



STRYXSPORTS
EVERYONE'S FAVORITE SPORT

STRYX SPORTS CAMPS

2023-2024

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STRYX SPORTS CAMPS



STRYX SPORTS HOLIDAY CAMPS OFFER CHILDREN THE OPPORTUNITY TO LEARN KEY SKILLS IN THEIR FAVORITE SPORT AND TO BE EXPOSED TO MULTIPLE SPORTS IN A FUN AND ENTERTAINMENT WAY.

DURING OUR HOLIDAY CAMPS, WE CREATE AN ENVIRONMENT WHICH ENCOURAGES CHILDREN TO LEARN AND DEVELOP WHILST MAKING FRIENDS AND HAVING FUN. WE COMMIT TO DELIVERING ENGAGING AND STIMULATING SPORTS ACTIVITIES IN A SAFE ENVIRONMENT.

STRYX SPORTS OFFERS A RANGE OF SCHOOL HOLIDAY SPORTS CAMPS, HOLIDAY PROGRAMS AND ACTIVITIES FOR KIDS OF ALL AGES TO ENJOY. WE AIM TO PROVIDE UNIQUE PROGRAMS WHERE ALL KIDS PARTICIPATE IN POSITIVE AND SUPPORTIVE ENVIRONMENTS – REGARDLESS OF ABILITY – AND SESSIONS WHERE ALL KIDS FEEL THEY HAVE THE OPPORTUNITY AND CHANCE TO SUCCEED.

AT STRYX SPORTS WE STRONGLY BELIEVE THAT THE BENEFITS OF GETTING KIDS PHYSICALLY ACTIVE TODAY WILL BE THE KEY TO A FUTURE OF LIFELONG WELLBEING, HEALTH AND HAPPINESS.



STRYX SPORTS CAMPS



STRYX SPORTS IS OFFERING CHILDREN A CHANCE TO ENJOY A VARIETY OF DIFFERENT SPORTS. SPECIALIZED AND FOCUSED TRAINING COMBINED WITH FUN ACTIVITIES AND GAMES WILL KEEP CHILDREN EXCITED AND ENGAGED THROUGHOUT THE WEEK.

WE ARE WORKING WITH THE BEST TRAINERS IN THEIR FIELD, WHO WILL FOCUS THEIR ENERGY ON CREATING A HIGH-QUALITY, ENGAGING AND SAFE TRAINING ENVIRONMENT FOR ALL CAMPERS.

CAMP COACHES:





MULTI SPORTS CAMP 4-12 YEARS



STRYX SPORTS HOLIDAY CAMPS OFFER CHILDREN THE OPPORTUNITY TO LEARN KEY SKILLS IN THEIR FAVORITE SPORT AND TO BE EXPOSED TO MULTIPLE SPORTS IN A FUN AND ENGAGING WAY. PROGRAMS OFFERED INCLUDE FOOTBALL, BASKETBALL, TENNIS, RHYTHMIC GYMNASTICS, BALLET, MULTI-SPORTS, GAMES, CREATIVE CLASSES AND MANY MORE.

HEALTH AND SAFETY MEASURES

1. WATER AND SUN SAFETY

- ADEQUATE WATER BREAKS ARE SCHEDULED TO ENSURE PARTICIPANTS STAY HYDRATED.
- PARTICIPANTS ARE REQUIRED TO USE SUNSCREEN, AND SHADED AREAS ARE DESIGNATED FOR BREAKS AND REST PERIODS.

2. COMMUNICATION CHANNELS

- PARENTS/GUARDIANS WILL BE PROMPTLY INFORMED OF ANY HEALTH OR SAFETY INCIDENTS INVOLVING THEIR CHILD.
- CLEAR SIGNAGE AND COMMUNICATION MATERIALS ARE DISPLAYED THROUGHOUT THE CAMP TO CONVEY IMPORTANT HEALTH AND SAFETY INFORMATION.

3. STAFF TRAINING

- OUR STAFF IS TRAINED IN EMERGENCY RESPONSE PROCEDURES (FIRST AID CERTIFIED), HEALTH AND SAFETY PROTOCOLS, AND CHILD PROTECTION POLICIES.
- REGULAR TRAINING SESSIONS AND UPDATES ARE CONDUCTED TO ENSURE STAFF READINESS.

4. COMPLIANCE WITH LOCAL REGULATIONS

- WE ADHERE TO ALL LOCAL HEALTH AND SAFETY REGULATIONS AND GUIDELINES AND ADJUST OUR MEASURES ACCORDINGLY.



