



PARENT HANDBOOK

GROW. LEARN. LEAD. INNOVATE.

AGE BREAKDOWN

Before we get into the details of what we offer, here is a quick breakdown of what is available in each category for each age group. Please continue to read for more details on each category, and feel free to reach out with any additional questions you may have.

Ages 1.5 - 3	Ages 3.5 - 6	Ages 7 to 14	Ages 13 to 16
Developmental Weekly Lessons			
<ul style="list-style-type: none"> • Mini Star Sports • Swimming 	<ul style="list-style-type: none"> • Mini Star Sports • Swimming 	<ul style="list-style-type: none"> • Sports • Swimming 	<ul style="list-style-type: none"> • Sports • Swimming
Developmental Camps			
	<ul style="list-style-type: none"> • Adventure Camp • Learn to Bike 	<ul style="list-style-type: none"> • Sports Programs • STEAM Programs • Swim Programs 	<ul style="list-style-type: none"> • Sports Programs • STEAM Programs • Swim Programs
Competitive Sports			
		<ul style="list-style-type: none"> • Soccer • Basketball • Swimming 	<ul style="list-style-type: none"> • Soccer • Basketball • Swimming
Leadership Development			
			<ul style="list-style-type: none"> • L.I.T. - Leadership In Training Camp • Volunteering • Certifications

+SCHOLARSHIP OPPORTUNITIES AVAILABLE FOR UNIVERSITIES+

TABLE OF CONTENTS

WELCOME TO THE TAC FAMILY	3
GENERAL OVERVIEW	4
ADDED VALUE	5
CAMPS & PROGRAMS	6
CAMPS	7 - 16
OVERVIEW	7 - 8
SCHEDULE	9
SAVINGS	10
LUNCH & SNACK	11
ACTIVITIES	12
SPORTS	13
AQUATICS	14
STEAM	15
FRENCH	16
COMPETITIVE ACADEMIES	17
WEEKLY PROGRAMS	18
AFTER SCHOOL	19
LOCATIONS	20
TEEN PATHWAYS	21
THANK YOU	22

WELCOME TO THE TAC FAMILY

We're thrilled to welcome you and your family to TAC Sports! Whether this is your first time exploring our programs or your child is a returning student, we're excited to be a part of their journey. TAC Sports stands for Toronto Athletic Camps, but more than that, we stand for Transformation, Achievement, and Community. We strive to build the life skills, sports skills, self-confidence, and self-image of our wonderful students. We are dedicated to having our students grow, learn and become leaders in their field and the rest of their lives.

As a parent, choosing the right activity provider for your child is a big decision. You want to know that your child is safe, supported, and set up for success. This handbook is designed to answer your questions, give you a detailed understanding of our programs, and show you what makes TAC different. Whether you're considering a one-week summer camp or a multi-year competitive academy path, we're here to help every step of the way.

If you ever have a question or need support beyond what's in this guide, our team is always ready to help. Let's get started with a rundown of our programs.

.....



GENERAL OVERVIEW

OUR MISSION

TO HAVE OUR STUDENTS ACHIEVE THEIR MAXIMUM SKILLS, CONFIDENCE, AND LEADERSHIP POTENTIAL EFFICIENTLY WHILE HAVING THE MOST FUN.

GROW. LEARN. LEAD. INNOVATE.

.....

TAC Sports was founded on the belief that skill-building can empower children to become more confident, focused, and resilient in all areas of life. Our programs are designed to help students not only improve physically, but also emotionally and socially.

