



**TRUENORTH**  
SPORTS CAMPS

# Summer Camp Guide 2025



416-619-1224

[info@truenorthcamps.com](mailto:info@truenorthcamps.com)

[truenorthcamps.com](http://truenorthcamps.com)

**#PlayAllDay @truenorthcamps**







# We Are True North Sports Camps!

True North Sports Camps (TNSC) offers year-round sports programming for boys and girls ages 2 to 14 of all skill levels in Toronto, Etobicoke and Oshawa. We operate summer day camps as well as after school and weekend programs for basketball, flag football, basketball, soccer, hockey and multi-sport.

Family  
Feedback

94%  
of 223

Summer Camp Families rated  
our coaches as **EXCELLENT!**

At True North Sports Camps (TNSC), we believe that recreational sports are an important part of every child's development and we make it our priority to deliver a truly memorable experience. With low camper to staff ratio, our outstanding coaches are committed to building an individual rapport with each and every camper.

All of our energetic TNSC coaches are experts in their sport, who love to share their knowledge of the game while stressing the importance of sportsmanship, teamwork and fair play. We focus on creating an encouraging environment where all players learn something new, stay active and have fun!

## Since 2007

Our goal is to provide the highest quality sports instruction in a fun, safe and encouraging environment.



I really want to give a shout out to the coaches.

My son was the youngest in the group and is still working on his emotional regulation and yet they were able to bring out the best in him. It was great picking him up after camp knowing he enjoyed it thoroughly!



# Baseball in Toronto

True North Sports Camps (TNSC) offers a variety of baseball summer camps for boys and girls ages 4 to 14 in Toronto. Campers will be taught the FUNda-mentals of throwing, fielding and hitting through a combination of drills, competitions and games. Whether you want to learn how to field a ground-ball or pop-fly, or how to hit a homerun or bunt, our experienced staff challenge every camper to improve. We have something for everyone!



Locations		Sport	Ages
Lawrence Park	John Ross Robertson	Kids Camp (Baseball Specialty)	4 to 6
	Glenview Public School	Baseball	7 to 14
	Glenview Public School	Girls Baseball (Week 2)	7 to 14
Forest Hill	Memorial Park	Baseball	7 to 14
North York	Bond Park	Recreational Baseball	7 to 14
	Bond Park	Elite Baseball	9 to 14 Rep Level Player

Weeks	Dates	Lawrence Park			Forest Hill	North York	
		Kids Camp (Baseball)	Glenview	Girls	Memorial	Recreational	Elite
1	June 30 – July 4 *	✓	✓		✓	✓	✓
2	July 7 – 11	✓	✓	✓	✓	✓	✓
3	July 14 – 18	✓	✓		✓	✓	✓
4	July 21 – 25	✓	✓		✓	✓	✓
5	July 28 – Aug 1	✓	✓		✓	✓	✓
6	Aug 4 * – 8	✓	✓		✓	✓	✓
7	Aug 11 – 15	✓	✓		✓	✓	✓
8	Aug 18 – 22				✓	✓	✓
9	Aug 25 – 29				✓		

\* Our Baseball Camps at MEMORIAL PARK and BOND PARK are open on both July 1st and August 4th



# Flag Football in Toronto

True North Sports Camps (TNSC) offers non-contact flag football day camps in Toronto designed to introduce campers to the game of football in a fun and pressure-free environment. Throughout the week, campers will be taught the FUNdamentals of throwing, receiving, rushing and defense, while they rotate between quarterback, running back and wide receiver stations. From the skills combine to the draft, we make campers feel like they're in the pros!

Family  
Feedback



94% of 223 Summer Camp Families ranked their child's enjoyment of our programs as EXCELLENT in 2024

Flag Football  
Camp Feedback



This is our son's third summer (5th week) at flag football camp. He loves it. He is naturally a sports nut, so that's not terribly surprising.

It is our daughter's first sports camp experience and we were a little nervous. She usually doesn't like team sports, but wanted to join big bro. We were blown away by how much she loved it, and have signed her up for a second week. Coaches patiently explained the game and were very encouraging. Her confidence rose exponentially this week. Thank you!