CAMP VENUES, TIMINGS, TRANSPORTATION, FEES



VENUES AND TIMINGS



Dubai British School
Jumeirah Park
8AM-2PM



Dubai British School
Emirates Hills
8AM-2PM



Fairgreen
International School
9AM-3PM



Swiss International
Scientific School
9AM-3PM



Citizens
School
9AM-3PM



Dunecrest
School
9AM-3PM

DATES

OCTOBER CAMP

WEEK 1: 16TH - 20TH OCT

FEBRUARY CAMP

WEEK 1: 12TH - 16TH FEB

SUMMER CAMP

FROM 8TH JULY ONWARDS

WINTER CAMP

WEEK 1: 11TH - 15TH DEC

WEEK 2: 18TH - 22TH DEC

WEEK 3: 25TH - 29TH DEC

SPRING CAMP

WEEK 1: 25TH - 29TH MAR

WEEK 2: 1ST - 5TH APR

FEES (PRICES)

WEEKLY FULL DAY **AED 750**

WEEKLY HALF DAY **AED 450**

DAILY RATE **AED 180**

EARLY BIRD DISCOUNT: **10%**

TRANSPORTATION

BUS TRANSPORT

(SWISS SCHOOL ONLY) - **AED 250**

EARLY DROP OFF - **AED 50 PER HR**

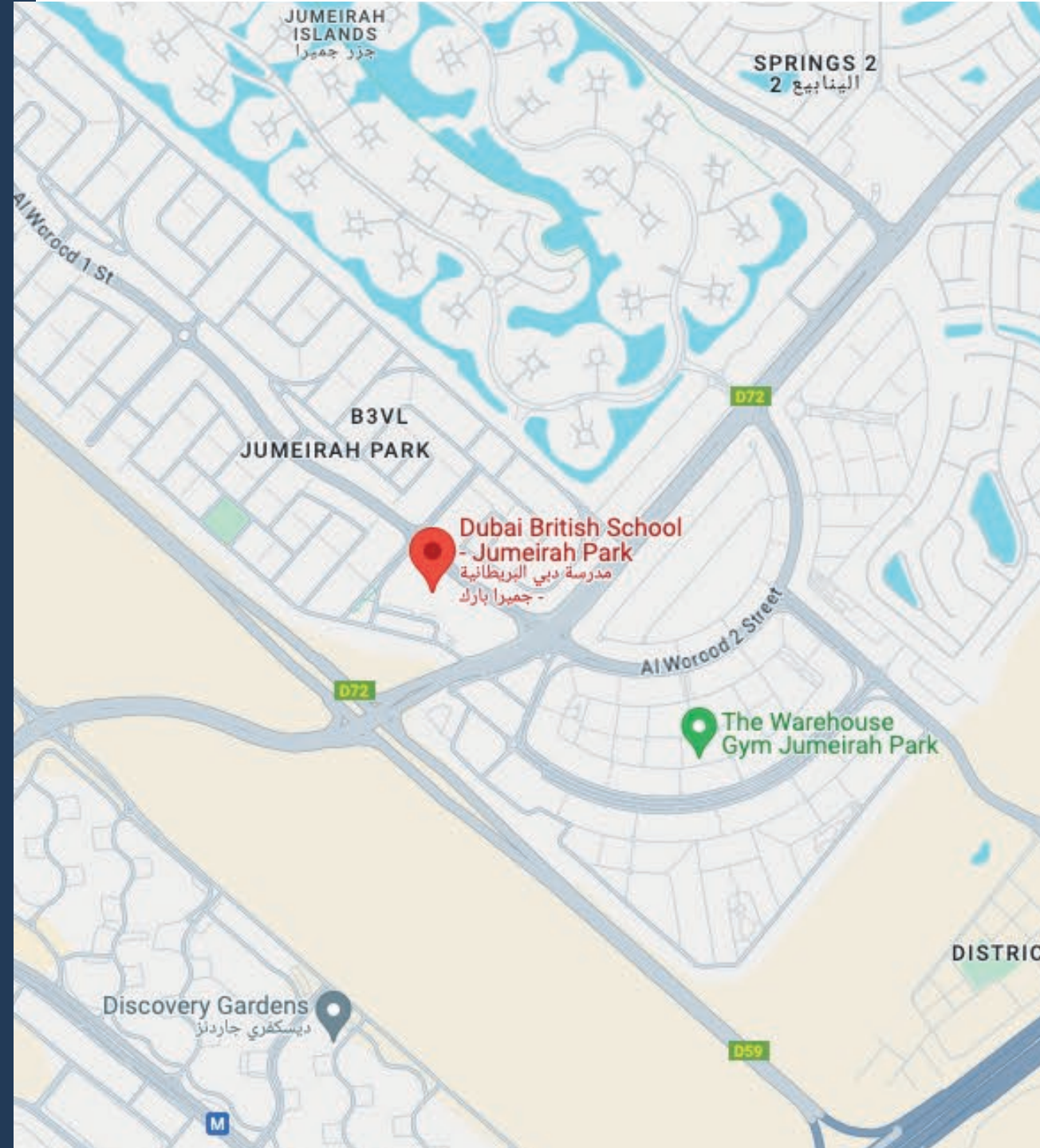


DUBAI
BRITISH
SCHOOL
JUMEIRAH PARK

DBSJP LOCATION

ALL ACTIVITIES WILL TAKE
PLACE ON THE PREMISES OF
DUBAI BRITISH SCHOOL
LOCATED IN JUMEIRAH PARK - DUBAI

