

# HAPPY EASTER



## HOW TO APPLY

### COMPLETE APPLICATION FORM ONLINE

- Visit our website [www.fitnessbydesign.ie](http://www.fitnessbydesign.ie)
- Click on Easter 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 2nd April. 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

- Payment is regarded as acceptance of the 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 camp fee.
- The programme will operate to the highest safety standards; we shall not be responsible for any illness, death, accident or loss of property unless occasioned by the proven negligence on the part of the Camp Directors or employees.
- 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.



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

# SUPER EASTER ACTIVITIES CAMPS 2023



PROMOTING A HEALTHY ATTITUDE TOWARDS  
EXERCISE AND PHYSICAL ACTIVITY

BE PART OF THE ACTION!



# DEAR PARENTS

## WELCOME TO OUR EASTER ACTIVITIES AND GAME CAMPS FOR 2023

Fitness by design are proud to offer a fun packed all action activities programme for children aged 5-11 years of age during the Easter break.

As well as having great fun and meeting new friends, your child will enjoy an exciting camp programme in a safe environment.

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 Easter camps.

*Declan Wall*

Declan Wall  
BA Phys Ed

*Paul Quinn*

Paul Quinn  
BSc Phys Ed



## CAMP STRUCTURE

### Duration:

9.30 - 2.00 Monday to Thursday

### Cost:

€70 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 packed lunch/drinks/outdoor gear/runners and sportswear.



# BE PART OF THE ACTION!

## ACTIVITIES 2023

Spongee Polo  
Mini – Olympics  
Super Easter Quizzes  
Frisbee Games  
Parachute Games  
Scoot Racing  
Space Hoppers  
Rounders  
Easter Egg Hunt  
Crazy Soccer  
Tag Rugby  
Dodge Ball  
Giant Go for Goal Games  
Inflatable Games  
Pet Farm  
Obstacle Course

Attack and React Lights  
Target Challenge  
Speed Stacks  
Arts and Crafts  
Treasure "Easter" Hunt  
Problem Solving  
Team Challenges  
Fitness Challenge  
Clay Modelling  
Easter Party  
Oppy Races



## CAMP VENUES

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

Monday 3rd to Thursday the 6th of April

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

Monday 3rd to Thursday the 6th of April

**Mooncoin GAA Grounds,  
Mooncoin, Co. Kilkenny**

Monday 3rd to Thursday the 6th of April

