



Little Movers Little Movers Little Movers

The Little Movers Camp is a tonne of fun, so grab some comfy clothes, a snack and prepare to have a blast!

Each day Dance Monkeys will need to register and have their names checked off by lead teachers.

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!



Monkeys Move Monkeys Move

The Move Monkeys Camp is always a crazy good time. Kids get to try a bunch of different dance styles, create epic artwork, and delve into self-reflection with fun games and Yoga!

Each day Move Monkeys will need to register and have their names checked off by lead teachers.

Each day the Move 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	Dance Tricks	All Choreos	Basic Techniques
Arts & Crafts	Yoga & Games	Arts & Crafts	Yoga & Games	Arts & Crafts
Hip Hop & Jazz Choreo	Hip Hop & Latin Choreo	Jazz & Latin Choreo	SURPRISE!	All Choreos

BOP KOALA BOP KOI

The Koala Bop SEN Camp is a feast for the senses, we move, play, feel, explore and create. Come prepared for a great fun packed day that absolutely anyone can enjoy.

Each day Koala Boppers will need to register and have their names checked off by lead teachers.

Each day the Boppers groups will rotate through 3 super fun activities. We will have 3 structured sessions separated with a quick brain break in between each session

The **Movement & Dance Class** session is a super fun whole body experience where students will get to move their bodies in fun and interesting ways, building strength, improving coordination and physical ability. 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 Boppers 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!

Our **Yoga & Games** sessions will encourage students to become aware of the way their bodies and minds connect and how it feels to be still.

Timetable

Mon	Tue	Wed	Thu	Fri
Sensory Exploration	Arts & Crafts	Sensory Exploration	Arts & Crafts	SURPRISE!
Movement & Dance Class	Movement & Dance Class	Movement & Dance Class	Movement & Dance Class	Movement & Dance Class
Arts & Crafts	Yoga & Games	Arts & Crafts	Yoga & Games	Arts & Crafts



Important Information Sheung Wan

Getting there: Move For Life Room 101-3 Hua Fu Building, 111 Queens Road West, Sheung Wan

By Taxi: Tell your driver to drop you off at the front of the building on Queens Road West, stopping is permitted right by the front entrance

By Car: Parking is not available on site as the building does not have a car park, Parking is available on New Street (this is on street parking) and at the 118 Connaught Road car park.

By Public Transport: Take MTR to Sheung Wan Station Exit A2. Use google maps to direct you to our door (maps is accurate in this area) or Sai Ying Pun Station Exit A1, turn left and follow Queens Road West towards Sheung Wan. Hua Fu building is on the left side of the street.

Payment

Students places are not confirmed until the camp fee has been paid. IF you pay by bank transfer your payment proof **MUST** be sent to 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 - Little Movers Camps are **unaccompanied**, we will contact/update parents of children that are distressed by separation and ask that you remain nearby (but not inside) for the first 15mins of camp day 1/2 just in case we need assistance.

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.



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** and **Koala Boppers** will have to go up to the 8th floor to access the classroom and **Move 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** and **Koala Boppers** will have to go up to the 3rd floor to access the classroom and **Move 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

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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.



Important Information French International School

Getting there: French International School 28 Tong Yin Street TKO

By Taxi: Tell your driver to drop you off at the front of the school. Proceed through the front gate to the check in desk in the ground floor playground. Parents need to take students up to the 1st floor via the white curved staircase and walk up to the 3rd floor where the students will find their classroom.

By Car: follow directions to 28 Tong Yin St, Tseung Kwan O. Please note there is no on site long term parking.

PLEASE NOTE: Parking is limited in front of the school. Please be respectful of others during drop off and pick up and try to be quick.

By MTR: Get off the train at Tseung Kwan O Station and take exit B1. Continue down Tong Yin Street towards the waterfront following Tong Yin Street until you reach the school on the right hand side.

Payment

Students places are not confirmed until the camp fee has been paid. IF you pay by bank transfer your payment proof **MUST** be sent to info@moveforlife.dance for proper handling and to confirm your child's place. Any enrolments that have not been paid within 24hours will be void.

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Accompaniment:

For Little Movers - Little Movers Camps are **unaccompanied**, we will contact/update parents of children that are distressed by separation and ask that you remain nearby (but not inside) for the first 15mins of camp day 1/2 just in case we need assistance.



Important Information Glenealy School

Getting there: Glenealy School, 7 Hornsey Rd, Mid-Levels, Hong Kong 香港半山香雪道7號

By Taxi: Tell your driver to drop you off at the front of the school on Hornsey Road (at the small car park) Enter through the main gates and follow signage to your camp classroom.