- FOOTBALL PITCH
- 2 SPORTS HALL
- GYM
- DANCE STUDIO
- 2 TENNIS COURTS



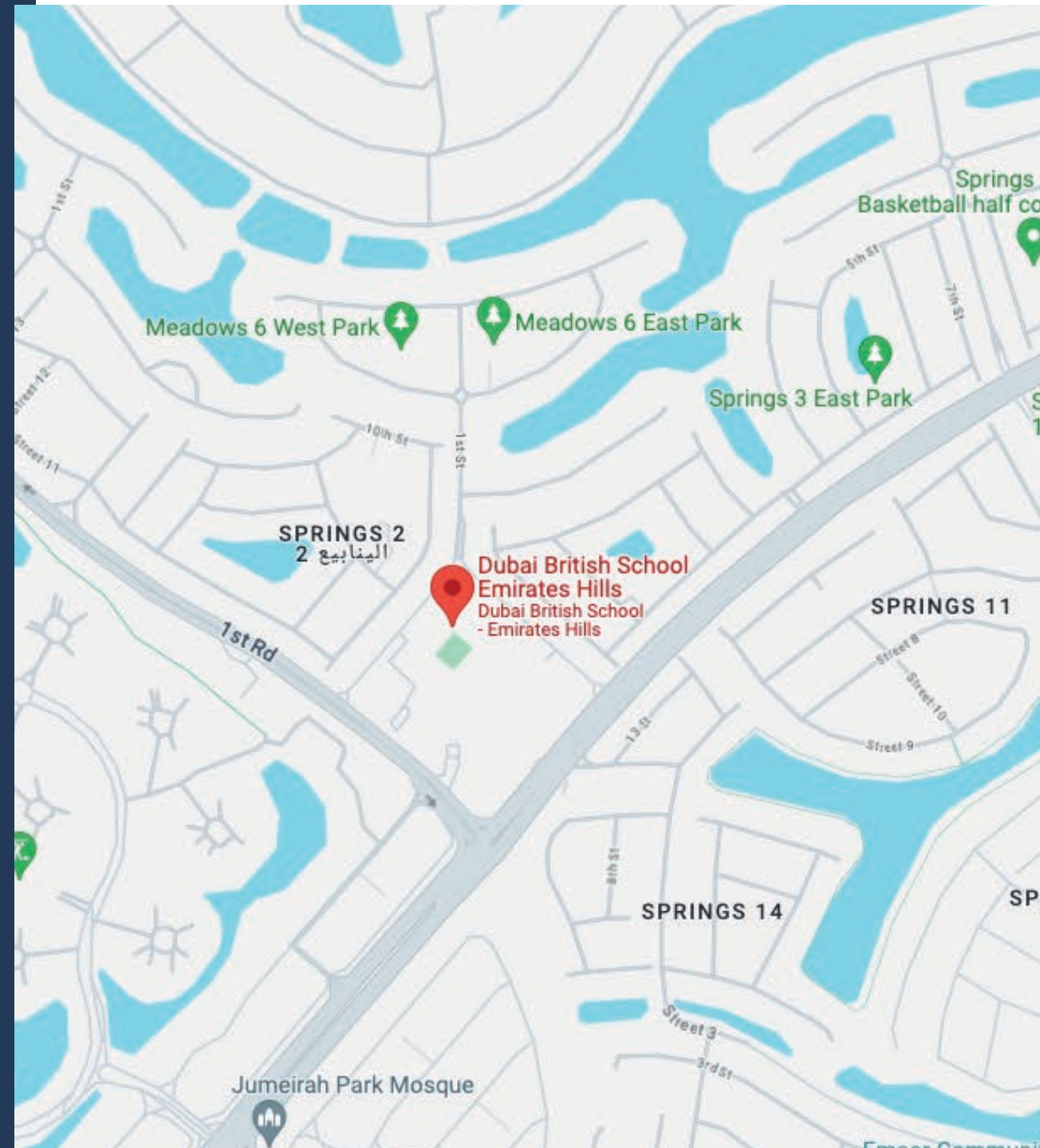


DUBAI
BRITISH
SCHOOL

DBSEH LOCATION

ALL ACTIVITIES WILL TAKE
PLACE ON THE PREMISES OF
DUBAI BRITISH SCHOOL
LOCATED IN SPRINGS - DUBAI

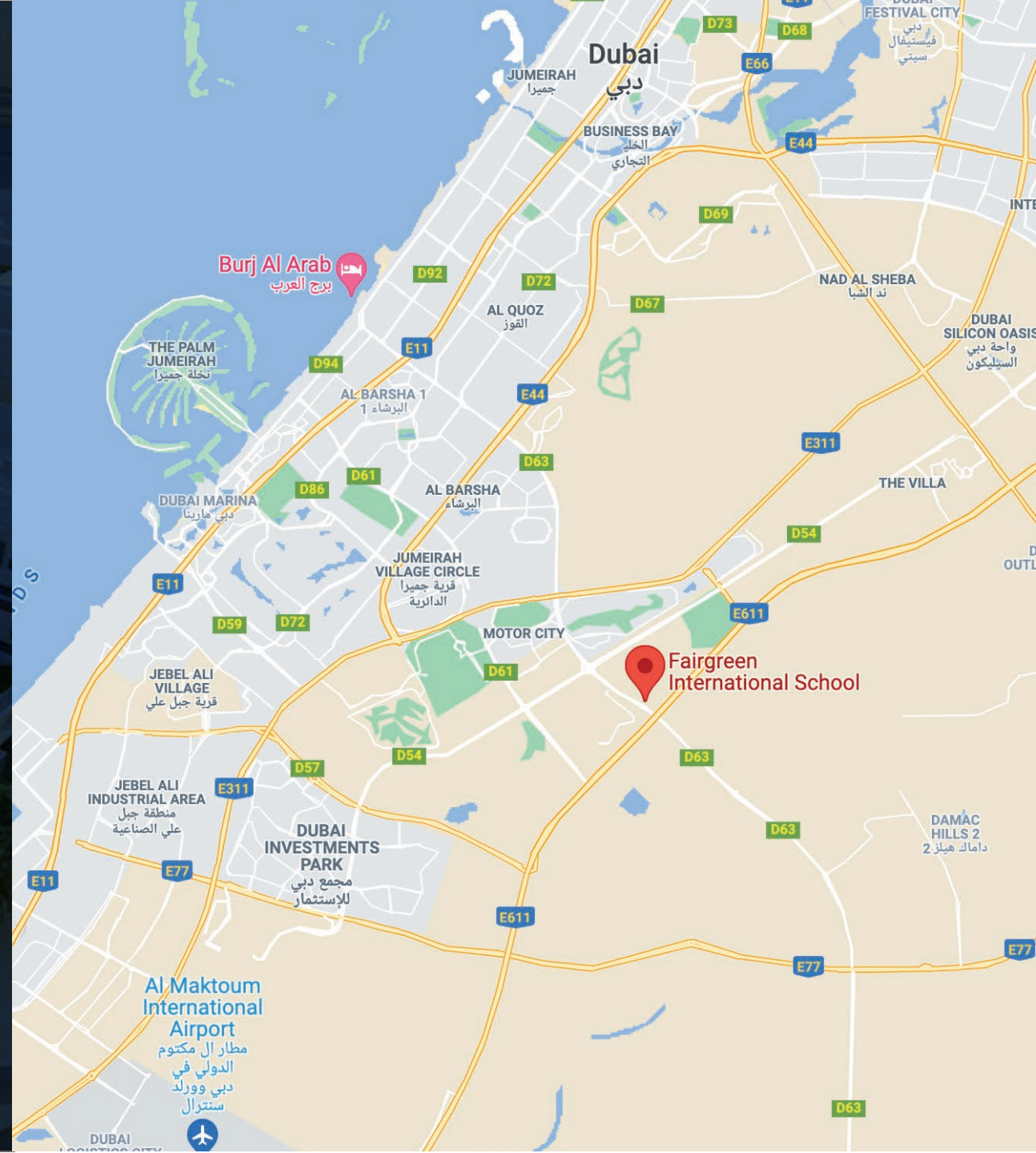
- FOOTBALL PITCH
- 1 SPORTS HALL
- AUDITORIUM
- TENNIS COURT



FIS LOCATION

**ALL ACTIVITIES WILL TAKE
PLACE ON THE PREMISES OF
FAIRGREEN INTERNATIONAL
SCHOOL LOCATED IN THE
SUSTAINABLE CITY - DUBAI**