CORE VALUES

Confidence: Building self-esteem through achievement

Leadership: Empowering students to lead themselves and others

Mindset: Emphasizing growth, effort, and positivity

Skill Development: Offering high-quality instruction with long-term goals

Community: Creating a space where all children feel included and supported

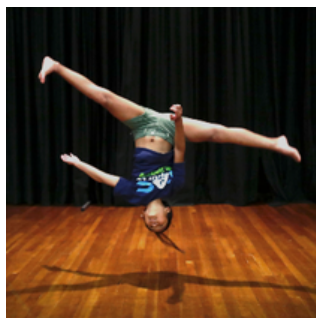
OUR COACHES

TAC Sports strives to provide the best quality of coaching. All of our instructors are trained in FIRST-AID/CPR and in accordance with the National Coaching Certification Plan (NCCP) of Canada. Our coaches are also trained through Canadian Sports for Life (CS4L) principles and use the Long Term Athlete Development (LTAD) model of growth, maturation, and development for their lesson plans.

COMMITMENT TO SAFETY

We have spent significant time developing our attendance sheets and developing our Sign-in and Sign-out systems. We have emergency contact lists and injury forms to ensure proper diligence and follow-up in the event of an incident. We take the safety of our students very seriously.

ADDED VALUE



WE KNOW FAMILIES ARE BUSY. THAT'S WHY TAC OFFERS A RANGE OF SERVICES TO MAKE YOUR LIFE EASIER WHILE ENRICHING YOUR CHILD'S EXPERIENCE.

.....

YEAR-ROUND OPTIONS

We offer weekly activities, camps, and programs for all ages and skill ranges, all year-round, with over 45+ activities to choose from in sports, swim & STEAM categories.

LUNCH & SNACKS INCLUDED

We take the stress out of packing lunches! All of our full-day camps include nut-free lunches and snacks, prepared with care to ensure your child is energized and well-fed throughout the day.

EXTENDED CARE

Busy schedule? No problem! We offer convenient extended care options before and after camp hours to support working families. With engaging games and supervision by our trusted staff, your child will enjoy a smooth start and end to their day in a safe, welcoming environment.

SKILL TRACKING

Keep track of your child's development with our 5-Star Development weekly report cards! The 5-Star Development System™ is our proprietary, research-backed framework designed to help each child reach their maximum potential in skill, confidence, and self-image. Created by educators and coaches, this system goes beyond traditional coaching to deliver a comprehensive developmental experience in every sport we offer.

CAMPS & PROGRAMS

OVERVIEW

TAC SPORTS OFFERS YEAR-ROUND PROGRAMS FOR CHILDREN AND YOUTH AGES 3.5 TO 16 ACROSS THE GREATER TORONTO AREA. OUR OFFERINGS RANGE FROM BEGINNER-LEVEL MULTI-SPORT CAMPS TO ELITE-LEVEL.

.....

WE GROUP OUR PROGRAMS INTO FOUR MAIN CATEGORIES:

CAMPS

Multi-sport, specialty, and leadership-focused programming for ages 3.5–16.



COMPETITIVE ACADEMIES

High-performance training in soccer, basketball, and swimming.

WEEKLY PROGRAMS

A wide range of weekly programs for a number of different sports & interests.



AT SCHOOL PROGRAMS

After-school enrichment in partnership with local schools, including sports, STEM, and creative arts.

CAMPS OVERVIEW

GENERAL CAMP INFO

CAMPS ARE COORDINATED AND DIRECTED BY EXPERT CAMP DIRECTORS TRAINED IN KINESIOLOGY, SPORTS PSYCHOLOGY AND EDUCATIONAL DEVELOPMENT.

.....

CAMPS AVAILABLE

Summer Camps - All 10/11 weeks of summer break

March Break Camps - Public & Private school weeks

Winter Break Camps - End of December & beginning of January

Other (November Break, Passover, Mid-Winter Break, PA Day)

CAMP HOURS

Full Day: 9:00 AM - 4:00 PM

Half Day AM: 9:00 AM - 12:00 PM

Half Day PM: 1:00 PM - 4:00 PM

EXTENDED CARE

Offered at all locations!

Before Care - 8:00 AM to 9:00 AM

After Care - 4:00 PM to 5:00 PM **OR**

6:00 PM (location dependent)

AGE BREAKDOWN & RATIO

Adventure + Learn To Bike: Ages 3.5 to 6

All Other Camps: Ages 7 to 13/14

Leadership: Ages 13 to 16

Certifications: Ages 11+

All activities are divided into age & skill specific groups on-site at a 1:5 or 1:10 ratio (activity dependent).



