



2024 March Break Camp ***Information & Guidelines***

This document includes our breakdown for all information regarding our 2023 March Break Camp.

Camp Information

Camp Dates

Monday, March 11th, 2024 to Friday, March 15th, 2024

Camp Itinerary

Below is a breakdown of the activities each camp will include. Some of the times will change depending on the activities of the day.

7:30 AM – Early Drop-Off

8:00 AM – Drop Off/Board Games

8:30 AM – Drop Off/Dojo Games

9:30 AM – 1st Karate Lesson (60 Minutes)

10:30 AM – Snack Break (30 Minutes)

11:00 AM – 2nd Karate Lesson (60 Minutes)

12:00 PM – Lunch Break (60 Minutes)

1:00 PM – 1st Afternoon Activity

2:30 PM – Snack Break (30 Minutes)

3:00 PM – 2nd Afternoon Activity

4:30 PM – Parent Pick-Up

5:00 PM – Late Pick-Up



Training & Activities

Dojo Games

We setup activities at the dojo that Kids play using variations of games they play at school, as well as our own. Most of these encourage teamwork, positive thinking, and challenges them to develop endurance and perseverance.

Trip Days

Our Dojo takes the children on Two Trips during the whole week of camp. Transportation and the Activity are included in the cost of the camp. We use familiar transportation companies like Attridge and/or Switzer-Carty to take the camp on trips. These are the same companies used by the Peel District School Board and Dufferin-Peel District School Board.

For every trip we always complete two attendance checks. The camp leader will check attendance by name with another camp instructor counting the total number of kids. This process is completed before we get onto the bus and repeated on the bus before we depart for the trip. This whole process is repeated when we depart from the trip location.

The only trip that requires money is when we go to Cineplex which we require \$10 CASH for a drink and popcorn.

Campers must wear socks and running shoes for Trip Days.

Karate Training

Each day will have a different topic of martial arts that the kids will learn. Below is a brief description of the types of training sessions.

Kihon/Basics – Teach Punches, Kicks, and Blocks in a group and/or with Hitting Pads

Kata – A series of moves repeated in a pattern that must be memorized

Kumite – Applying the Punches, Kicks and Blocks in One-on-One Matches with others

Self Defence – Learn how to quickly defend yourself from strangers using various attacks

Kobudo – Everyone will learn to safely handle and use the Bo (Staff) and Nunchucku



Parent/Guardian Drop-Off and Pick-Up Protocol

For all Camps (PA Day, March Break or Summer) please follow our Drop-Off and Pickup Protocol below:

- Parents/Guardian must provide the **names of all allowed persons** to pick up their child(ren) from our facility
- Parents/Guardian must state which person will be picking up their child(ren) that day
- Parent/Guardian or Allowed Individual **must come inside the facility** to drop off and pick up their child(ren)
- **Photo ID** must be provided to pick up child(ren) from our Camp
 - *Driver's License, Health Card or Photo Card* are acceptable forms of Photo ID
 - Exceptions are Parents/Guardians of Dojo Members
- If someone who is not on the parent's provided pick-up list tries to pick up their child(ren) from our facility or they do not have Photo ID, we will contact that child(ren)'s parents/guardians to get permission to allow pick up
- Once Photo ID is confirmed either Mr. Shields (Owner) or one of the PA Day Camp Staff or Helpers will bring the notify the child for pick-up
- Any campers who are picked-up late maybe subject to additional fees
 - Campers who did not purchase Extended Hours and are picked up between 4:30 PM and 5:00 PM will be charged the Extended Hours Fee
 - Any Campers picked up past the Extended Hours of 5 PM will be charged a fee of \$5 + tax per minute.
 - Dojo Members attending class that day are exempt from this rule, please notify Mr. Shields and/or PA Day Camp Staff and Helpers



Lunch Provided

Every Camp is given two slices of Pizza and one drink to each camper. We order from Pizza Pizza and give the children the following choices – Two Cheese, Two Pepperoni (regular type) or One of Each.

If your child has any dietary restrictions, please inform us and we will make sure they only eat the Cheese Option (ex. Vegetarian). Any further restrictions that restrict your child(ren) from eating pizza the Parent/Guardian must provide a lunch (ex. Extreme lactose sensitivity, vegan, etc.).

Refund Policy

All Camp Purchases (PA Days, March Break, or Summer) are **non-refundable**, they can be used as a **CREDIT** towards another Camp Event. To setup the Credit you must contact the Dojo directly.

Other Information Parents/Guardians Must Provide

All Information regarding Allergies, Special Conditions, Epi Pens, and/or any Pickup before 4 PM must be provided to us no later than the day of the selected camp.

Contact Us

By Phone – 905 542 3999

By Email – info@prodigymartialarts.ca