

Dojo Kids Summer Fit Camp!

Be Active, Be Healthy, Be Happy!

11th July until 5th August 2022
Every Monday to Friday

This summer, keep your kids busy and healthy at Dojo. Throughout the week, we will be running different activities, such as Ninja Warrior, Boxing, Painting, Gymnastics and more! See more details below.

THE ACTIVITIES

Little Rocky & Rocky Box

Fundamentals of boxing with boxing drills, shadow boxing, pad and bag work. Adjusted to the age group.

Ninja Warrior

A fun approach to fitness outdoors as they work on strength, conditioning, flexibility, problem solving and coordination as they overcome obstacles

Football

A high energy and fun introduction to playing football. Great for developing friendships, working as a team and development of fundamental movement and ball skills.

Ninja Freestyle

Free running to improve fluidity of movement, tumbling to increase body awareness, obstacle courses to boost endurance, as well as agility and acrobatic skills.

Agility

A combination of running, plyometric, directional work, ball skills and speed drills

Gymnastics

Learn skills such as rolls, handstands, bridges, cartwheels, as well as leaps and jumps that will improve strength, agility, coordination and physical conditioning.

Painting

Sessions will involve both freestyle and guided painting for beginners. The kids will get a pre-sketches pot/tote bag/canvas/ stone of their preference.

Natural Movement

For the teens, training using basic locomotion and manipulative movements such as lifting, throwing and catching to get you toned, lean and strong

Strength & conditioning

A full body workout designed to build strength and stamina This class will use dumbbells, bands and other gym equipment.

Taekwondo

This class teaches the basic elements of Taekwondo which includes technical aspects of different kicks and punches.

Ball Skills

Learn the basics of tennis off the court. This class teaches ball handling drills, eye and ball coordination, lots of throwing and catching, improving quick reaction and reflexes.

TERMS & CONDITIONS

- Bookings should be made via reception.
- The weekly package covers Monday to Fridays of the same week.
- Payment should be made in advance to our Buy Goods number 319931. Once paid, please confirm your payment via reception.
- Parents must be aware that places will be filled on a first come first served basis.
- Making full payment per child secures their place. All classes will have a limit of 8 children.
- Cancellation is equated to giving up the deposit paid per child which is non-refundable and non-transferrable.
- A Parent/guardian must sign the application form and agree to terms & conditions, payment via this website is also taken as agreement with the terms and conditions.
- All medical conditions must be clearly stated on the application form.
- Children must bring a packed lunch, rain gear, and sun cream each day.
- The hours of the camp will run from 9:00 am – 4 :00 pm, Monday to Friday, with 2 hour sessions for the different age groups.
- Children will not be taken into the camp before their scheduled time and must be collected two hours after their session starts. Dojo Wellness club & its employees are not responsible for children outside of these times.
- Each session will run for 2 hours with a 10 minute break in between.
- Please carry your own refreshments and re-fillable water bottle. We have a water refill station at the Revive Bar.
- Photographs and video footage may be taken and used for promotional reasons. If you do not wish images of your child to be used by us. Please inform reception when booking.
- Dojo Wellness Club has permission to seek medical treatment in the event of an accident or sickness.
- We have a Revive Bar with healthy snacks that can be purchased in advance. Do let us know of any allergies.
- Dojo Wellness Club reserves the right to remove any child that is disruptive from the camp due to misbehavior or whose behavior puts themselves or others at risk without a refund.
- If in the unfortunate event that one of our camps has to be cancelled due to emergency or circumstances out of our control (This includes situations relating to COVID-19), we will offer placement at our camps, to take place at a later date and no refunds will be permitted.
- Information on activities is given in good faith. All arrangements and activities are subject to change depending on weather conditions, program schedules, and other arrangements. Dojo Wellness Club reserves the right to cancel, amend or alter activities accordingly in the event of unanticipated situations.
- The weekly package covers Monday to Fridays of the same week.
- All Covid protocols and guidelines will be adhered to as stipulated in Dojo's Standard of Operating Policy