CAMPS OVERVIEW



DROP-INS

We're happy to accommodate drop-in campers whenever possible! Please bring your registration confirmation with you so our team can easily pull up your information and confirm your addition to our attendance list.

SPECIAL NEEDS

At TAC, we strive to create an inclusive environment where every camper feels safe, supported, and empowered. If your child has unique needs, we kindly ask that you contact us in advance so we can understand how to best support them and determine if our program is the right fit. While we do our best to accommodate a wide range of needs, please note that we are not able to provide 1:1 care.

PAIRINGS

During the checkout process, you'll have the option to request for your child to be paired with a sibling or friend in the same activity. We do our best to accommodate all requests and help make your child's camp experience extra special

WEATHER

All our locations have access to indoor facilities, and our coaches are fully prepared with engaging rain day lesson plans to ensure a smooth and exciting day—no matter the weather.

CPR CERTIFIED

All coaches are first-aid certified. If an injury occurs, parents are notified immediately. We always err on the side of caution and follow strict emergency protocols.

CAMP SCHEDULE

SAMPLE DAY CAMP SCHEDULE

PLEASE NOTE THIS IS A SAMPLE DAILY SCHEDULE. COACHES PUT TOGETHER THEIR OWN LESSON PLANS WEEKLY TO ENSURE CAMPERS ARE EXPERIENCING AND LEARNING NEW SKILLS FOR THE FULL DURATION OF CAMP. THIS MEANS THIS SCHEDULE MAY VARY.

.....



8:00 AM to 9:00 AM - Before Care Option

9:00 AM to 9:30 AM - Half Day AM + Full Day Sign-In

9:15 AM to 10:30 AM - Morning Activity

10:30 AM to 11:00 AM - Morning Snack

11:00 AM to 12:00 PM - Morning Activity Cont

12:00 PM to 12:15 PM - Half Day AM Sign-Out

12:00 PM to 1:00 PM - Lunch

12:45 PM to 1:00 PM - Half Day PM Sign in

1:15 PM to 2:30 PM - Afternoon Activity

2:30 PM to 3:00 PM - Afternoon Snack

3:00 PM to 4:00 PM - Afternoon Activity Cont

4:00 PM to 4:15 PM - Half Day PM + Full-Day Sign-Out

4:00 PM to 5:00 PM - After Care Option (Location Dependent)

4:00 PM to 6:00 PM - After Care Option (Location Dependent)



CAMP SAVINGS

SAVINGS AVAILABLE YEAR-ROUND

Sibling Discount: 10% off each additional sibling

Multi-Week Discounts:

\$10.00 off (2 Weeks)

\$20.00 off (3 Weeks)

\$42.00 off (4-5 Weeks)

\$100.00 off (6-7 Weeks)

\$145.00 off (8-9 Weeks)

SAVINGS WITH DEADLINES

Please visit our website for deadline dates.

Super Early Bird:

\$50 Off Full Day/Full Week

\$30 Off Half Day/Full Week

Early Bird:

\$20 Off Full Day/Full Week

\$10 Off Half Day/Full Week



+PLEASE NOTE THE DISCOUNTS MENTIONED ABOVE ARE APPLIED AUTOMATICALLY AT CHECKOUT - NO CODE IS REQUIRED+



CAMP LUNCH & SNACKS

LUNCH

AS PART OF OUR FULL-DAY, FULL-WEEK REGISTRATIONS, WE INCLUDE A FULL MEAL SERVICE WITH A HOT LUNCH AND TWO SNACKS. FOR OUR HALF-DAY FULL-WEEK CAMPERS WE INCLUDE ONE SNACK.

We have started an amazing and delicious lunch initiative, developed by our holistic nutritionist co-founder, to teach children healthy eating habits and healthy food choices so they can grow into strong athletes.

