



MOVEMENT
DISCOVERY
CAMP

ARE YOU READY FOR CAMP?

Our team is excited and ready to welcome campers for a summer of movement discovery! The Calgary Central Sportsplex is dedicated to running quality, fun, and enriching Summer Camp programs for every athlete who comes through our doors. We safely hosted hundreds of campers last year and now we're confident that our 2024 Camps will be even better than ever!

Through the exploration of movement, our campers leave with fond memories, new friends, increased dedication, physical literacy, body awareness, resiliency, and confidence, all while having fun and learning through play.

See you at camp!



PROCEDURES



Drop-off & Pick-up

We are located in the Calgary Central Sportsplex (#8, 401 33 St NE). When you enter the front doors, look for a large flag that says Breathe Parkour, located in the back of the Sportsplex where we will check you in for the day.

Please arrive between 8:30am - 9:00am as activities kick off at 9:00am sharp! Regular pickup is between 3:00pm - 3:30pm.

If you've opted into our late pickup, you can arrive for pickup anytime until 6:00pm. After 6:00pm, extra late fees will apply.



Illness Protocol

Campers are NOT required to wear masks during physical activities. You are more than welcome to wear a mask if you're more comfortable.

Campers should self-check for symptoms every day. If you are sick, we ask that you please stay home and let us know.



First Aid & Medical

Our staff are First Aid certified and prepared for any medical needs that might arise during camps. If your child has allergies, an epipen, or has any other specific medical needs, please ensure we are informed of this.

A DAY IN THE LIFE

This is an example of what to expect from a day at Movement Discovery Camp. As we all know, kids don't exactly stick to a minute by minute schedule. Our trainers adapt the day to each group of kids and their specific needs!

Drop-off & Check-in

8:30am - 9:00am

Icebreakers & Warmups

Introductions, gym rules, icebreakers, warm up games, stretches, getting our bodies ready to discover movement!

Skill Learning

Instructor-led skill learning. We start with the basics and build from there!

Game or Activity

Put those skills to use in a game

Snack Time

Time to refuel and take a breather. This is hard work!

More Skill Learning

Time to learn more skills in a different section of our gym!

Game or Activity

As we learn more skills, the games only get better and better.

Lunch

You'll be hungry by now, trust us. Time to refuel once more!

Late Pickup

3:30pm - 6:00pm

Light Activities

Pickup

3:00pm - 3:30pm

Cool Down & Wrap Up

Recap the day as a group and cool down. Talk about what we enjoyed, what we learned, etc.

Get feedback from the group about which activities they enjoyed and what they'd like to focus on for the rest of the week!

Game or Activity

A big game in the Parkour space- for example, the Floor is Lava!

THE FACILITY

Located inside of the Calgary Central Sportsplex.

401 33 Street NE, Unit #8

We will have access to various sports and courts within the Calgary Central Sportsplex, including basketball courts, ice hockey arena, and the Breathe Parkour space conveniently all under one roof.



CAMP CHECKLIST

In order to be ready and comfortable at camp, campers should bring the following things to Breathe each day:

- Comfortable clothing
- Water bottle
- Athletic shoes
- Snacks
- Lunch
- Medication



SEE
YOU
AT
CAMP