

# SUMMER TIME!



## HOW TO APPLY

### COMPLETE APPLICATION FORM ONLINE

- Visit our website [www.fitnessbydesign.ie](http://www.fitnessbydesign.ie)
- Click on Summer Camp Application
- Open the booking form document.
- Application form must be completed in full: Name / Names / Age / Ages, medical conditions and all contact details
- We will acknowledge your application form and booking details by phone / text
- Registration and Payment will take place on Sunday before the start of the camp. Details of times will be sent out to parents in advance.

### CONTACT US

Fitness by design Ltd, Springfield House  
Mullinavat, Co Kilkenny

### PARENT INFORMATION LINES

Mobile: 086 1246650 - Declan Wall (Camp Co-ordinator)  
Mobile: 086 1049921 - Paul Quinn (Camp Co-ordinator)  
Email: [info@fitnessbydesign.ie](mailto:info@fitnessbydesign.ie)  
Website: [fitnessbydesign.ie](http://fitnessbydesign.ie)

## BOOKING CONDITIONS

- Any participant whose conduct is deemed by the camp manager to be detrimental to the best interest of the programme will be dismissed - no refund will be made. Cancellations are subject to the forfeiture of the full camp fee of €85
- Photographs may be taken for promotional reasons.
- Places are allocated on a first come first served basis.
- Permission is granted to seek medical treatment in the event of an accident.
- We shall not be responsible for any children left unsupervised at our venue before 9.00am or after 2.30pm.
- Parents need to be aware of risks involved in the various activities and ensure participants are in good health prior to taking part



GREAT FUN FOR BOYS & GIRLS BETWEEN 5 - 11 YEARS OF AGE!

# SUPER SUMMER CAMP

## ACTIVITIES CAMPS 2022



PROMOTING A HEALTHY ATTITUDE TOWARDS  
EXERCISE AND PHYSICAL ACTIVITY

BE PART OF THE ACTION!

# DEAR PARENTS

Welcome to our **SUPERSUMMER Activities Camps** for 2021

I'm delighted to inform you that 'Super Summer Activities Camps' will take place this year in accordance with the health and safety guidance issued by the HSE and our Government. In order to keep each participant, parent and staff member safe during our camps we have introduced a number of health and safety protocols. As a result of these measures our camps will still be amazing fun and entertainment for your child but will require your cooperation and understanding as we aim to make them a safe and enjoyable experience for each participant.

All activities are taught by experienced camp leaders. We pride ourselves on offering great value for money and ultimately providing a memorable experience for your child.

We very much look forward to meeting you at this year's camps.

*Declan Wall*     *Paul Quinn*

Declan Wall  
BA Phys Ed

Paul Quinn  
BSc Phys Ed



## CAMP STRUCTURE

**Duration:**  
9.30 - 2.00 Monday to Friday

**Cost:**  
1 weeks camp €85 per child

**Discount:**  
20% discount for 3 or more children

**Groups:**  
Children will be placed in groups of similar age

**Lunch break:**  
Fully supervised

**What you need to bring to the camp?**  
Please bring hand sanitizer, packed lunch, drinks, sun cream, sun hat, runners and sportswear.



# BE PART OF THE ACTION!

## ACTIVITIES 2022

- Pet Farm
- Dodge Ball
- Spongee Polo
- Mini – Olympics
- Disney Mascots
- Arts and Crafts
- Scoot Racing
- Attack and React Lights
- Music Zone
- Inflatible Speed Cage
- Mini – Orienteering
- Shoot Out Challenge
- Giant Go for Goal Games
- Speed Stacks
- Rounders
- Treasure Hunt
- Crazy Soccer
- Team Challenges
- Tag Rugby
- Problem Solving
- Water Relays
- Fitness Challenge
- Super Quizzes
- Bingo
- Garden Games

## CAMP VENUES

**Mullinavat Community Centre, Co. Kilkenny**

Week 11th July – 15 July

**St. Marys National School, Thomastown, Co. Kilkenny**

Week 18th July – 22nd July

**Gowran National School, Gowran, Co Kilkenny**

Week 18th July – 22nd July

