

## KUNG FU CAMP INSTRUCTIONS

Our camps are held in "The Martial Arts Academy" in Deansgrange Business Park. The Academy is the home of our Kung Fu 4 Kids program and YMAA Ireland.

The facilities allow for a fantastic experience for all those attending our camp, with lots of new equipment, safety matting and padded walls. Punch bags and other training tools have also been fitted to our San shou room.

Deansgrange Business Park is located on the Deansgrange junction of Clonkeen rd, Kill Ave and Deansgrange rd. Many of you may be familiar with the NCT centre within the park. We are just around the corner from the NCT centre.

### **Directions to us from within the Business Park.**

When dropping or collecting your Kung Fu Kids/Teena, please enter the Business Park and drive straight past the NCT centre on your left. Follow the road around until you see "The Martial Arts Academy" on your left hand side.

Once you have dropped your Kung Fu kid, proceed in the same direction following the road past to leave the Business Park.

**What do I need to bring to the camp?** YMAA or Kung Fu 4 Kids Club tee-shirt clean, runners and comfortable tracksuit or shorts.

Packed lunch, a snack for break and lots to drink (no fizzy drinks, sweets, chocolate or yoghurts please). The Academy is also a **'NUT FREE ZONE!!'**

**Note:** - Members of our Teens club are permitted to go to the local shops to pick up lunch with their parents permission.

**What you won't need?** Cameras, Computer Games, Valuable Watches or jewellery, more than €5 per day! (In fact no money is required at all).

**What times do I have to come to and leave the camp?** At the end of the day a child must be collected by an authorised adult **AT 3PM SHARP**. If your children are allowed to travel to and from the camp by themselves they will require written authorisation.

**We begin at 10am & the academy doors close at 3pm (sharp) daily.**

**Please respect our schedule and deliver and collect your children promptly! Or coaches have other lessons to teach each day after the camp and we cannot be responsible for children left unattended!**