



EASTER CAMP



HONG KONG ISLAND

MAR 29TH - APR 1ST | APR 5TH - APR 9TH

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!

Enrol before March 20th

Week 1 & 2 (4 days) - \$1600
5 - Day Flexible Package - \$2200
(Choose any 5 days from Mar 29 - Apr 9)

Enrol after March 20th

Week 1 & 2 (4 days) - \$2000
5 - Day Flexible Package - \$2700
(Choose any 5 days from Mar 29 - Apr 9)

Dance Monkeys



6 - 12 years old
Monday - Friday
9:00 AM - 12:30 PM

Each day we have 2 dance classes in different styles: Jazz, Hip Hop and/or Ballroom/Latin, a yoga/stretch class and a games class! Every other day will incorporate a creative session that allows kids to unleash their creative sides/ This camp is all about that creativity!

Enrol before March 20th

Week 1 & 2 (4 days) - \$2400
5 - Day Flexible Package - \$3200
(Choose any 5 days from Mar 29 - Apr 9)

Enrol after March 20th

Week 1 & 2 (4 days) - \$2800
5 - Day Flexible Package - \$3700
(Choose any 5 days from Mar 29 - Apr 9)



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





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	Arts & Crafts



The Dance Monkeys Camp will be held in the Dance Room on the 9th Floor of West Island School
250 Victoria Road, Pok Fu Lam

Each day Dance Monkeys will need to register, have their temps checked and hands washed, they will then be separated into their groups.

Each day the Dance Monkeys groups will work through a full creative program with 3 full on movement sessions and a mindfulness creative session

Each day we will begin with a **stretch** session where students will improve their flexibility and learn safe processes to increase their capacity for fun tricks.

We will then transition into **dance tricks** like leaps, inversions, balances and back bends OR **basic techniques** of dance that they can take through all physical activity and styles of dance.

Our mindfulness session will be made up of **arts and crafts** or **yoga**. Our arts sessions will allow our students to learn interesting art techniques and skills that can help them express themselves creatively. We will encourage students to work within constraints and find ways to let their personalities shine though while losing themselves in the process. Our yoga sessions will encourage students to become aware of the way their bodies and minds connect and how it feels to be still.

Our final session of every day will be our **choreos**. Each day we will do 2 choreographies of different styles to challenge our students. By the end of the camp our students will have learnt 3 different choreos of different styles and will have a deeper understanding of their bodies and how to differentiate the styles.

Timetable

Mon	Tue	Wed	Thu	Fri
Stretch	Stretch	Stretch	Stretch	Stretch
Dance Tricks	Basic Techniques	Basic Techniques	Dance Tricks	Basic Techniques
Arts & Crafts	Yoga & Games	Arts & Crafts	Yoga & Games	Arts & Crafts
Hip Hop & Jazz Choreo	Hip Hop & Latin Choreo	Jazz & Latin Choreo	All Choreos	All Choreos



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: if you would like to drive your **MUST** register your license plate with use via email before your first day at camp so we can make sure security allow you to enter the car park. If you do not register with us you will not be allowed to enter 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

Due to our unique 2020/21 situation camp fee invoices **WILL NOT** be issued until 7 days before the camp. Once Invoices are issued we would appreciate quick payment. Please note that your child's place is not fully reserved until we receive payment. If you do not complete payment within the specified date range your child may lose their place in the camp.

Confirmations and Cancellations:

- Spaces are limited, your child's place is not confirmed until payment has been received. All enrolments are on a first come first served basis.
- Cancellations before March 12th will receive a full refund, cancellations after March 12th and before March 22nd will receive a 50% refund, cancellations after March 22nd will not be refunded.

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, any students that can be dropped off and picked up should do so.



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)
- 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
- There is to be no food consumed on West Island School grounds.
- 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 in order to receive your refund.

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