



**STRYXSPORTS**  
EVERYONE'S FAVORITE SPORT

# STRYX SPORTS CAMPS 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: 16<sup>TH</sup> - 20<sup>TH</sup> OCT

### FEBRUARY CAMP

WEEK 1: 12<sup>TH</sup> - 16<sup>TH</sup> FEB

### SUMMER CAMP

FROM 8<sup>TH</sup> JULY ONWARDS

## FEES (PRICES)

WEEKLY FULL DAY **AED 800**

WEEKLY HALF DAY **AED 500**

DAILY RATE **AED 200**

EARLY BIRD DISCOUNT: **10%**

### WINTER CAMP

WEEK 1: 11<sup>TH</sup> - 15<sup>TH</sup> DEC

WEEK 2: 18<sup>TH</sup> - 22<sup>TH</sup> DEC

WEEK 3: 25<sup>TH</sup> - 29<sup>TH</sup> DEC

### SPRING CAMP

WEEK 1: 25<sup>TH</sup> - 29<sup>TH</sup> MAR

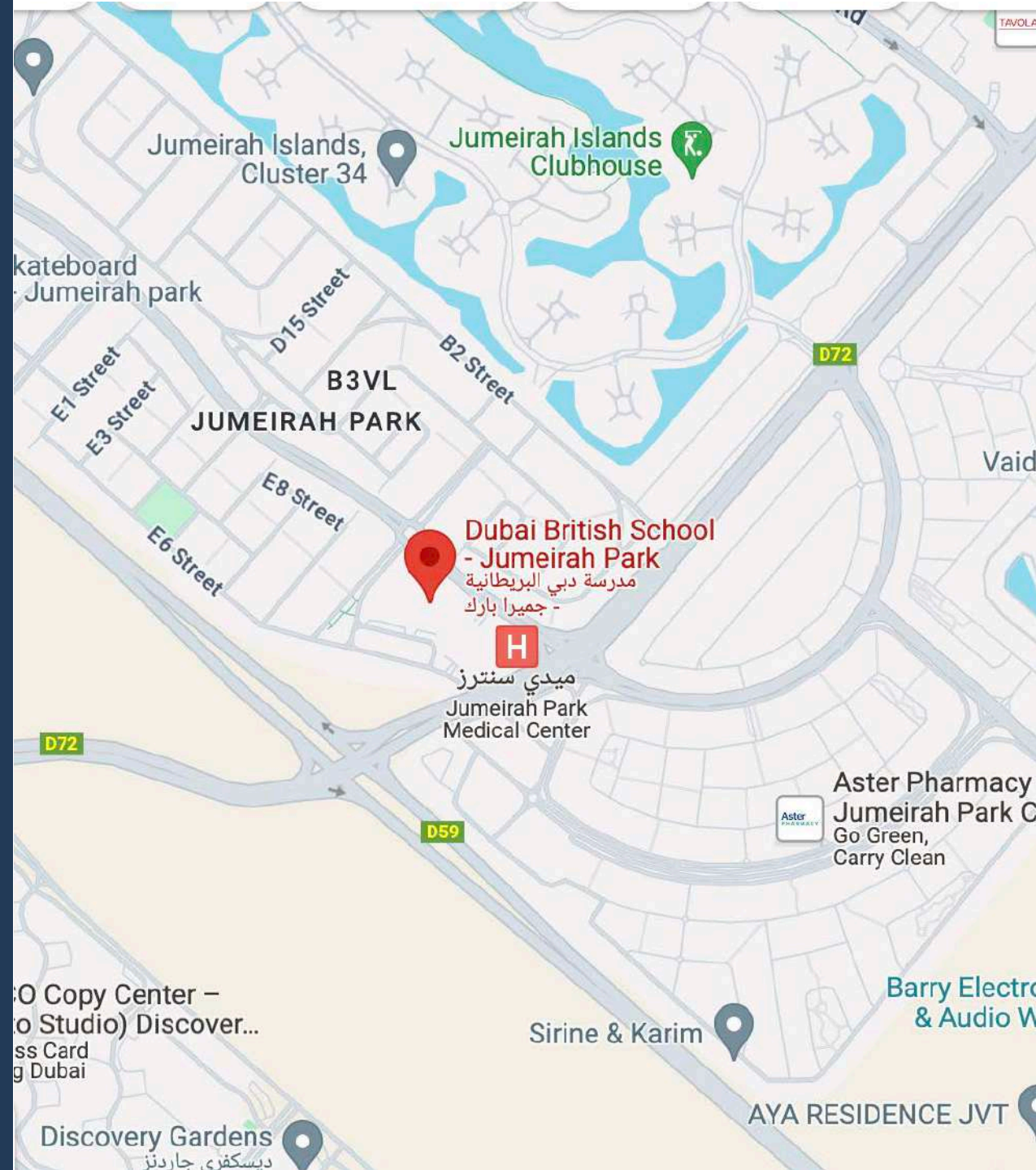
WEEK 2: 1<sup>ST</sup> - 5<sup>TH</sup> APR



