

# OCTOBER CAMP



**HONG KONG ISLAND**  
**OCT 11TH TO OCT 15TH**

**Little Movers**

2 - 5 years old

Monday - Friday

9:00 AM - 11:30 AM



Each day we will focus on: dance, yoga, indoor games, arts and crafts, stories and free play!!

Every day is a new adventure with new experiences to be had!  
Nanny's and parents welcome to join us for the day or drop and run for the independent bubs!

Every enrolment receives a FREE Little Movers t-shirt!

**Enrol before September 28th for a 10% Early Bird Discount**

## FEES

Regular Pricing Fixed Week = \$2500 (Early Bird = \$2250)

Single Day Pass = \$540 (Early Bird = \$486)



**250 VICTORIA ROAD, POK FU LAM**  
**(WEST ISLAND SCHOOL)**





# Little Movers Little Movers Little Movers

The Little Movers Camp will be held in the Multipurpose Hall on the 3rd Floor of West Island School 250 Victoria Road, Pok Fu Lam

Each day little movers will need to register, have their temps checked and hands washed, they will then be separated into their group.

Each day the Little Movers groups will rotate through 3 super fun activities. We will have 2 structured sessions and 1 free flowing session.

The **Stories & Free Play** session will be student led and is designed to let little ones explore self-directed learning. We will encourage exploration and conversation.

The **Movement & Dance Class** session is a super fun whole body experience where students will get to experience a Little Movers class. Each class will have kids stretching, learning and practicing dance skill & techniques, prop dancing and each week students will master a super fun choreography

**Arts & Crafts** sessions are designed for focus and creativity. Each craft will be a unique opportunity for our Little Movers to infuse their personalities into something physical and express themselves.

The **Sensory Exploration** sessions are an awesome adventure full of different sensations. This is time for kids to immerse themselves in an activity that encourages them to be present in the moment and explore what they like and dislike and how things make them feel. Think good old sticky, slimy, squishy, chilly fun!

## Timetable

Mon	Tue	Wed	Thu	Fri
Stories & Free Play	Stories & Free Play	Stories & Free Play	Stories & Free Play	Stories & Free Play
Movement & Dance Class	Movement & Dance Class	Movement & Dance Class	Movement & Dance Class	Movement & Dance Class
Arts & Crafts	Sensory Exploration	Arts & Crafts	Sensory Exploration	SURPRISE!



# Important Information West Island School

**Getting there:** West Island School - 250 Victoria Road, Pok Fu Lam.

**By Taxi:** Tell your driver to drop you off at the front of the school on Victoria Road (this is the 6th floor entrance, Little Movers will have to go down to the 3rd floor to access the classroom and Dance Monkeys will have to go up to the 9th floor)

**By Car:** follow directions to West Island School, access the car park via Sandy Bay Road which is detailed on the map below (this is the 2nd floor entrance, Little Movers will have to go up to the 3rd floor to access the classroom and Dance Monkeys will have to go up to the 9th floor)

**PLEASE NOTE:** Parking permits will be sent out the week before camp begins. You must show the parking guard the permit before entering the car park.

**By Bus:** Buses 3A, 43M, 971 & 47P and Minibuses 58, 58A, 58M & 59 all stop directly in front of the school, please check your local route via google maps. Once you alight from the bus continue to the entrance in Victoria Road (this is the 6th floor entrance, Little Movers will have to go down to the 3rd floor to access the classroom and Dance Monkeys will have to go up to the 9th floor)

## Payment

Students places are not confirmed until the camp fee has been paid. IF you pay by bank transfer your payment prroof MUST be sent to [info@moveforlife.dance](mailto:info@moveforlife.dance) for proper handling and to confirm your childs place. Any enrolments that have not been paid within 24hours will be void.

## Confirmations and Cancellations:

- Spaces are limited, your childs' place is not confirmed until payment has been received. All enrolments are on a first come first served basis.
- All enrolments are final. Any changes to the day selected cannot be guaranteed and if changes cannot be accommodated no refunds will be given.
- In the case of cancellations/withdrawal no refunds will be given.

## Accompaniment:

For Little Movers - Due to the current situation and restrictions we cannot have an excess of parents/helpers in the venue. Parents/Helpers may only stay if absolutely necessary for children under the age of 2.5yrs, any students that can be dropped off and picked up should do so.

For Koala Boppers - Each student should have one guardian/carer remain with them at camp in case of emergencies on the first day of camp. After the first day we will assess each student to determine whether they need a carer to remain with them for the duration of the camp.



# Covid - 19 Special Arrangement

At Move For Life we take the health and safety of our students, staff and their families very seriously. Operating in a Covid-19 world can be tough however we appreciate the cooperation of our entire community to ensure a safe environment for everyone.

## What are we doing to protect you and your children?

### STAFF:

- ALL staff take their temperatures at home before leaving the house to engage in any work with Move For Life
- No staff member will enter a Move For Life class or camp if presenting with any cold/flu symptoms.
- ALL staff will wear a mask at all times during classes and camps
- ALL staff have been tested based on the schedule set forth by the HK Government

### MATERIALS/VENUE

- ALL Dance props will be changed in between each group
- ALL Dance props will be washed/sanitised daily
- ALL Toys/craft supplies will be sanitised between groups and washed with disinfectant daily
- The venue will be thoroughly cleaned and sanitised daily

### CLASS STRUCTURE:

- Students will be Temp checked and have hands sanitised before they can enter the school and again when they enter the classroom.
- All students will be separated into small groups and each small group must maintain a minimum of 1.5m distance from other groups.

## What do we need you to do?

Due to the current social distancing restrictions all participants in all Move For Life run classes and camps **MUST** follow the guidelines as set out below:

- **Dance Monkeys** Parents/Guardians **must not** wait on the school premises. Please drop your children off and return at 12:30pm to collect them (if you need to wait near the school you may wait in any public area near the school or Kennedy Town is a 5 minute minibus ride from WIS)
- **Little Movers** Parents/Guardians **must not** wait on the school premises. If your child does not absolutely **NEED** to be accompanied (some exceptions include children that have just turned 2 or with extreme anxiety) we ask that you drop your children off and collect them at 11:30am (if you need to wait near the school you may wait in any public area near the school or Kennedy Town is a 5 minute minibus ride from WIS)
- **Koala Bop** a single parent/carer **must** remain on site in the case of emergencies.
- All students/guardians must wear a mask at all times while on West Island School premises.
- Students must all be temp. checked and have hands washed before entering the classroom
- Respect the physical distance boundaries, maintain a distance of 1.5m between groups
- Food may only be consumed in designated areas.
- All students and guardians **MUST** fill and return a health declaration form before joining the class

## GOVERNMENT MANDATED CLOSURE - PROCEDURE:

In the case of sudden cancellation due to another wave all students will receive a full refund. If this happens please send your bank details to [accounts@moveforlife.dance](mailto:accounts@moveforlife.dance) in order to receive your refund.

**If you do not submit your details within 1 month of the cancellation you will forfeit your refund.**