- FOOTBALL FIELD
- 2 TENNIS COURTS
- 2 INDOOR SPORTS HALLS
- 1 MULTI-PURPOSE HALL



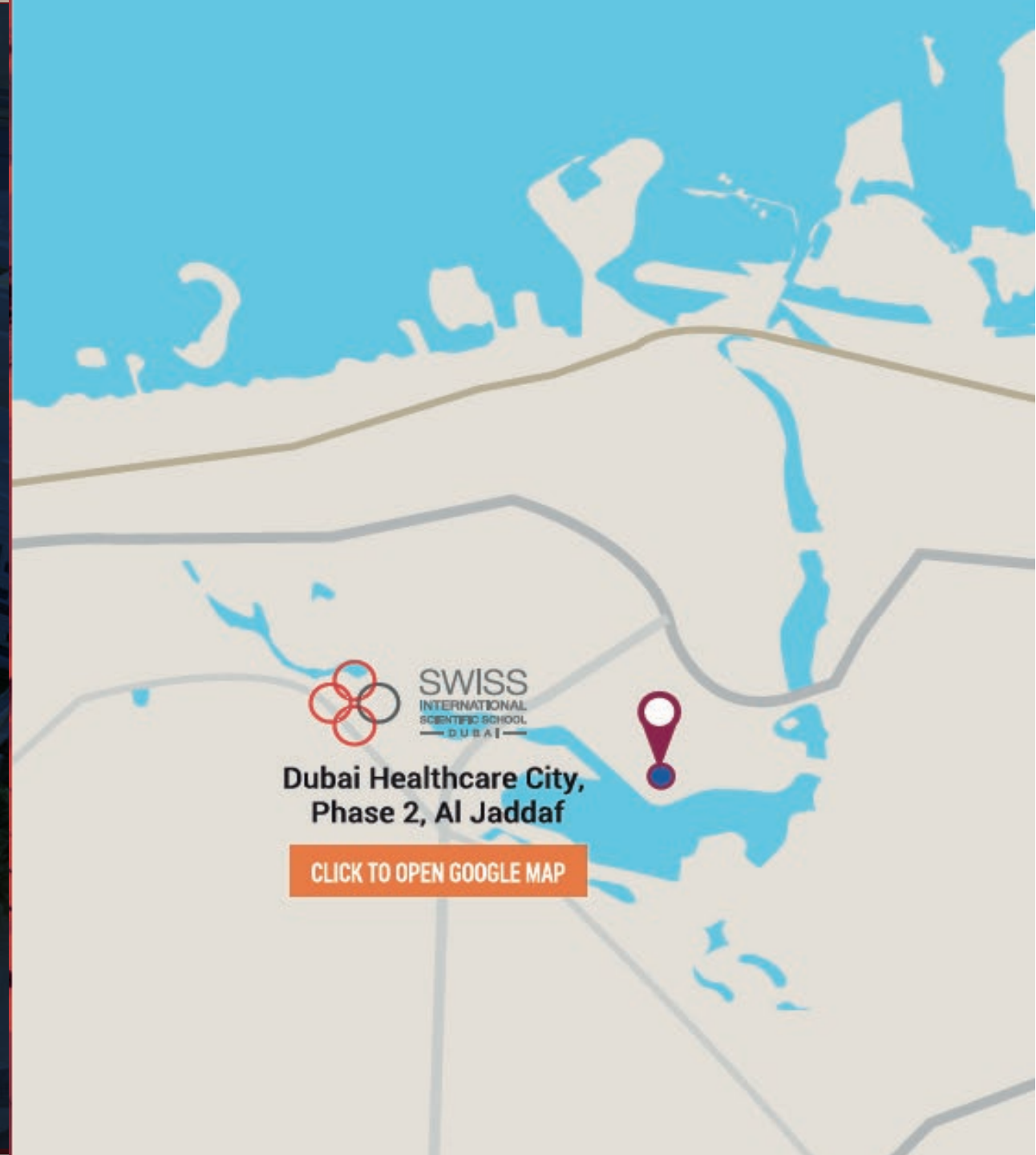


SWISS
INTERNATIONAL
SCIENTIFIC SCHOOL
— D U B A I —

SISD LOCATION

ALL ACTIVITIES WILL TAKE PLACE ON THE PREMISES OF SWISS INTERNATIONAL SCIENTIFIC SCHOOL LOCATED IN AL JADDAF, DUBAI.

- FOOTBALL FIELD (NATURAL GRASS)
- 2 TENNIS COURTS
- 2 INDOOR SPORTS HALLS
- 2 PADEL COURTS
- 3 MULTI-PURPOSE ROOMS
- 1 GYM
- BEACH TENNIS / BEACH VOLLEY BALL COURT
- DANCE STUDIO
- OUTDOOR TRACK
- INDOOR TRACK