This lunch initiative also has a positive impact on the children in regards to socializing, when children eat similar meals together they create a stronger social bond and motivate each other to eat the healthy meal provided to them.

All of the meals are peanut and tree nut free and avoid any artificial preservatives, artificial food coloring, and artificial flavorings. We also cater to MOST allergies and diets.

SAMPLE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
AM: GRANOLA BAR	AM: BLUEBERRY MUFFIN	AM: APPLE	AM: GRANOLA BAR	AM: BLUEBERRY MUFFIN
LUNCH BUTTER CHICKEN WITH RICE AND GREEN PEAS PEAR	LUNCH BREADED CHICKEN BURGER ON A WHOLE WHEAT BUN WITH MAYO CARROT STICKS AND GRAPE TOMATOES	LUNCH TERIYAKI MEATBALLS WITH NOODLES AND VEGGIES GRAPES	LUNCH CHICKEN BITES WITH VEGGIES AND POTATO WEDGES KETCHUP PACKET ORANGE SLICES	LUNCH SWEET AND SOUR MEATBALLS WITH MASHED POTATOES & VEGGIES MELON
PM: CHOCOLATE CHIP BANANA LOAF	PM: CRACKERS AND CHEESE	PM: CHOCOLATE MUFFIN	PM: CARROT STICKS	PM: POPCORN

CAMP ACTIVITIES

ACTIVITIES OVERVIEW

At TAC we are dedicated to creating the best, most confident and proficient young leaders. Students in our Activity Specific camps work with the top professionals in each field.

Each TAC and LSA program is designed with our unique 5-Star Development Program to help students learn every step thoroughly, from beginner to advanced.

We focus on quality and expertise in our camps while keeping the fun and dynamic camp environment to facilitate great memories and friendships.

THE 5 STAR DEVELOPMENT SYSTEM™

TAC Sports created The 5 Star Development System™ to assist students to become more motivated, more confident, and more knowledgeable about their own development. The 5 Star Development System™ includes 5 different levels with a symbolic colour assigned to each level, similar to the coloured belts commonly found in various martial arts.

Each of the different levels has specific criteria and achievements that need to be satisfied to advance to the next level of development. Each different level specifies criteria and achievements for students to obtain for each activity.



SPORTS CAMPS



TAC SPORTS ACTIVITIES

At TAC Sports Camps, every day is a new adventure! Campers build confidence, learn teamwork, and explore their passions through a variety of fun, skill-based programs. Each activity is led by qualified coaches who make learning exciting and inclusive. Whether your child is a budding athlete, a future leader, or just ready for summer fun, TAC Sports has something for everyone ages 3.5 to 16.

.....

ACTIVITIES INCLUDE:

AGES 3.5 TO 6

- Adventure Camp (Multi-Sport)
- Learn to Bike

AGES 7 TO 14

- Soccer
- Competitive Soccer
- Basketball
- Competitive Basketball

- Multi-Sports
- Volleyball
- Tennis
- Dance
- Gymnastics
- Trail Blazers (Advanced Biking)

AGES 13 TO 16

- LIT - Leadership in Training

AND MORE!

+PLEASE NOTE ACTIVITIES VARY BY LOCATION+

AQUATICS CAMPS



TAC AQUATICS ACTIVITIES

TAC Aquatics Camps combine the joy of summer with the life-saving skills of swimming. Campers enjoy daily swim lessons tailored to their individual level and pace, with low swimmer-to-instructor ratios for the best experience possible. Lessons are led by certified lifeguards and instructors and include everything from Learn-to-Swim (ages 6 to 14), to Bronze courses and National Lifeguard training for teens. Giving students enough time in the pool to potentially pass from level to level over the course of one week.

.....

ACTIVITIES INCLUDE:

AGES 6 TO 14

- Instructional Swimming

AGES 12 TO 16

- Competitive Swim

AND MORE!