# 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



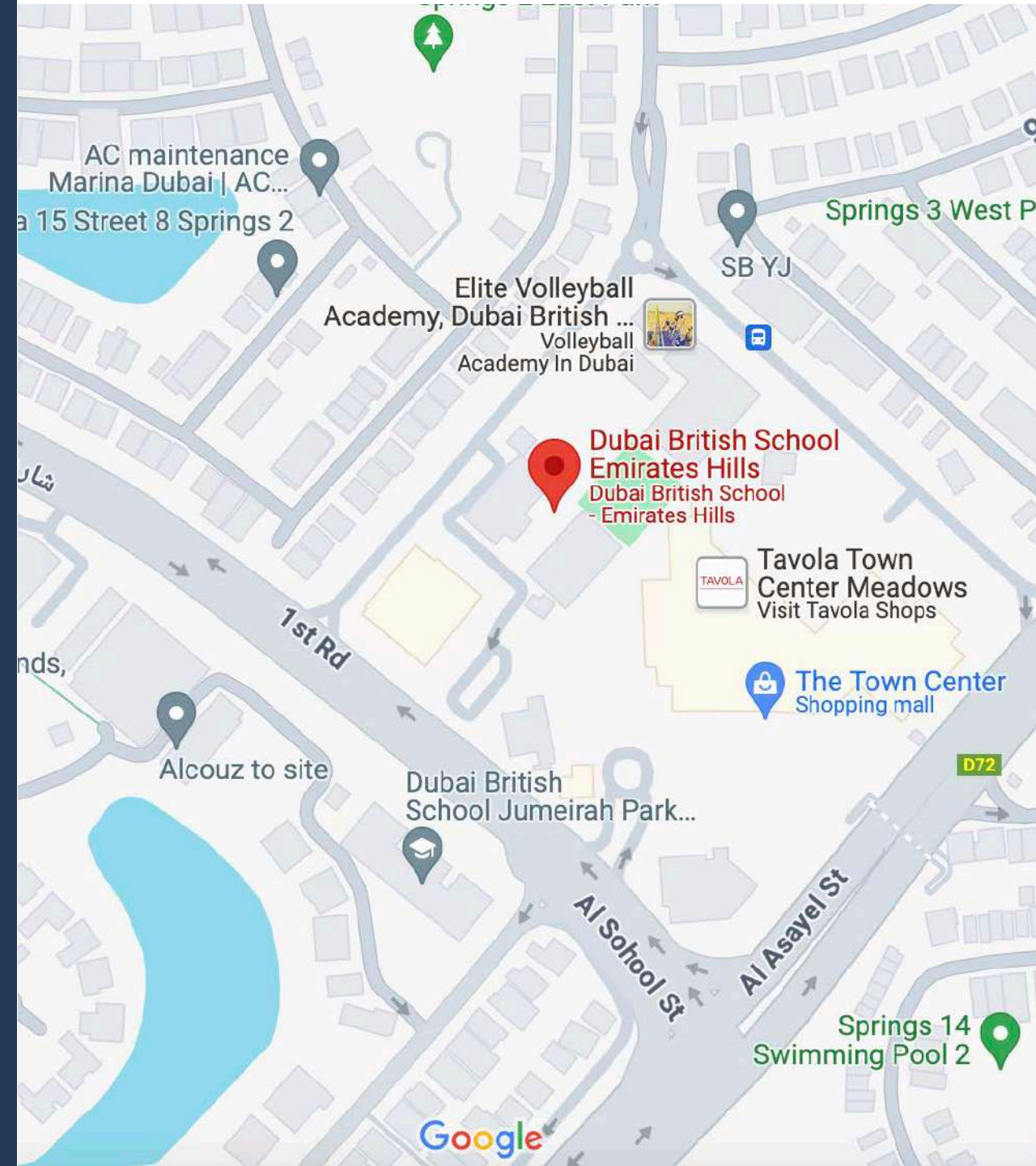


# DBSEH LOCATION

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

