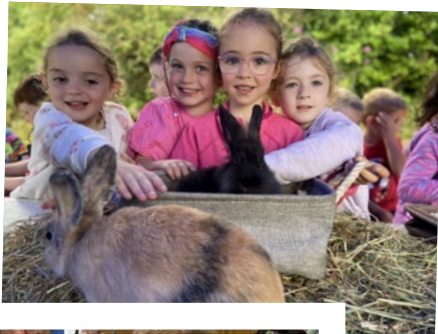


# SUMMER TIME!



## 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
- 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](mailto:info@fitnessbydesign.ie) | **Web:** [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 SUMMER CAMP

## ACTIVITIES CAMPS 2025



PROMOTING A HEALTHY ATTITUDE TOWARDS  
EXERCISE AND PHYSICAL ACTIVITY

BE PART OF THE ACTION!



# DEAR PARENTS

Welcome to our **SUPERSUMMER Activities Camps** for 2025

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:**  
15% 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 2025

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

