

Dojo Kids Summer Fit Camp!

Be Active, Be Healthy, Be Happy!

10th July until 4th August 2023

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! Find the full schedule below.

THE ACTIVITIES

<p>Little Rocky & Rocky Box Fundamentals of boxing with boxing drills, shadow boxing, pad and bag work. Adjusted to the age group.</p>	<p>Ninja Warrior A fun approach to fitness outdoors as they work on strength, conditioning, flexibility, problem solving and coordination as they overcome obstacles</p>	<p>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.</p>
<p>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.</p>	<p>Agility A combination of running, plyometric, directional work, ball skills and speed drills</p>	<p>Gymnastics Learn skills such as rolls, handstands, bridges, cartwheels, as well as leaps and jumps that will improve strength, agility, coordination and physical conditioning.</p>
<p>Arts & Crafts Sessions will involve both freestyle and guided art for beginners. The kids will get a pre-sketched pot/tote bag/ canvas/ stone of their preference and more.</p>	<p>Mighty Movers Training using basic locomotion and manipulative movements such as lifting, throwing and catching to get you toned, lean and strong</p>	<p>Strength & conditioning A full body workout designed to build strength and stamina This class will use dumbbells, bands and other gym equipment.</p>
<p>Parkour Come and learn the basics with us and navigate through our indoor and outdoor Parkour style course including running, climbing, swinging, vaulting, jumping, rolling, quadrupedal movement around, across, through, over and under all features.</p>		

THE PROGRAM

10th JULY - 4th AUGUST 2023

AGE	MONDAY		ROOM/SPACE	COACH
4 - 6 YEARS	9 - 10 AM 10.15 - 11 AM	NINJA WARRIOR ARTS & CRAFTS	OUTDOOR TALISMAN GROUNDS	ADAM MARTIN
7 - 12 YEARS	11 - 12 PM 12.15 - 1 PM	NINJA WARRIOR ARTS & CRAFTS	OUTDOOR TALISMAN GROUNDS	ADAM MARTIN
13 - 16 YEARS	2 - 3 PM 3.15 - 4 PM	ROCKY BOX AGILITY	BOXING STATION OUTDOOR	ROY ROY

AGE	TUESDAY		ROOM/SPACE	COACH
4 - 6 YEARS	9 - 10 AM 10.15 - 11 AM	PARKOUR FUN GYMNASTICS	OUTDOOR OUTDOOR	ADAM SOULJA
7 - 12 YEARS	11 - 12 PM 12.15 - 1 PM	PARKOUR FUN GYMNASTICS	OUTDOOR OUTDOOR	ADAM SOULJA
13 - 16 YEARS	2 - 3 PM 3.15 - 4 PM	BOXERCISE PARKOUR	OUTDOOR OUTDOOR	RAMA ADAM

AGE	WEDNESDAY		ROOM/SPACE	COACH
4 - 6 YEARS	9 - 10 AM 10.15 - 11 AM	BALL SKILLS LITTLE ROCKY	OUTDOOR BOXING STATION	ADAM ROY
7 - 12 YEARS	11 - 12 PM 12.15 - 1 PM	BALL SKILLS ROCKY BOX	OUTDOOR BOXING STATION	ADAM ROY
13 - 16 YEARS	2 - 3 PM 3.15 - 4 PM	STRENGTH & CONDITIONING TEEN BOXER	OUTDOOR BOXING STATION	IVAN ROY

AGE	THURSDAY		ROOM/SPACE	COACH
4 - 6 YEARS	9 - 10 AM 10.15 - 11 AM	MIGHTY MOVERS AGILITY	OUTDOOR OUTDOOR	JASPER RAMA
7 - 12 YEARS	11 - 12 PM 12.15 - 1 PM	MIGHTY MOVERS AGILITY	OUTDOOR OUTDOOR	JASPER RAMA
13 - 16 YEARS	2 - 3 PM 3.15 - 4 PM	STRENGTH & CONDITIONING AGILITY	OUTDOOR OUTDOOR	JASPER RAMA

AGE	FRIDAY		ROOM/SPACE	COACH
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4 - 6 YEARS	9 - 10 AM 10.15 - 11 AM	NINJA FREESTYLE LITTLE ROCKY	OUTDOOR BOXING STATION	ADAM ROY
7 - 12 YEARS	11 - 12 PM 12.15 - 1 PM	NINJA FREESTYLE ROCKY BOX	OUTDOOR BOXING STATION	ADAM ROY
13 - 16 YEARS	2 - 3 PM 3.15 - 4 PM	NATURAL MOVEMENT TEEN BOXER	OUTDOOR BOXING STATION	ADAM ROY

TERMS & CONDITIONS

Welcome to the Dojo Summer Fit Camp! We're excited to have your child join us for a fun-filled and enriching experience. Please take a moment to review the following terms and conditions:

1. Booking and Payments

- To secure your child's place, please make all bookings through our friendly reception team.
- The weekly package covers Monday to Friday of the same week, providing your child with a full week of exciting activities.
- We kindly request that payment be made in advance through our convenient Buy Goods number 319931.
- Once you've made the payment, please confirm it with our reception to ensure a seamless registration process.