FOOTBALL PITCH  
1 SPORTS HALL  
AUDITORIUM  
TENNIS COURT

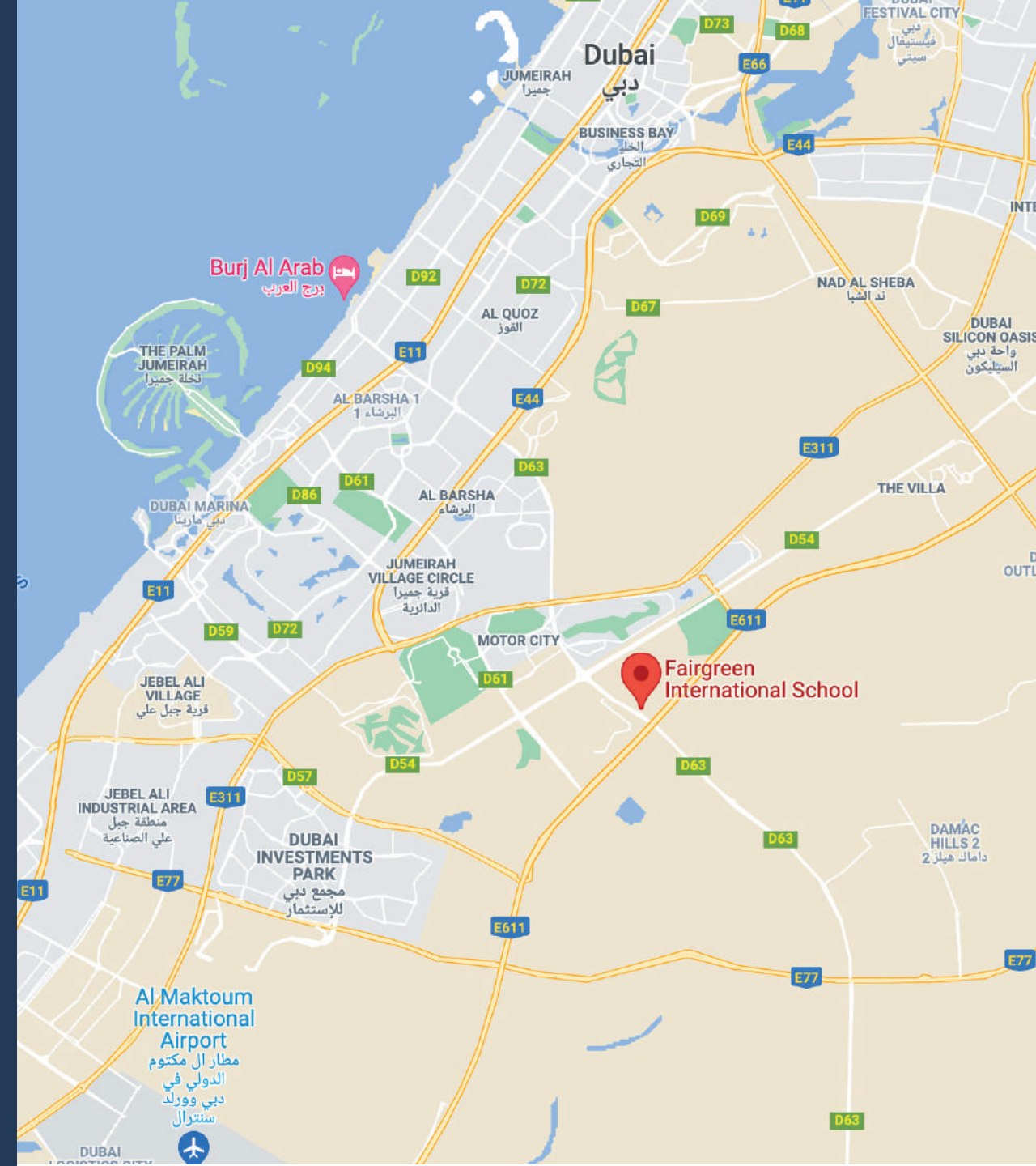
DBSEH