Location	Forest Hill
Ages	7 to 14
Level	All Skill Levels
Convenience	Extended Care Available

Weeks	Dates	Flag Football
1	June 30 – July 4 *	✓
2	July 7 – 11	✓
3	July 14 – 18	✓
4	July 21 – 25	✓
5	July 28 – Aug 1	✓
6	Aug 4 * – 8	✓
7	Aug 11 – 15	✓
8	Aug 18 – 22	✓

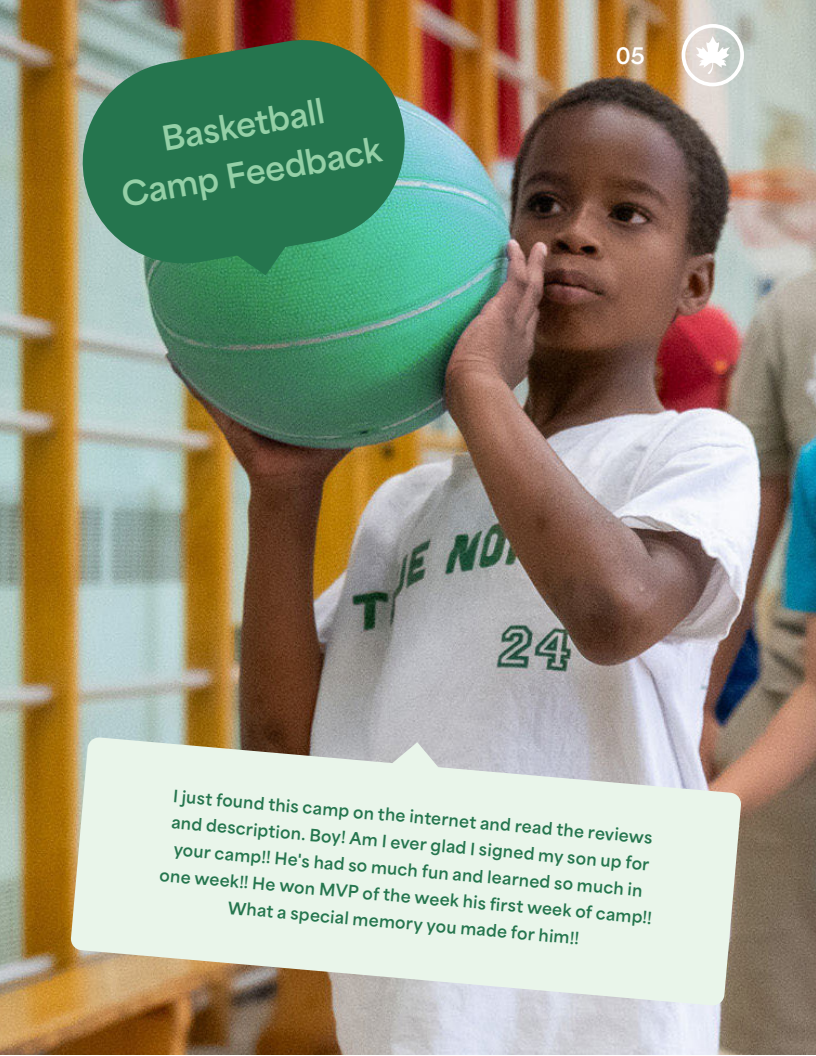
\* Flag Football Camp is open on July 1st and August 4th





# Basketball in Toronto

True North Sports Camps (TNSC) basketball camps are recreational day camps designed to focus on the FUNdamentals of dribbling, passing, shooting and rebounding. By rotating positions during drills and scrimmages, players will have the chance to play all positions and learn as much as possible about the game. In addition, several team concepts will be introduced including defensive strategies, setting screens, cutting without the ball, and of course, the pick and roll. We work hard to make sure that every single camper has a truly memorable experience!



Basketball  
Camp Feedback

I just found this camp on the internet and read the reviews and description. Boy! Am I ever glad I signed my son up for your camp!! He's had so much fun and learned so much in one week!! He won MVP of the week his first week of camp!! What a special memory you made for him!!