SWISS
INTERNATIONAL
SCIENTIFIC SCHOOL
— D U B A I —

**Dubai Healthcare City,
Phase 2, Al Jaddaf**

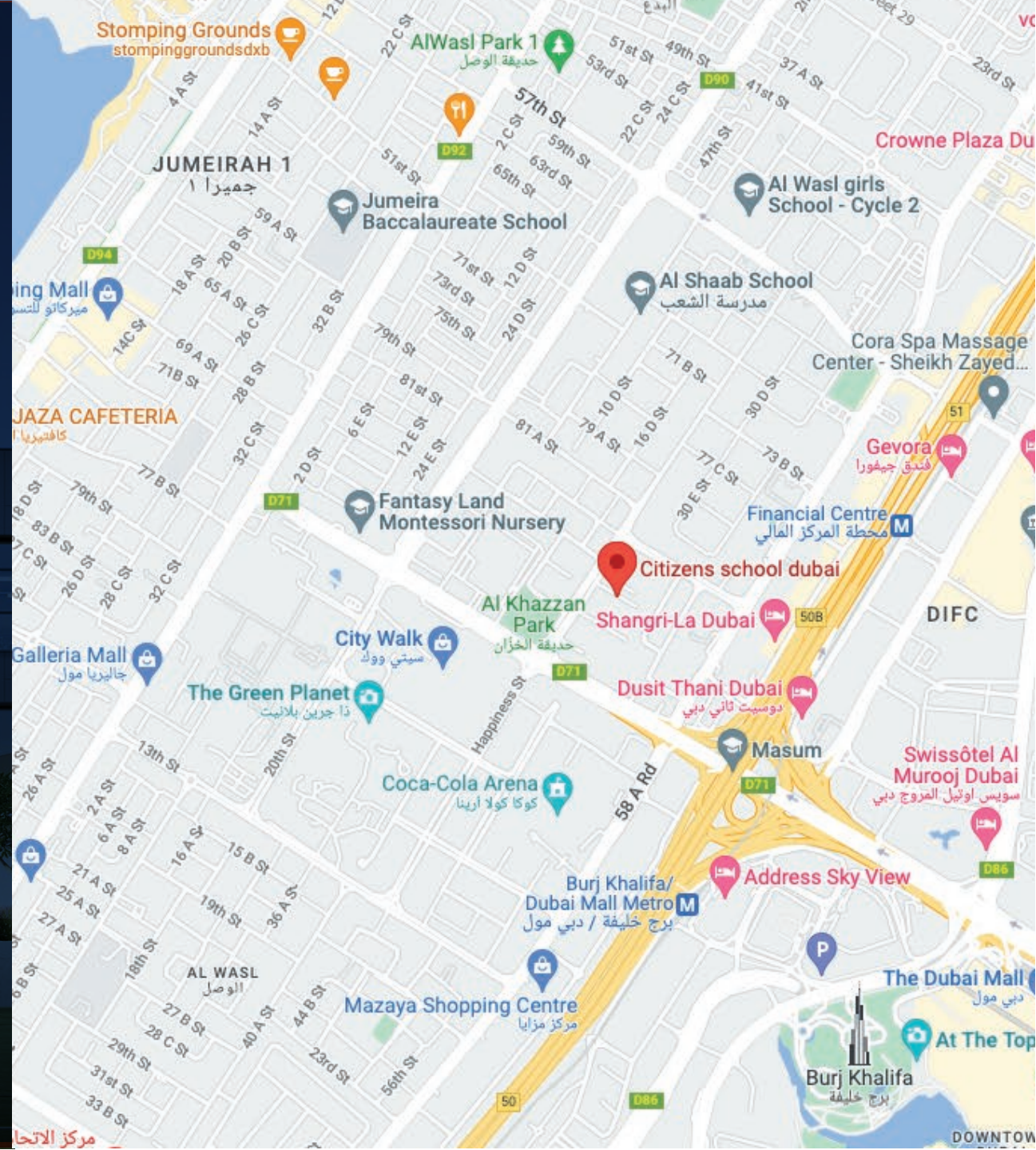
[CLICK TO OPEN GOOGLE MAP](#)



