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Thursday 21st June 2018

QPJC KIDS JUDO CAMP 2018 (16-20 July)

GENERAL NOTICE

The Queen's Park Judo Club will be hosting a 1-week long (Monday to Friday) judo camp at the club's dojo during the school vacation period in July. The camp is open to children between the ages of 6 and 14 years and not restricted to current judoka; an in-depth introduction to judo for beginners will also be available. Children will be immersed in age-appropriate training in judo daily between 9:00 AM and 11:30 AM. In the afternoon period all participants will enjoy indoor and outdoor activities between 12:30 and 3:00 PM. Some activities will take place in the dojo, others in a nearby hiking facility and a horse farm. A team of qualified instructors will be assigned to give sessions to a maximum of 16 children divided into 2 groups, 6-10 and 10-14 years if necessary. A maximum requirement of participants to counsellors to be observed will be 4 to 1. Children must bring their own food and change of clothes. Judo kits will be provided for those without. There is a microwave and a refrigerator for everyone to use, however, drinks and snacks will be on sale. This will be our 9th edition of vacation camps, our first as a judo camp.

CAMP DETAILS

- DATES – MONDAY 16TH TO FRIDAY 20TH JULY
- TIMES – 9:00AM TO 3:00PM; HOWEVER WE WILL BE THERE FROM 8AM UNTIL PICK-UP
- AGES – 6 TO 14 YEARS
- ACTIVITIES (AM) - JUDO
- ACTIVITIES (PM) - ORIGAMI, HIKING, ARTS AND CRAFT, MOVIES AND HORSEBACK RIDING
- INSTRUCTORS – **MARK LITTREAN** (JUDO), CATHERINE SOUDDAMA (ORIGAMI), COURTENAY ROOKS (HIKING), NATALIE RAPIER (HORSEBACK RIDING)
- CAMP LOCATION – QPJC DOJO **53A CASCADE ROAD, CASCADE**; 683-9343 (MARK'S MOBILE); 735-6941 (GABRIELLE'S MOBILE - COUNSELLOR)

CAMP COSTS PER CHILD

- \$500; \$150 (DAILY)

ADDITIONAL COSTS

- ADDITIONAL COSTS WILL BE INCURRED FOR OUTINGS THAT NEED PROFESSIONAL GUIDANCE OR ENTRANCE FEES SUCH AS HIKING AND HORSEBACK RIDING

Mark Littrean
CAMP DIRECTOR
683-9343