# 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



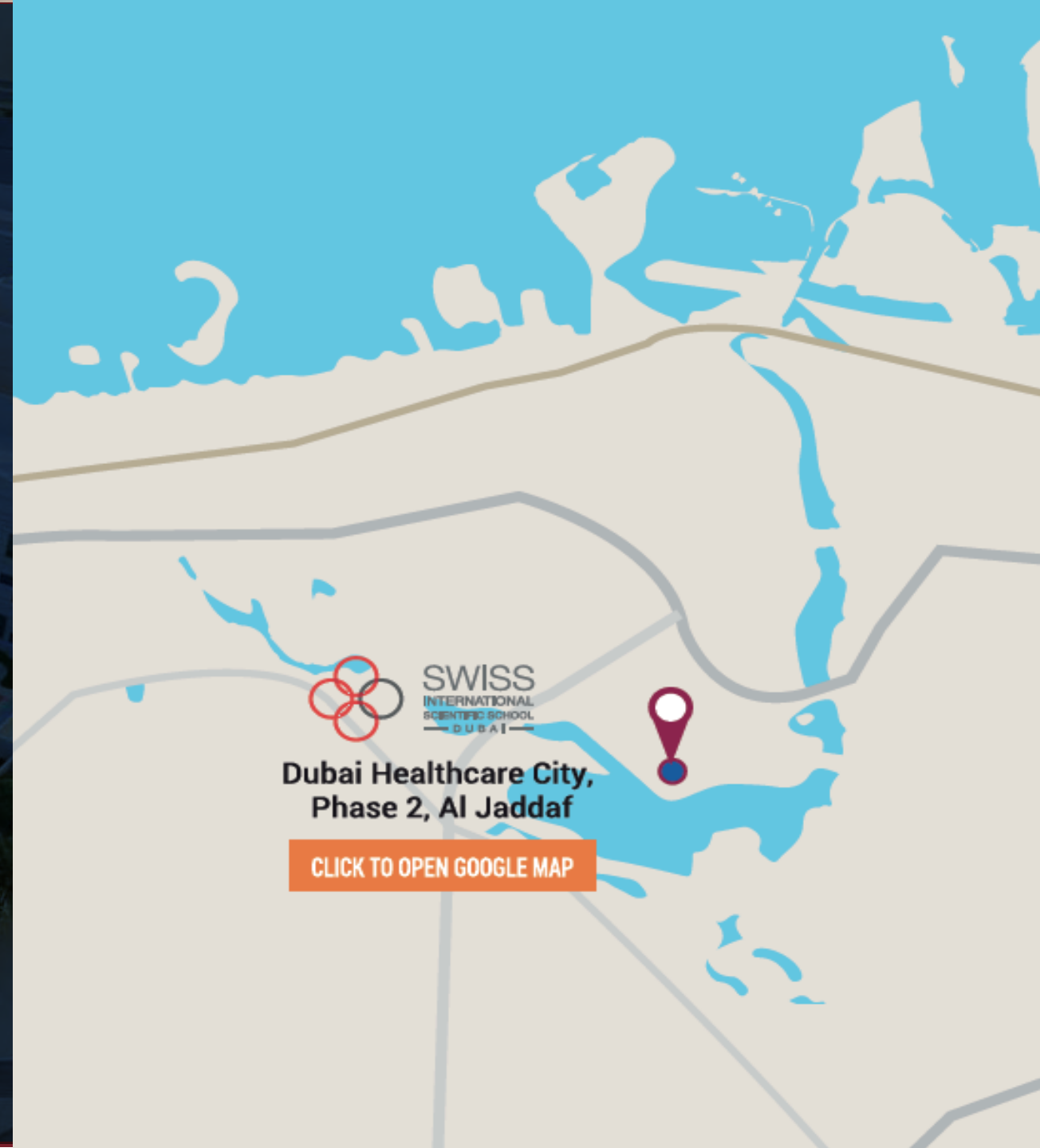


**SWISS**  
INTERNATIONAL  
SCIENTIFIC SCHOOL  
— D U B A I —