CITIZENS LOCATION

ALL ACTIVITIES WILL TAKE PLACE ON THE PREMISES OF CITIZENS SCHOOL LOCATED IN AL SATWA - DUBAI

- FOOTBALL PITCH
- 2 SPORT HALLS
- GYM
- DANCE STUDIO

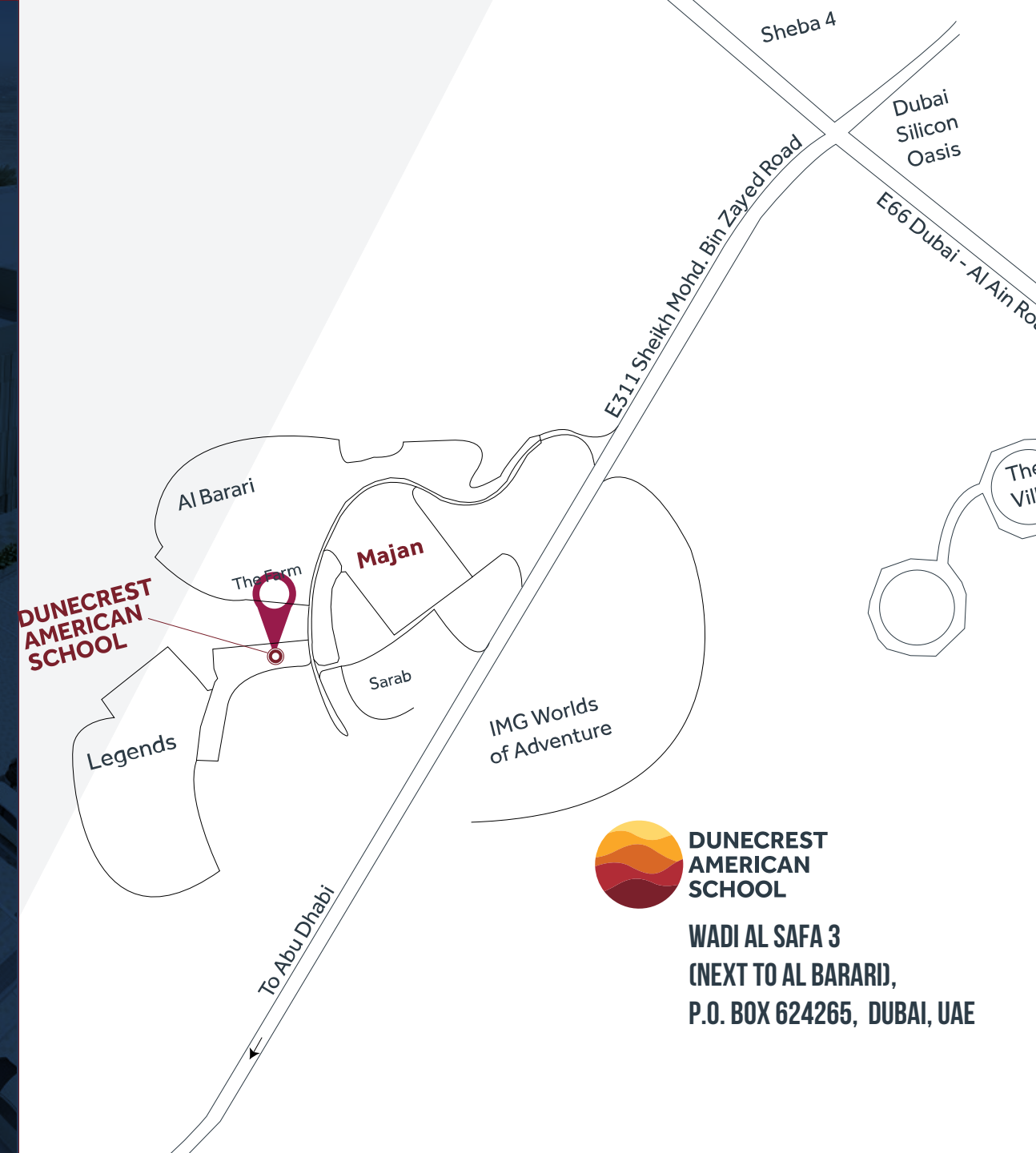




DUNECREST LOCATION

ALL ACTIVITIES WILL TAKE PLACE
ON THE PREMISES OF
DUNECREST AMERICAN SCHOOL
LOCATED IN AL BARARI

- FOOTBALL FIELD
- TENNIS COURT
- INDOOR HALL
- MULTI-PURPOSE ROOMS
- OUTDOOR COURT
- ATHLETICS TRACK



WADI AL SAFA 3
(NEXT TO AL BARARI),
P.O. BOX 624265, DUBAI, UAE

SPORTS

- FOOTBALL
- BASKETBALL
- ATHLETICS
- GYMNASTICS
- GAMES
- MARTIAL ARTS
- TENNIS
- PARKOUR

ACTIVITIES

- TRAINING AND EXERCISE
- GAMES
- RACES
- MATCHES
- FUN SCIENCE

WHAT TO BRING

- SNACKS
- LUNCH BOX
- TENNIS RAQUET
- WATER BOTTLE
- SPARE CLOTHES & SOCKS

STAFF

- STRYX COACHES AND STRYX PARTNER COACHES SPECIALIZED IN TEACHING THEIR SPORT

DIRECTED TO

- ALL CHILDREN ENJOYING AND PLAYING DIFFERENT SPORTS

OTHER INFO

- OUR SCHEDULE BALANCES THE LEVEL OF ACTIVATION DURING THE DAY BETWEEN ACTIVE EXERCISE & CALM GAMES
- SNACK AND LUNCH BREAK

