**PARENT INFORMATION PACK**

**Half Term Multi-Holiday Spring Camp 2021**

**2 Weeks March 28-April 1,2021 & April 4-8,2021 (Sunday to Thursday)**

Dear Parents

Thank you for considering JLF Sports for your child during this school break. Please read on to find out what to expect and how to prepare your child for holiday camp. Here's a quick overview of key information:

Location: Nord Anglia School, Dubai.

Dates: **2 Weeks March 28-April 1,2021 & April 4-8,2021 (Sunday to Thursday)**

Timings: 9am to 1pm, Sunday to Thursday

Early Drop: from 8am (costs AED 100 per week)

Costs: AED 800 for full week camp (5 days)
Promotions: There are special discounts for NAS families (see below)

| Offer | Rates | Terms | Deadline |
|---|---|---|---|
| **NAS parent** | AED 600 full week<br>AED 400 3 days<br>AED 150 daily | Valid for all NAS parents<br>Include siblings at nearby schools<br>Includes day rate discounts | |
| **Early Bird Offer to externals** | AED 650 full week<br>AED 450 3 days | Valid to all UAE residents booking before deadline<br>No discounts on one day rates | |
| **Sibling Discount** | AED 600 per child<br>AED 450 for 3 days | Valid to all UAE residents booking two or more spaces | |

**Terms**:

All prices inclusive of VAT. Offers only applicable to advance bookings, Registration only complete when full payment is paid in advance. Parents with FS1 or nursery children are allowed to collect at 1pm however the fees are the same as the ratios are lower for this age group.

To register, please complete, sign and return to the JLF representative. For payments and enquiries, Our team will be present on site at Nord Anglia School.

Please ensure all payments are accompanied by a payment form, if you like, can send scanned forms by email to camps@jlf.ae or visit our website www.jlf.ae and pay onsite or we can send a payment link by WhatsApp.

**About Camp**

JLF Sports have a long-standing history and are chosen partners of the school. JLF was developed with the sole intention of improving the health, fitness and well-being of all age groups across the UAE. Our holiday camp team is assembled through the very best sports coaching contacts specifically selected for parents and children by JLF Sports.

All teaching staff are qualified with a recognised UK standard teaching/coaching qualification and all staff members hold a minimum of Level One – Child Safeguarding course. All of our activities have a

set-a-side first aid area that we use for the entire period. Teaching assistants help reduce Adult:Child ratio to 4:1 or for under 4s, Adult:Child ratio 4:1 with nursery trained staff.

All children must be signed in and out daily by a parent or guardian (over the age of 18). Your hand-over will be just inside the main reception of the school at the JLF sign-in desk.

Groups are allocated on age groups but if friends and siblings want to stay together it is ok, we manage this for you.

**Typical Day on Camp**

**We will follow the Dubai Sports Council Guidelines.**

**We start by getting temperature checks on the reception prior to the game and hand sanitizer are available onsite.**

**Social distancing will be observed all the time,**

**Wearing masks is mandatory.**

Each day, there are a minimum two sports activities (football, cricket, rugby, tennis, basketball, dodgeball gymnastics etc), one dedicated to movement and dance (martial arts, hip hop, yoga etc), and at least one activity for creative minds (arts & craft, robotics, playdough etc)

Below is a timetable for a typical day at Holiday Camps:

| Time | Activity | Under 4s | Under 7s | Under 10s |
|---|---|---|---|---|
| 8am | Supervised Care for early campers | Under 4s have dedicated play area to settle | | |
| 9am | Campers Arrive | | | |
| 9am | Camp Starts with Activity #1 | Warm Up Exercises | Arts and Crafts | Fun and Games |
| 10am | Snack break | Sit, relax, quick snack | | |
| 1015am | Activity #2 | Street Dance | Art | Q and A with Prices |
| 1115am | Snack Break #2 | Sit, relax, quick snack | | |
| 1130am | Activity #3 | Arts | Team Challenge | Fun and Games |
| 1230pm | Lunch | Sit, relax, finish your snacks | | |
| | | | | |
| 1pm | Close & Pick Up | Last pick up 1:10pm prompt | | |

**Themes**

At holiday camp, you will see that we have regular themes that occur on certain days.

**Wacky Wednesday (Wednesday):** A chance for your children to dress up as their favourite character prizes for best dressed

**Tournament Day (Thursdays) -** A day of healthy fun relays and team challenges to promote fair play, sportsmanship and team work.

**Safety during snack time :**

**We will follow the Dubai Sports Council Guidelines.**

### Hand sanitizers are available onsite.

### Social distancing will be observed all the time.

Healthy eating is core to our objectives at Junior Life Fitness, and we want to encourage your children to eat nutritious food while on camp. If you need advice please feel free to speak to us or visit healthy eating at jlf.ae/healthyeating

All children are required to have a packed lunch, but we have a few rules:

So please send your child with a refillable water bottle each day.

| | Half Term Camp Registration Form | | |
|---|---|---|---|
| First Name | | Last Name | |
| Date of Birth | | Age | |
| School Attended | | Camp Experience? | Please give info: |
| Select Dates | **Week 1:** March 28-April 1,2021<br>**Week 2:** April 4-8,2021 | ( ) Sun ( ) Mon ( ) Tue ( ) Wed ( ) Thu<br>( ) Sun ( ) Mon ( ) Tue ( ) Wed ( ) Thu | |
| Early Drop Required? | Yes / No | | |
| Father's Name | | Mother's Name | |
| Father's Mobile # | | Mother's Mobile # | |
| Father's Email address | \ | Mother's Email address | |
| Medical Conditions | Yes / No If 'yes' please give more information: | | |
| Declaration | I consent to allow my son/daughter to participate in activities with Junior Life Fitness and shall not hold JLF responsible for any loss, damage or injury to the participant or his/her belongings or claim for any injury or impairment the participant may incur during the duration of the activity. I also understand that JLF reserves the right to make any necessary changes to the program. I understand that JLF do not offer refunds for non-attendance of any kind<br>• I have read and understood the Junior Life Fitness Terms and Conditions<br><br>…… Signed ……Print Name | | |

**All payments are required in advance.**

**Offers: NAS students 25% off - AED 600 full week**

**Send completed forms to camps@jlf.ae call 0585893032 (Maria) for info**