Locations		Sport	Ages
Lawrence Park	John Ross Robertson	Kids Camp (Basketball Specialty)	4 to 6
	Glenview Public School	Girls Basketball	7 to 14
	Glenview Public School	Basketball	7 to 14
Extended Care available at all locations			

Weeks	Dates	Lawrence Park		
		Kids Camp (Basketball)	Glenview	Girls
1	June 30 – July 4 *	✓	✓	
2	July 7 – 11	✓	✓	
3	July 14 – 18	✓	✓	
4	July 21 – 25	✓	✓	✓
5	July 28 – Aug 1	✓	✓	
6	Aug 5 – 8 *	✓	✓	
7	Aug 11 – 15	✓	✓	

\* **Week 1** and **Week 5** are four-day weeks due to Canada Day and the Civic Holiday Monday  
Note: **Week 1** has both a 3-day and 4-day option

# Soccer in Toronto

True North Sports Camps (TNSC) soccer camp is a recreational day camp for girls and boys of all skill levels! Our program is designed to teach campers the FUNDamentals of soccer, while introducing advanced skill development for more experienced players (i.e. spacing, player support and ball movement). Our low camper-to-staff ratio allows our experienced coaches to ensure that the skills, drills and games are tailored to each player's needs. We work hard to ensure that each and every camper has fun, stays active and learns new skills!



My kid came home happy and tired everyday. The atmosphere at camp is inclusive and helps a child achieve their personal bests.

We love the camp!



Last summer, TNSC had a net promoter score of

85/100

Location	Memorial Park
Ages	4 to 12
Level	All Skill Levels
Convenience	Extended Care Available

Weeks	Dates	Soccer
1	June 30 – July 2 *	✓
2	July 7 – 11	✓
3	July 14 – 18	✓
4	July 21 – 25	✓
5	July 28 – Aug 1	✓
6	Aug 4 * – 8	✓
7	Aug 11 – 15	✓
8	Aug 18 – 22	✓

\* Soccer Camp is open on July 1st and August 4th





# Multi-Sport in Toronto, Etobicoke and Oshawa

True North Sports Camps (TNSC) offers multi-sport day camps in Toronto, Etobicoke and Oshawa! Our recreational day camps expose campers to a wide variety of sports and activities allowing campers to develop fundamental movement and sport skills with an emphasis on fun, teamwork and fair play. Campers will have a chance to challenge themselves and stay active while playing baseball, basketball, flag football, soccer, floor hockey, badminton and more sports! Our experienced coaches work hard to create a culture that ensures every camper has a truly memorable experience.



Programming was excellent;  
love the variety of sports and engaging  
schedule; entertaining coaches.

Locations		
Toronto	Etobicoke	Oshawa
Lawrence Park (Glenview Public School) Leaside (Bennington Heights) Forest Hill (Memorial Park)	West Glen Junior School	The Yard
Extended Care available at all locations		

Weeks	Dates	Lawrence Park	Girls Lawrence Park	Leaside	Forest Hill	Etobicoke	Oshawa
1	June 30 – July 4 *	✓		✓	✓	✓	✓
2	July 7 – 11	✓		✓	✓	✓	✓
3	July 14 – 18	✓	✓	✓	✓	✓	✓
4	July 21 – 25	✓		✓	✓	✓	✓
5	July 28 – Aug 1	✓		✓	✓	✓	✓
6	Aug 5 – 8 *	✓		✓	✓	✓	✓
7	Aug 11 – 15	✓		✓	✓	✓	✓
8	Aug 18 – 22				✓		✓
9	Aug 25 – 29				✓		

\* **Week 1** and **Week 5** are four-day weeks due to Canada Day and the Civic Holiday Monday  
Except for our Forest Hill and Oshawa locations



# Girls Summer Camps in Toronto

At True North Sports Camps (TNSC) we believe that recreational sports are an important part of every child's development and we make it our top priority to deliver a truly memorable experience. In saying that, we understand that there are social barriers when it comes to participation in sport especially programs that can be heavily dominated by boy participants.



Girls Summer Camps Feedback

Thank you so much for making the first 2 weeks of summer special.