MULTI-SPORTS CAMP SCHEDULE



| TIMINGS | MONDAY-FRIDAY | ACTIVITIES |
|-----------------------------------|---------------|--------------|
| 7:45AM-8:00AM / 8:45AM-9:00AM | DROP OFF | FOOTBALL |
| 8:00AM-9:00AM / 9:00AM-10:00AM | ACTIVITY 1 | BASKETBALL |
| 9:00AM-10:00AM / 10:00AM-11:00AM | ACTIVITY 2 | MARTIAL ARTS |
| 10:00AM-10:15AM / 11:00AM-11:15AM | SNACK | TENNIS |
| 10:15AM-11:15PM / 11:15AM-12:15PM | ACTIVITY 3 | GYMNASTICS |
| 11:15PM-11:45PM / 12:15PM-12:45PM | LUNCH | GAMES |
| 11:45PM-12:45PM / 12:45PM-1:45PM | ACTIVITY 4 | ATHLETICS |
| 12:45PM-1:45PM / 1:45PM-2:45PM | ACTIVITY 5 | RACES |
| 1:45PM-2:00PM / 2:45PM-3:00PM | PICK UP | |

WHAT TO BRING



SNACK



**LUNCH
BOX**



**TENNIS
RAQUET**



**WATER
BOTTLE**



**SPARE CLOTHES
AND SOCKS**



**FACE MASK
OPTIONAL**

WHAT TO WEAR



**COMFORTABLE
SPORTS WEAR
AND TRAINERS**

FREQUENTLY ASKED QUESTIONS



1. BENEFITS OF CHILDREN ATTENDING CAMP

Physical activity is vital for a child's development and lays the foundation for a healthy and active life. Stryx Sports camps are ideally placed to foster the development of good physical activity habits early in life and to encourage children to engage in regular physical activity.

Stryx Sports camps offer a wide choice of play-based, physically active learning experiences that link to children's interests, abilities, identity and prior knowledge. Physical activity in childcare needs to be made up of both structured physical activity and unstructured, spontaneous activity. In addition, as active role models, coaches can encourage children to participate in physical activity.

Regular physical activity in children improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels.

2. AGES

We accept children from 4 to 12 years

3. CAMP TIMINGS

Camp timings are 9AM-2PM and 9AM-3PM (depending on the location – check venues overview page 6)

4. WHAT KIND OF ACTIVITIES WILL MY CHILD BE DOING AT CAMP?

Some of the activities the children will take part in are shown below.

- Football
- Gymnastics
- Tennis
- Obstacle Course & Races
- Dodgeball
- Fun & Games
- Rounders
- Team Building
- Creative Classes

5. CAN MY CHILD DECIDE WHICH ACTIVITIES THEY WANT TO DO?

Children are required to stay within their assigned groups and will participate in all activities.

6. HOW MANY ACTIVITIES PER DAY WILL MY CHILD PARTICIPATE IN?

There will be 4-5 different activities each day divided into 1 hr sessions.

7. WHAT IF MY CHILD CANT PARTICIPATE IN ANY SPECIFIC ACTIVITY E.G. WATER GAMES?

In some cases, the camp manager may be able to move them into another group for 1 session. If this is not possible, they will stay with the group and sit out for the activity.

8. HOW ARE THE STUDENTS DIVIDED INTO GROUPS?

Groups are divided according to age and with an age difference of 2yrs either older or younger.

9. ARE THE TEACHERS QUALIFIED SPORTS COACHES?

All Stryx Sports staff are internationally qualified sports coaches.

10. WHAT FIRST AID PROCEDURES DO YOU HAVE IN PLACE?

There will always be a fully qualified First Aid person on Duty. Stryx Sports pride themselves on their Health and Safety Standards. In the unlikely event of a child being injured the parent will be notified by the camp manager.

11. WHAT TO WEAR?

Casual or sports clothing is highly recommended & trainers. Please ensure all bags, clothing are clearly labelled.

12. WHAT DO I NEED TO BRING?

Please bring snack, Lunch, Water bottle, Sun Cream, Hat, Tennis Racket

13. WHAT IF MY CHILD HAS A MEDICAL CONDITION?

It is vital that we are made aware of any medical conditions and any prescribed medication that your child is required to take.

14. WHAT IF CHILDREN ARE BADLY BEHAVED?

Our staff treat children with respect, and we expect this to be reciprocated by the children. We encourage good behavior and sportsmanship with positive reinforcement. By the same token bad behavior cannot and will not be tolerated.

In more serious cases, we may contact parents to take action. If bad behavior continues, we reserve the right to remove children from the camp if necessary.

15. CAN I LEAVE MY NANNY ONSITE?

We do not permit nannies to remain onsite during camps as this can cause distractions for young children.

16. CAN I (PARENT/GUARDIAN) COME AND WATCH MY CHILD?

Parents are allowed to stay for the first few minutes of camp to allow their child to adjust to the camp environment however after that they cannot be actively involved in the camp as this can cause a distraction or disrupt sessions.

17. EMERGENCY PROCEDURES

Camp has a qualified First Aider onsite. In the event of any emergency, a parent or guardian will be contacted by the camp manager.

CONTACT US & REGISTER



STRYXSPORTS
EVERYONE'S FAVORITE SPORT



CALL NOW

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www.stryxsports.com



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