

SUMMER TIME!



HOW TO APPLY

COMPLETE APPLICATION FORM ONLINE

- Visit our website 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
- Once form is completed and submitted, this will guarantee your place.
- Registration will take place the Sunday morning before camp starts. A text with this information will be sent 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 | **Web:** 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 SUMMER CAMP

ACTIVITIES CAMPS 2024



PROMOTING A HEALTHY ATTITUDE TOWARDS EXERCISE AND PHYSICAL ACTIVITY

BE PART OF THE ACTION!

DEAR PARENTS

Welcome to our **SUPERSUMMER Activities Camps** for 2024

Fitness by design are proud to offer a fun packed all action activities programme for children aged 5-11 years of age during the Summer 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 Summer 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 €90 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, sun cream and sportswear.



BE PART OF THE ACTION!

ACTIVITIES 2024

Pet Farm
Spongee Polo
Disney Mascots
Scoot Racing
Music Zone
Mini – Orienteering
Giant Go for Goal
Games
Rounders
Crazy Soccer
Tag Rugby
Dodge Ball
Mini – Olympics
Arts and Crafts
Attack and React Lights
Inflatable Speed Cage

Shoot Out Challenge
Speed Stacks
Treasure Hunt
Team Challenges
Problem Solving
Water Relays
Water Fight
Cube Games
Fitness Challenge
Super Quizzes
Bingo
Garden Games

CAMP VENUES

**Ardscoil na Tríonóide,
Athy, Co Kildare**

Week 8th July – 12th July

**Mullinavat Community
Centre, Co. Kilkenny**

Week 15th July – 19th July

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

Week 22nd July – 26th July