# 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 —

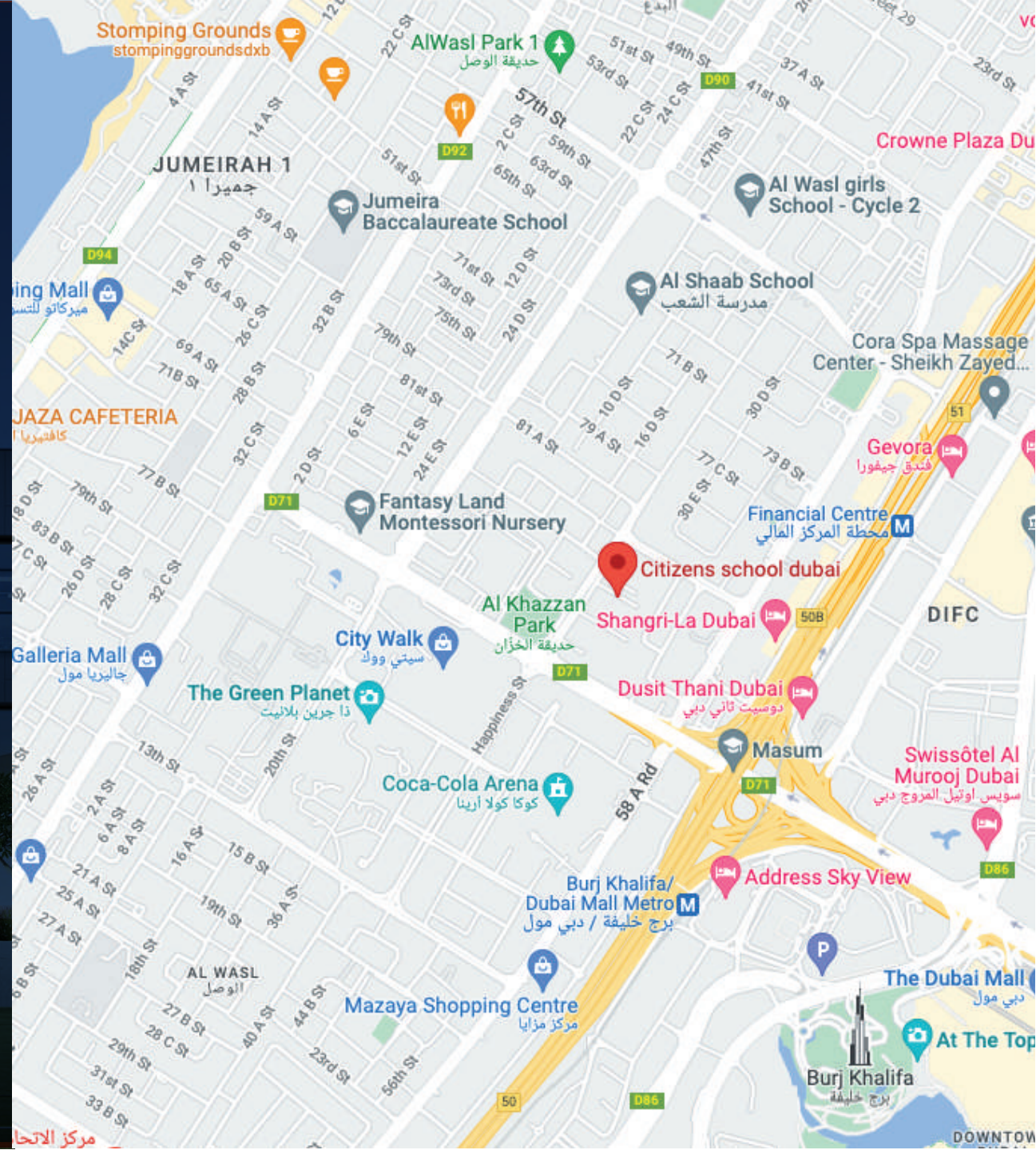
**Dubai Healthcare City,  
Phase 2, Al Jaddaf**

