

# TORONTO

## FIT For Success Program

### Overview

This unique program, ideally built for students aged 14-17, promotes the development of healthy and active lifestyles for students, supporting campers in developing an appreciation for athletics, academics, health, physical activity, and lifelong wellness. Additionally, it emphasizes the cultivation of essential leadership skills, equipping students with the ability to lead and inspire others both on and off the field. As part of their holistic development, campers will also have the opportunity to earn a First Aid Certification, ensuring they are prepared to respond to emergencies and contribute to the safety and well-being of their peers. Moreover, the program offers an intensive language program that focuses on instructional, creative, academic/research and business writing that will immensely benefit our students transitioning to post-secondary.

### Themed Workshops



- Nutrition
- Mindfulness
- Leadership and Coaching
- First-Aid Training
- General Wellnes Workshop

### Sport Activities



- Ultimate Frisbee
- Field Hockey Baseball/Softball
- Swimming
- Flag Football
- Runner's Club
- Yoga and Pilates

### Language



- Academic Writing
- Business Writing
- Technical Writing
- Writing for Wellness

### Cultural Excursions



- C.N. Tower
- Pow Wow
- Niagara Falls
- Wonderland
- Toronto Islands
- Exploring Toronto Neighbourhood
- Museums



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## FIT For Success Program

First Day July 6, 2025  
Last Day August 3, 2025  
Registration 1 week (minimum)\*  
4 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

Prior English knowledge is required for participants in this program.

*\*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

Themed workshop (daily)

11:00 - 12:30

Sports sessions or Trip

12:30 - 13:30

Lunch

13:30 - 15:30

Academic workshop (3x week)

#### Afternoon/Night Activities



15:30 - 18:00

Sports sessions or Trip

18:00 - 19:00

Dinner

19:00 - 21:30

Sports sessions or Trip

22:30

Quiet hours and lights out

Enroll now for an unforgettable adventure.

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