CERTIFICATIONS INCLUDE:

- Standard First Aid & CPR-C
- Bronze Star
- Bronze Medallion
- Bronze Cross
- Bronze Medallion & Cross Combo
- National Lifeguard
- National Lifeguard & Standard First Aid

+PLEASE NOTE ACTIVITIES VARY BY LOCATION+

STEAM CAMPS



LSA STEAM ACTIVITIES

LSA programs empowers campers to grow as individuals while developing real-world skills. These camps are designed to challenge and inspire young minds, giving them tools they'll carry into the future. Perfect for curious, creative, and ambitious campers.

.....

ACTIVITIES INCLUDE:

AGES 3.5 TO 6

- Eco Adventure

AGES 7 TO 14

- 3D Design
- Coding
- Chess
- Creative Arts
- Eco Guardians
- STEM

- How To Be A Dragon (Financial Literacy)
- Lego Robotics
- Mandarin Kickstart
- Spanish Kickstart
- Strong Earth (Ecology & Farming)
- Strong Food Cooking
- Music

AGES 13 TO 16

- LIT - Leadership in Training

AND MORE!

+PLEASE NOTE ACTIVITIES VARY BY LOCATION+

FRENCH CAMPS



FRENCH IMMERSION ACTIVITIES

Our French Immersion Camps offer a dynamic and engaging way for campers to build their language skills while having fun! Campers are immersed in a bilingual environment where they learn and practice French through interactive games, creative projects, and cultural activities. Led by experienced bilingual instructors, this program is perfect for all levels—from beginners to fluent speakers—and helps boost confidence, communication, and a love for language in an exciting camp setting.

Please note all activities are offered at a conversational level.

.....

ACTIVITIES INCLUDE:

AGES 3.5 TO 6

- Adventure Camp (Multi-Sport)

AGES 7 TO 14

- Eco Guardians
- STEM

AND MORE!

+PLEASE NOTE ACTIVITIES VARY BY LOCATION+

COMPETITIVE ACADEMIES

TORONTO ATHLETIC FC - SOCCER

The T.A.F.C. Soccer Academy provides a competitive academy and team development for any aspiring soccer player. T.A.F.C. has over 10 teams from age 6 to 13 that play across the G.T.A. at a competitive level through the TSA and OSA.



TAC FORCE - BASKETBALL

The TAC Force Basketball Academy provides a competitive academy and team development for any aspiring soccer player. TAC Force has over 10 teams from age 9 to 16 that play across the G.T.A. at a competitive level through the OBA and CYBA.



TAC TITANS - SWIMMING

Titan Swim Club is a high-performance swim club committed to developing strong, skilled, and confident swimmers at every level. Through expert coaching, structured training, and a supportive team culture, we empower both age group and master swimmers to push their limits, refine their technique, and achieve their goals.



WEEKLY PROGRAMS

WEEKLY PROGRAM INFO

AT TAC SPORTS, WE HOST A WIDE RANGE OF WEEKLY PROGRAMS FOR A NUMBER OF DIFFERENT SPORTS & INTERESTS.

.....



SKILLS CLINICS

Skills Clinics offer targeted training sessions designed to improve individual technique, strategy, and confidence in specific sports. Led by expert coaches, clinics are available for all skill levels.

HOUSE LEAGUES

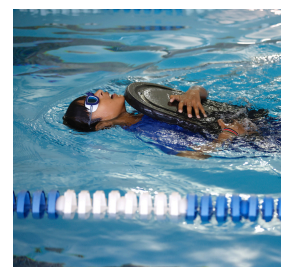
Our House Leagues provide a fun and competitive environment for athletes to develop teamwork and game-play skills. Players are placed on balanced teams and enjoy weekly games with coaching support focused on growth and enjoyment.

CERTIFICATION

We offer a variety of nationally recognized certification courses, including Bronze Star, Bronze Medallion, Bronze Cross, Standard First Aid with CPR-C, and National Lifeguard. These courses provide essential training for future lifeguards and aquatic leaders.

AQUATICS

Our Aquatics programs include low-ratio swimming lessons for all ages and skill levels. With a focus on technique, water safety, and swimmer development, participants receive personalized attention and regular progress updates.



