



# Dance 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 Dance Monkeys will need to register, have their temps checked and hands washed, they will then be separated into their groups.

Each day the Dance 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



# 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

Students places are not confirmed until the camp fee has been paid. IF you pay by bank transfer your payment prroof MUST be sent to [info@moveforlife.dance](mailto: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** - 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 for children under the age of 2.5yrs, any students that can be dropped off and picked up should do so.

**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.



# 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 Majure 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](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.**

## 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.



# 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
- ALL staff have been tested based on the schedule set forth by the HK Government and the EDB

### 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.

## 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:

- **Move 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)
- **Koala Bop** a single parent/carer **must** remain on site in the case of emergencies.
- 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
- Food may only be consumed in designated areas.
- All students and guardians MUST fill and return a health declaration form before joining the class

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**If you do not submit your details within 1 month of the cancellation you will forfeit your refund.**