Location	Memorial Park
Ages	4 to 12
Level	All Skill Levels
Convenience	Extended Care Available

My daughter has attended this camp for three years now and truly loves it. She is made to feel welcome from the moment she arrives. The staff truly are exceptional. Everyone seems to know all the kids' names and that goes a long way toward making kids feel special. I can't say enough how impressed I have been by the staff every year. The awards on the last day of each week are also an amazing touch. When she reads her awards, she is filled with so much visible pride.

Weeks	Dates	Baseball	Multi-Sport	Basketball
		Ages 7 to 14	Ages 4 to 12	Ages 7 to 14
1	July 7 – 11	✓		
2	July 14 – 18		✓	
3	July 21 – 25			✓



# Different Camps Explained

Single Sport Camp v. Kids Camp v. Specialty Camp v. Multi-Sport Camp

## Single-Sport Camps

### Baseball, Basketball, Soccer and Flag Football

From our first summer in 2007, we have offered sport-specific camps including baseball, basketball, flag football and soccer. When registering for one of these programs, campers can expect to spend the majority of their week playing a variety of drills and games all related to the one particular sport.

## Kids Camp

### Baseball, Basketball and Ball Hockey Specialties Available

Our Kids Camp is the perfect summer adventure for children aged 4-6! Designed with the Long Term Athlete Development (LTAD) model in mind, we focus on building essential movement skills through age-appropriate activities. Kids can explore a variety of fun games in our general Kids Camp stream or delve into specialized sports like Baseball, Basketball, and Ball Hockey. We prioritize a pressure-free environment where every child feels comfortable trying new things and making new friends. With flexible full-day and halfday options available, and built-in breaks for rest and recharge, Kids Camp offers a fantastic way for your child to develop a love of movement and create lasting summer memories.

## Multi-Sport

Our multi-sport camps allow campers to try out a variety of sports throughout the week. Campers will participate in drills and games focused on two sports per day (including, for example, soccer, ball hockey, flag football, baseball, basketball, etc). Our schedule will likely also include other high-energy activities such as dodge ball, capture the flag, track and field events and more!

## Multi-Sport Camp with a Hockey Specialty

We offer a Multi-Sport Camp with a Hockey Specialty in partnership with **Edge Power Skating**.

### Camp Structure

#### Morning Multi-Sport with TNSC 8:30 AM–12:45 PM

Dive into a variety of sports, including soccer, baseball, flag football, and basketball. Develop fundamental skills, teamwork, and sportsmanship in a fun and inclusive environment.

#### Afternoon Hockey with Edge 12:45 PM - 4:00 PM

Enhance your hockey skills with expert coaching from **Edge Power Skating**. Focus on skating techniques, puck handling, shooting, passing and game strategy.

87% of 223 families that attended TNSC last summer, were extremely likely to recommend our programs to a friend or colleague!

**truenorthcamps.com**

Scroll down to the bottom of any camp page on our website to see a more detailed schedule of what to expect!



# More Programs

## Weekly Clinics in Toronto

We offer after-school and weekend clinics from September to June at several locations in midtown Toronto. For 60 to 90 minutes each week, players will have an opportunity to improve their skills in baseball, basket-ball, flag football and/or soccer! Our clinics offer a great way for young athletes to stay active, have fun and learn something new.

## March Break Camp in Toronto

Join us for a week of high-energy sports programming at our Multi-Sport March Break Camp! Our recreational day camp is for girls and boys ages 4 to 14 years old and will expose campers to a wide variety of sports in order to develop fundamental movement and sport skills with an emphasis on fair play and teamwork.

Location	Branksome Hall
Dates	March 10-14
Ages	4 to 12
Level	All Skill Levels
Convenience	Extended Care Available

The staff were AMAZING!!!

Great camp, my daughter had a lot of fun, and it was very active. The leaders in the camp by far exceed expectations year after year.







## More Programs

### Birthday Parties and Team Lessons in Toronto, Etobicoke and Oshawa

Our coaches are available to run a series of practices or lessons for house league and rep teams as well as pre-organized groups. Instructors will provide the direction and knowledge to help players succeed individually and as a team. We can also help you host a baseball, basketball, flag football, soccer or general sports themed birthday party! Our coaches will come to the location of your party with all necessary equipment for each sport.