AFTER SCHOOL PROGRAMS

AFTER SCHOOL PROGRAMS

TAC AND LSA BRINGS OUR PROGRAMMING DIRECTLY INTO SCHOOLS ACROSS THE GTA. WE OFFER AFTER-SCHOOL CLASSES WITHIN YOUR CHILD'S SCHOOL, MAKING PARTICIPATION SIMPLE AND CONVENIENT.

POPULAR PROGRAMS INCLUDE:

- Soccer
- Basketball
- Multi-sports
- Chess
- Lego Robotics

AND MANY MORE!



CAN TAC OR LSA COME TO MY CHILD'S SCHOOL?

Yes! If your school isn't currently hosting TAC or LSA programs, let us know. We're always looking to expand and often work with parent councils or school administrators to bring our team on board.

FUN FAIR PARTICIPATION

We love being part of school and community fun fairs! Our team brings engaging activities, games, and giveaways to help create a memorable experience for students and families. If your school is hosting a fun fair, feel free to reach out to us at marketing@tacsports.ca — we'd love to get involved!



LOCATIONS

LOCATIONS OVERVIEW

We operate across Toronto, North York, Vaughan, Richmond Hill, Markham, and surrounding areas. Each of our program locations is carefully selected for safety, accessibility, and quality of facilities. Many of our camp venues are located in schools and community centers with both indoor gymnasiums and outdoor fields to accommodate all weather conditions.

AREAS WE SERVICE

- Toronto
- Thornhill
- Richmond Hill
- Markham
- Scarborough
- Mississauga
- Etobicoke
- Aurora
- Vaughan
- Whitby
- Pickering



& MORE TO COME

HOW DO I CHOOSE A LOCATION?

We recommend choosing the closest venue to your home or workplace for convenience. You can browse by location on our website—each location page includes a map, address, parking info, and program availability.

ARE ALL PROGRAMS AVAILABLE AT EVERY LOCATION?

Not necessarily. While most sites offer camps, weekly programs, competitive academies and teen programs may be limited to specific venues due to facility or coach requirements. Availability is clearly listed on each location's registration page.

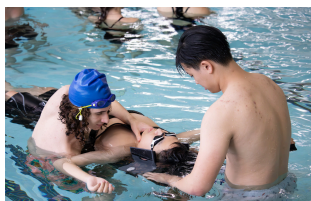
TEEN PATHWAY



THE TAC SPORTS LEADERSHIP & SUCCESS PATHWAY

Our Teen Leadership & Success Pathway takes youth on a journey from camper to coach, providing real-world opportunities in mentoring, sports instruction, and leadership development. Through volunteer placements, internships, and hands-on coaching experiences, teens gain the tools they need to thrive in athletics, business, and beyond.

Take a look at our Sports pathway here! Feel free to contact us with any questions and to learn more about how your teen can get involved.



THE TAC AQUATICS LEADERSHIP & SUCCESS PATHWAY

Our TAC Aquatics pathway supports swimmers every step of the way—from learning to swim to becoming elite instructors. Teens work their way through certifications like Bronze courses, Standard First Aid & CPR-C, and National Lifeguard, before joining our mentorship track. Through junior instructing, volunteer placements, and internships, swimmers learn from the best and grow into confident, qualified leaders in aquatics.

Take a look at our Aquatics pathway here! Feel free to reach out with any questions or to learn how your swimmer can dive into this rewarding journey.



THANK YOU



THANK YOU!

Thank you for taking the time to read the TAC Sports Parent Handbook. We know that finding the right program for your child is a big decision—and we're honoured that you're considering (or have chosen) us. Our goal is to support your child's development to provide a safe, fun, and inspiring experience.

If you have any additional questions, please don't hesitate to contact our team at:

Phone: (416) 627 1092

Email: info@tacsports.ca

Website: www.tacsports.ca

We're here to help—and we look forward to welcoming you to the TAC family!