and healthy habits
- Communication and teamwork
- Leadership and goal setting
- First Aid training
- Personal well-being

Sport Activities

- Ultimate Frisbee and Flag Football
- Soccer, basketball and volleyball
- Running and fitness
- Team challenges
- Recreational sports

Language

- Academic/research writing
- Business communication
- Instructional writing
- University visits

Cultural Excursions

- CN Tower
- Niagara Falls
- Canada's Wonderland
- Hockey Hall of Fame
- Blue Jays / Argonauts games
- Toronto neighbourhoods

Activities vary by schedule.

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FIT For Success Program

First Day	July 4, 2027
Last Day	August 8, 2027
Registration	1 week (minimum)*
	5 weeks (maximum)

What Is Included?

Live On Campus / Residential Program

Monday through Sunday, 24/7 program

- Two-way airport service
- Emergency medical insurance
- Accommodation in the University of Toronto residence
- All meals every day
  On weekend trips meals: breakfast, a nutritious snack bag, and dinner
- Entrance tickets to all organized activities and events
- Transportation to all organized activities and events
- All academic and theme-based workshop materials
- Certificate of Completion and Report Card
- ELI Camps staff available 24/7
- Campus security 24/7

Language Requirement

B1 English (CEFR) required for the academic component.

**For price purposes:*
A week of 6 or 7 days is considered a full week.
A week of 1- 5 days will be calculated daily.

Typical Daily Schedule**

Day Time Activities

08:00 - 09:00	Breakfast
09:30 - 11:00	Wellness / leadership workshop
11:00 - 12:30	Sports, fitness or team activity
12:30 - 13:30	Lunch
14:00 - 15:30	Academic English / university prep

Afternoon/Night Activities

15:30 - 18:00	Sports, campus or Toronto exploration
18:00 - 19:00	Dinner
19:00 - 21:30	Evening activity, sports or excursion
22:30	Quiet hours and lights out

**Illustrative schedule. Times, activities and sequence may change for excursions, events and program needs.

Enroll now for an unforgettable adventure.

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