Please contact us to learn more!



The coaches were incredible.



My son said it was his favorite camp of all time. They really built up his self-esteem and he was able to feel successful and happy despite going to camp without any of his friends.



# Locations

We are thrilled to be continuing the True North experience in Toronto and Etobicoke, and expanding into Oshawa in 2025! See below for more information about our program offerings in each location:

## Toronto

Our baseball, basketball, soccer, flag football, multi-sport and hockey-specialty summer camps are located at several parks throughout Toronto.

Locations	Ages
<b>Forest Hill: Memorial Park (Spadina and Eglinton)</b>	
Baseball	7 to 14
Soccer	4 to 12
Flag Football	7 to 14
Multi-Sport	4 to 12
Multi-Sport (Hockey Specialty)	6 to 12
<b>Lawrence Park: Glenview Public School (Avenue and Lawrence)</b>	
Baseball	7 to 14
Basketball	7 to 14
Kids Camp	4 to 6
Multi-Sport	4 to 12
Girls Camp	
Baseball	7 to 14
Basketball	7 to 14
Multi-Sport	4 to 12
<b>North York: Bond Park (Leslie and York Mills)</b>	
Recreational Baseball	7 to 14
Elite Baseball	9 to 14
<b>Leaside: Bennington Heights (Bayview and Moore)</b>	
Multi-Sport	4 to 12



The coaches were exceptional.

It's really encouraging to see such great, respectful engaged young people interacting with kids. Wonderful role models. My son was impressed and I was independently impressed in my own interactions with everyone. They should be commended.



# Locations

## Etobicoke

Our Etobicoke multi-sport (ages 4 to 12) summer camps will be located at West Glen Junior School and will run for one-week sessions throughout July and August. Whether you are new to a sport or an elite level player, we have something for everyone!

Location	West Glen Junior School
Sport	Multi-Sport
Ages	4 to 12
Level	All Skill Levels

## Oshawa

Our Oshawa multi-sport (ages 4 to 12) summer camps will be located at The Yard Multi-Sport Training Facility for one-week sessions throughout July and August. Our goal is to expose campers to a wide variety of sports in order to develop fundamental movement and sport skills with an emphasis on fun, fair play and teamwork.

Location	The Yard
Sport	Multi-Sport
Ages	4 to 12
Level	All Skill Levels



#playallday @truenorthcamps

Stay connected to camp through our favourite forms of social media: **Facebook**, **Twitter** and **Instagram**





# Letter from the Executive Director

**Thank you for taking the time to learn about True North Sports Camps (TNSC)!**

On behalf of the entire team at True North Sports Camps, I extend a warm welcome to you and your young athlete. I'm heading into my 9th summer with TNSC, and I can confidently say that our camps are more than just sports programs; they're a vibrant community where kids can discover their love of play and develop essential life skills.

We recognize that picking a camp is a big decision for families. I'm always available to chat should you have any questions, comments, or concerns. Please don't hesitate to reach out - I'm here to help you find the perfect camp experience for your child.

At TNSC, we believe in fostering a positive and supportive environment where children can explore their athletic potential and build lasting friendships. Whether your child dreams of scoring the winning goal or simply enjoys the thrill of the game, we offer a diverse range of programs to ignite their passion.

We understand the importance of providing a safe and nurturing environment for your child. Our experienced and dedicated coaches are committed to creating a fun and engaging experience while emphasizing teamwork, sportsmanship, and a love for healthy activity.

Thank you for considering True North Sports Camps for your child's summer adventure. We look forward to a season filled with exciting games, new friendships, and unforgettable memories.

Warmest Regards,

**Blake Koester**

Executive Director, True North Sports Camps







# Contact Us

We would love to hear from you!

If you have any questions about our programs or are interested in learning more, please do not hesitate to contact us anytime.

## Camp Office

Phone Number	416 619 1224
Address	510 Eglinton Ave W, Unit 3, Toronto, ON M5N 1A5
Email	info@truenorthcamps.com
Website	truenorthcamps.com
Social Media	@truenorthcamps



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