By Car: Tell your driver to drop you off at the front of the school on Hornsey Road (at the small car park) there are some car parks directly opposite the school, please be respectful of other parents dropping off and picking up and don't occupy the car parks for an extended period of time. Enter through the main gates and follow signage to your camp classroom.

By Bus: From Central take minibus 2 to the dynasty court stop or 3 to the regal court stop and walk to Hornsey road (google maps is fairly accurate in this area). Enter through the main gates and follow signage to your camp classroom.

Payment

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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.



Important Information Guidepost Family Club

Getting there: Guidepost Family Club, Leighton Centre, G02-G03, G15 & L02, 77 Leighton Rd, Causeway Bay

By Taxi: Tell your driver to drop you off at the front of the school on Leighton Road

By Car: follow directions to Leighton Road. Cars may stop to let passengers alight on both Matheson Road and Leighton Road however parking is not available.

By MTR: Take the MTR to Causeway Bay Station, use Exit A (Times Square). Walk down Matheson Street towards Happy Valley and turn left when you reach Leighton Road. The school entrance is on the left.

Payment

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

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Important Information Mulberry House Tai Po

Getting there: LG/F Kindergarten, Mayfair By the Sea I, 23 Fo Chun Road, Tai Po

By Taxi: Tell your driver to drop you off at the front of the school at Mayfair by the Sea Phase 1 on Fo Chun Road

By Car: Follow directions to Mayfair by the Sea 1, 23 Fo Chun Road. Vehicles can stop out front and let passengers alight however cannot park on the street. Paid Car Parking is available 2 mins from the school on Fo Shing Road.

Payment

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- In the case of cancellations/withdrawal no refunds will be given.

Accompaniment:

For Little Movers - Little Movers Camps are **unaccompanied**, we will contact/update parents of children that are distressed by separation and ask that you remain nearby (but not inside) for the first 15 mins of camp day 1/2 just in case we need assistance.



Move For Life Camp Terms and Conditions

Payment

- Teachers and materials are allocated to camps at the start of term, all camp payments must be settled 14 days before the due start time of the camp or students may not be admitted to the class/camp.
- Cash and cheque will only be accepted if agreed previously with administration.
- No refunds will be given for withdrawals/camp cancellations within 14 days of the camps start date.
- Please note that the "start date" refers to the start of the entire camp eg. if Summer Camp runs from July 5th to August 13th the camp "start date" is July 5th.
- All camp bookings are final, rescheduling, package alterations or change of week/day accommodations cannot be guaranteed.
- In case of serious injury (broken bones or ligaments) and/or serious illness (new long term conditions) Move For Life will refund 100% of the remaining sessions fees paid if we receive a Doctor's note explaining the long duration of recovery needed.
- In the case of failure to attend; lateness; or early leavers, Move For Life do not provide any refunds and cannot guarantee make up sessions.
- If the camp is cancelled due to unforeseen circumstances no refunds will be provided.

Entry requirements

- All attendees are required to comply with all entry requirements laid out by the government regarding health protocols
- All attendees agree to act in a respectful manner toward all other attendees and Move For Life staff
- All camp bookings are final and non-transferrable, the student booked must use the booking.
- We reserve the right to remove, barr and/or refuse entry to any individual who behaves in an unacceptable manner including but not limited to being disruptive, abusive or behaving inappropriately towards staff or other students.
- No refunds will be given for individuals removed from camps due to non compliance.

Adverse Weather

- Move For Life classes will be cancelled when there is a T8 or black rain issued within 3 hours before the class and no refund for packages or paid classes will be provided.
- Partnership camps and school-based camps may be cancelled when there is a T3 as these courses are subject to the Education Bureau Guidelines, typically course hosted in Kindergartens will be cancelled if T3 or Red Rainstorm warning is hoisted, camps held in primary or secondary schools will only be cancelled if T8 or Black Rainstorm warning is hoisted. In this instance no refund will be given for cancellation of contractually scheduled classes.

Administration Cancellations

- Class cancellations where Move For Life is directly responsible for the cancellation: including teacher sickness; teacher lateness of 20minutes or more; studio unavailability will be rescheduled and class fees will not be refunded.

Force Majeure Cancellations

- Class cancellations where Move For Life has no control or responsibility for the cancellation: including but not limited to social unrest; government closures; inclement weather will not be rescheduled and class fees will not be refunded

GOVERNMENT MANDATED COVID-19 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.

Injury or Loss of Possessions

- Move For Life Ltd. takes no responsibility for injury or illness of students as result of attending our classes.
- Move For life takes no responsibility of loss of personal belongings of students attending our classes.

Media

- Move For Life reserves the right to use photographs/video taken in-class for marketing and promotional purposes. For parents/guardian, photos and videos may only be taken with the written permission from Move For Life and parents/guardian may ONLY take photographs/videos focusing only on their own child and not on the other children in the class.