2. Placement and Enrolment

- We operate on a first come, first served basis, so we encourage you to book early to secure a spot for your child.
- To confirm enrolment, full payment per child is required, allowing us to prepare for your child's participation.
- Each class maintains a maximum limit of 8 children, ensuring personalized attention and a safe environment.
- We understand that circumstances may change, but please note that cancellation of enrolment will result in the forfeiture of the non-refundable and non-transferrable deposit paid per child.

3. Age Group Categories

- We have carefully designed our camp activities and sessions to cater to specific age groups, taking into consideration the different stages of development and abilities of children.
- We kindly request that parents respect and adhere to the assigned age group categories for their child's class, as it ensures a suitable learning environment and promotes the safety and well-being of all participants.
- Our experienced instructors have tailored the activities to meet the needs and interests of each age group, allowing for optimal engagement and growth.
- If you have any concerns or questions regarding the age group placement, please feel free to discuss them with our team, and we will be happy to address them.

4. Application and Agreement

- We value clear communication and transparency, and therefore, a parent or legal guardian is required to sign the application form, indicating agreement with our terms and conditions.
- Your child's safety is our priority, so please provide accurate and complete information regarding any existing medical conditions on the application form.

5. Requirements and Daily Essentials

- To ensure your child has a comfortable and enjoyable experience, we kindly ask that they bring a packed snack, water bottle, rain gear or extra jacket each day.
- Our camp hours are from 9:00 am to 4:00 pm, Monday to Friday, with 2-hour sessions tailored to different age groups.
- For the safety of all participants, children will not be admitted to the camp before their scheduled time and should be collected immediately after their session ends. Please note that Dojo Wellness Club and its employees are not responsible for children outside of these designated times.
- We believe in a balanced approach, and therefore, each session includes a 10-minute break for your child to rest and recharge.
- We encourage children to carry their own refreshments and a reusable water bottle. We have a convenient water refill station available at the Revive Bar.

6. Photography and Media Release

- We love capturing memorable moments, and with your permission, we may take photographs and video footage during the camp for promotional purposes.
- We respect your privacy, so if you do not wish for images of your child to be used by us, please inform our reception when making the booking.

7. Medical Treatment

- Your child's well-being is of utmost importance to us. In the event of an accident or sickness, we have your permission to seek necessary medical treatment promptly.

8. Allergies and Snacks

- Our Revive Bar offers a variety of healthy snacks for purchase in advance. To ensure your child's safety, please inform us of any allergies they may have.

9. Disruptive Behavior and Removal

- We strive to create a positive and inclusive environment for all participants. However, if a child's behavior is disruptive or poses a risk to themselves or others, we reserve the right to remove them from the camp. Rest assured, we will handle such situations with fairness and care. Please note that no refunds will be provided in such cases.

10. Changes and Cancellations

- We understand that flexibility is essential, and we will do our best to ensure an enjoyable experience for your child. Please note that activities are subject to change based on weather conditions, program schedules, and unforeseen situations. We reserve the right to cancel, amend, or alter activities accordingly, always with the best interest of the children in mind.

Thank you for taking the time to review and understand our terms and conditions. By signing the application form or completing the online payment, you confirm that you have read, understood, and agreed to these terms and conditions for the Dojo Kids Summer Camp at Dojo Wellness Club. We look forward to creating lasting memories and an exciting summer for your child!

APPLICATION FORM

Child's Information: Full Name: _____

Date of Birth: _____

Gender: _____

Age: _____

Parent/Guardian Name: _____

Contact Number: _____

Email Address: _____

Emergency Contact Name: _____

Emergency Contact Number: _____

Medical Information: Does the child have any existing medical conditions? (Please specify):

Allergies or Dietary Restrictions:

Camp Details: Camp Start Date: _____

Camp End Date: _____

Session Time: _____

Agreement and Consent: I, as the parent/guardian of the child named above, acknowledge that I have read and understood the terms and conditions of the Dojo Kids Summer Camp. I agree to abide by these terms and conditions and ensure that my child follows all camp rules and guidelines. I understand and accept that Dojo Wellness Club is not liable for any injuries, accidents, loss, or damage incurred during the camp, except for cases of negligence.

I give permission for my child to participate in all camp activities, including the use of photographs or video footage for promotional purposes, unless otherwise specified below.

Photography and Media Release: [] I do not give permission for my child's images to be used for promotional purposes.

I hereby certify that the information provided on this form is accurate and complete to the best of my knowledge.

Parent/Guardian Signature: _____ Date: _____

Please return this completed form to our reception along with the required payment to secure your child's place in the Dojo Kids Summer Camp.