[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

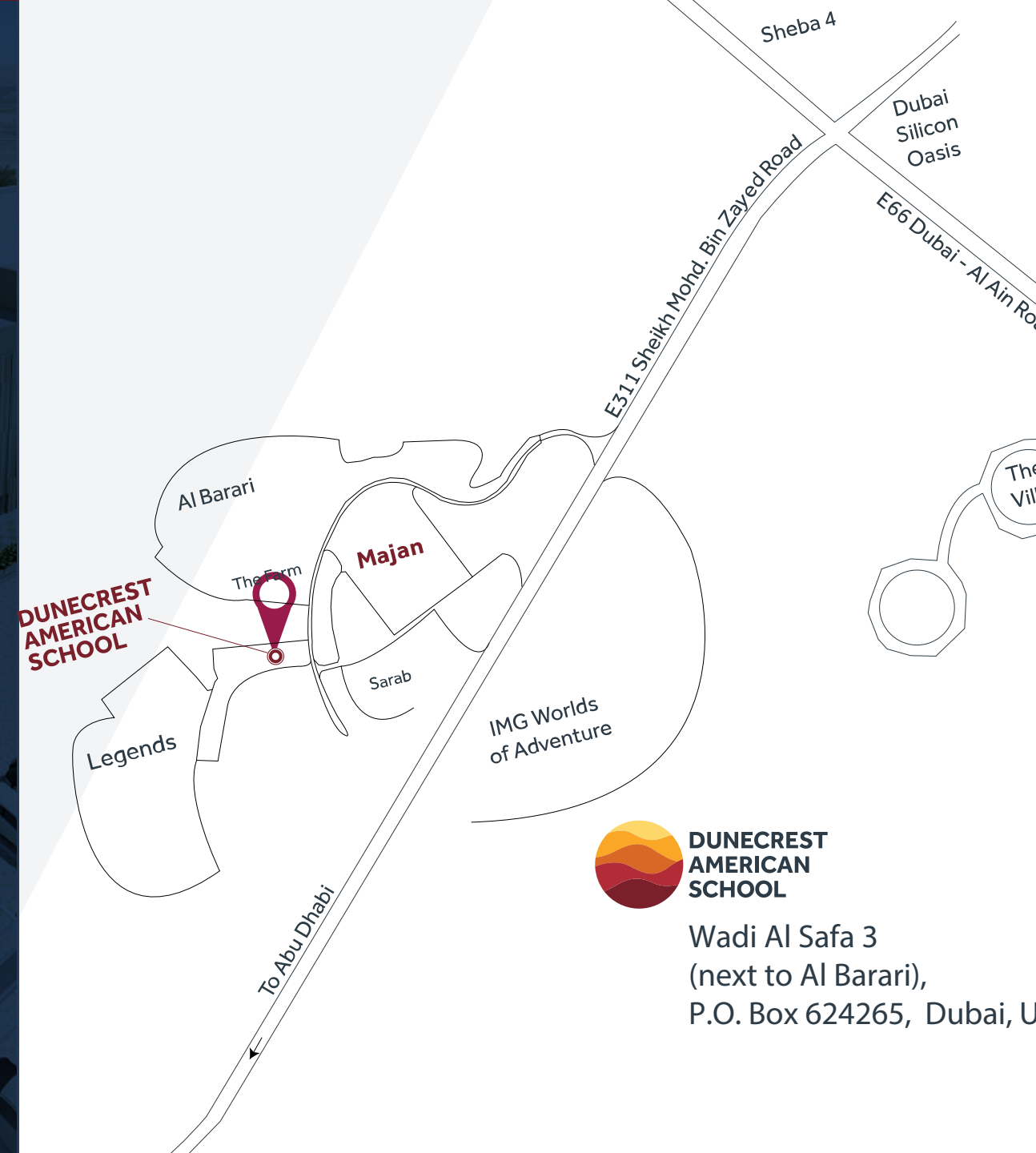




# DUNECREST LOCATION

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, U

## 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**

## 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**

**055 887 6426**



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