



# RISE Sports Summer Camp 2023

Month 1:	11-Jun-2023	13-Jul-2023	Ages:	5 - 11 years
Month 2:	16-Jul-2023	14-Aug-2023	Fees	\$350/ Month
Week Days:	Sundays - Thursdays		Time:	8:00 AM 4:00 PM

Camp Activities	Description
A	Drum Fitness
B	Cooking
C	Basketball
D	Gymnastics
E	Jiu Jitsu Self Defence
F	Football
G	Swimming

Tentative Daily Schedule								
From	To	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6	Group 7
8:00 AM	8:30 AM	Arrival & Welcoming						
8:30 AM	9:00 AM	Healthy Breakfast						
9:00 AM	9:45 AM	A	B	C	D	E	F	G
9:45 AM	10:30 AM	G	A	B	C	D	E	F
10:30 AM	11:00 AM	Break - Free Time - Healthy Snack 1						
11:00 AM	11:45 AM	F	G	A	B	C	D	E
11:45 AM	12:30 PM	E	F	G	A	B	C	D
12:30 PM	1:15 PM	D	E	F	G	A	B	C
1:15 PM	2:00 PM	Healthy Lunch by RISE						
2:00 PM	3:00 PM	Challenges & Fun Games						
3:00 AM	3:30 AM	Break - Free Time - Healthy Snack 2						
3:30 PM	4:00 PM	Leaving Camp						

## Notes:

1. Healthy breakfast to be provided by parents
2. Two healthy snacks to be provided by parents, fruits, vegetables, healthy cupcakes...etc.
3. No unhealthy snacks and sweets are allowed in camp.
4. Camp include daily healthy lunch for kids (Meat, Chicken, Vegetarian Plates)
5. Kids will be distributed into groups based on registration numbers and ages.
6. Each group will be supervised by, 1 instructor and 1 leader **experts in the sports to be provided**, in addition to volunteers as needed.
7. Maximum number of students per one supervisor = **8 students**
8. Tuesdays will be swimming and Trip day; each group will have 3 swimming Tuesdays and 1 Tuesday trip with PALTERHAL (**Parents have the choice not to send kids to trips or join swimming and stay in campus**)
9. 27, 28 & 29 June 2023, Camp will be closed for Adha Holiday.
10. A nurse will be full time available at camp in addition to 2 full time leaders holding First Aid Certifications
11. Schedule subject to minor modifications based on registration numbers.