THE PROGRAM

11TH JULY - 5TH AUGUST

| AGE | MONDAY | | ROOM/SPACE | COACH |
|---------------|---------------|---------------------------|------------------|---------|
| 4 - 6 YEARS | 9 - 10 AM | NINJA WARRIOR | OUTDOOR | BAVELYN |
| | 10.15 - 11 AM | ROCK/POT PAINTING | TALISMAN GROUNDS | MARTIN |
| 7 - 12 YEARS | 11 - 12 PM | NINJA FREESTYLE | OUTDOOR | BAVELYN |
| | 12.15 - 1 PM | CANVAS PAINTING | TALISMAN GROUNDS | MARTIN |
| 13 - 16 YEARS | 2 - 3 PM | ROCKY BOX | BOXING STATION | ROY |
| | 3.15 - 4 PM | AGILITY | OUTDOOR | ROY |
| AGE | TUESDAY | | ROOM/SPACE | COACH |
| 4 - 6 YEARS | 9 - 10 AM | LITTLE KICKER (TAEKWONDO) | OUTDOOR | BAVELYN |
| | 10.15 - 11 AM | FUN GYMNASTICS | OUTDOOR | SOULJA |
| 7 - 12 YEARS | 11 - 12 PM | TAEKWONDO | OUTDOOR | BAVELYN |
| | 12.15 - 1 PM | FUN GYMNASTICS | OUTDOOR | SOULJA |
| 13 - 16 YEARS | 2 - 3 PM | BOXERCISE | OUTDOOR | RAMA |
| | 3.15 - 4 PM | TAEKWONDO | OUTDOOR | BAVELYN |
| AGE | WEDNESDAY | | ROOM/SPACE | COACH |
| 4 - 6 YEARS | 9 - 10 AM | FOOTBALL | TALISMAN | MAURICE |
| | 10.15 - 11 AM | AGILITY | OUTDOOR | ROY |
| 7 - 12 YEARS | 11 - 12 PM | FOOTBALL | TALISMAN | MAURICE |
| | 12.15 - 1 PM | BALL SKILLS | OUTDOOR & GARDEN | RICHARD |
| 13 - 16 YEARS | 2 - 3 PM | STRENGTH & CONDITIONING | OUTDOOR & GARDEN | IVAN |
| | 3.15 - 4 PM | BALL SKILLS | OUTDOOR & GARDEN | RICHARD |
| AGE | THURSDAY | | ROOM/SPACE | COACH |
| 4 - 6 YEARS | 9 - 10 AM | TAEKWONDO | OUTDOOR | BAVEL |
| | 10.15 - 11 AM | AGILITY | OUTDOOR | RAMA |
| 7 - 12 YEARS | 11 - 12 PM | TAEKWONDO | OUTDOOR | BAVEL |
| | 12.15 - 1 PM" | AGILITY | OUTDOOR | RAMA |
| 13 - 16 YEARS | 2 - 3 PM | NATURAL MOVEMENT | OUTDOOR | BAVEL |
| | 3.15 - 4 PM | AGILITY | OUTDOOR | RAMA |
| AGE | FRIDAY | | ROOM/SPACE | COACH |
| 4 - 6 YEARS | 9 - 10 AM | NINJA FREESTYLE | OUTDOOR | BAVEL |
| | 10.15 - 11 AM | LITTLE ROCKY | OUTDOOR | ROY |
| 7 - 12 YEARS | 11 - 12 PM | NINJA FREESTYLE | OUTDOOR | BAVEL |
| | 12.15 - 1 PM | LITTLE ROCKY | MOBILITY | ROY |
| 13 - 16 YEARS | 2 - 3 PM | NATURAL MOVEMENT | OUTDOOR | IVAN |
| | 3.15 - 4 PM | ROCKY BOX | MOBILITY | ROY |