



The Little Movers Camp will be held at the Guidepost Montessori Family Club/

Each day little movers will need to register, have their temps checked and hands washed, they will then be separated into their group.

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

**Disco Party Dance** sessions are designed for individual creativity and expression. This is where our Little Movers get to shimmy & shake, wiggle and jiggle, without any constraints. They can literally dance like no-one is watching! Oh and did we mention the dress ups? Well yeah - we get to dress up in quirky costumes and go crazy!

The **Yoga** sessions are an awesome adventure full of different sensations. We take the kids on a yoga adventure, exploring our bodies through different positions, enhancing our awareness with different sensations and taking notice of the spaces that we inhabit. Our Yoga sessions encourage kids to chill out and reflect but are super fun and active to keep our little ones engaged.

## Timetable

Mon <small>wk 1 only</small>	Tue	Wed	Thu	Fri
Free Play	Free Play	Free Play	Free Play	Free Play
Movement & Dance Class	Movement & Dance Class	Movement & Dance Class	Movement & Dance Class	Movement & Dance Class
Story Time	Story Time	Story Time	Story Time	Story Time
Yoga Adventure	Disco Party	Yoga Adventure	Yoga Adventure	Disco Party



# 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

Due to our unique 2022 situation camp fee invoices **WILL NOT** be issued until the start of December. Once Invoices are issued we would appreciate quick payment. Please note that your child's place is not fully reserved until we receive payment. If you do not complete payment within the specified date range your child may lose their place in the camp.

## Confirmations and Cancellations:

- Spaces are limited, your child's place is not confirmed until payment has been received. All enrolments are on a first come first served basis.
- Cancellations before December 1st will receive a full refund, cancellations after December 1st and before December 7th will receive a 50% refund, cancellations after December 7th will not be refunded.

## Accompaniment:

For Little Movers - Due to the current situation and restrictions we cannot have an excess of parents/helpers in the venue. Parents/Helpers may only stay if absolutely necessary, any students that can be dropped off and picked up should do so.



# Covid - 19 Special Arrangement

At Move For Life we take the health and safety of our students, staff and their families very seriously. Operating in a Covid-19 world can be tough however we appreciate the cooperation of our entire community to ensure a safe environment for everyone.

## What are we doing to protect you and your children?

### STAFF:

- ALL staff take their temperatures at home before leaving the house to engage in any work with Move For Life
- No staff member will enter a Move For Life class or camp if presenting with any cold/flu symptoms.
- ALL staff will wear a mask at all times during classes and camps

### MATERIALS/VENUE

- ALL Dance props will be changed in between each group
- ALL Dance props will be washed/sanitised daily
- ALL Toys/craft supplies will be sanitised between groups and washed with disinfectant daily
- The venue will be thoroughly cleaned and sanitised daily

### CLASS STRUCTURE:

- Students will be Temp checked and have hands sanitised before they can enter the school and again when they enter the classroom.
- All students will be separated into small groups and each small group must maintain a minimum of 1.5m distance from other groups.

## What do we need you to do?

Due to the current social distancing restrictions all participants in all Move For Life run classes and camps MUST follow the guidelines as set out below:

- **Dance Monkeys** Parents/Guardians **must not** wait on the school premises. Please drop your children off and return at 12:30pm to collect them (if you need to wait near the school you may wait in any public area near the school or Kennedy Town is a 5 minute minibus ride from WIS)
- **Little Movers** Parents/Guardians **must not** wait on the school premises. If your child does not absolutely **NEED** to be accompanied (some exceptions include children that have just turned 2 or with extreme anxiety) we ask that you drop your children off and collect them at 11:30am (if you need to wait near the school you may wait in any public area near the school or Kennedy Town is a 5 minute minibus ride from WIS)
- All students/guardians must wear a mask at all times while on West Island School premises.
- Students must all be temp. checked and have hands washed before entering the classroom
- Respect the physical distance boundaries, maintain a distance of 1.5m between groups
- There is to be no food consumed on West Island School grounds.
- All students and guardians MUST fill and return a health declaration form before joining the class

### GOVERNMENT MANDATED 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](mailto: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.**