



## **WELCOME TO THE ACTIVE KIDS ACADEMY MARCH BREAK CAMP**

**Monday March 16<sup>th</sup>, 2026 – Friday March 20<sup>th</sup>, 2026**

**LOCATED INSIDE REVIVAL DANCE COMPANY AT:**

**165 Matheson Blvd E #10**

**Mississauga, Ontario, L4Z 3K2**

*PLEASE KEEP THIS BOOKLET AS AN INFORMATION REFERENCE*

### **INCLUDES:**

- Program details and contact information
- Policies and Procedures
- Bonus sticker homework that can be completed
- Pizza Day Form

It is the goal of Active Kids Academy to keep our campers engaged and excited throughout the day while they learn a series of basic martial arts moves, make new friends and spend time being creative in solo and group activities.

Campers will participate in up to 2 hours daily of non-contact martial arts training as well as enjoying time outdoors, fun and creative games, sports, and crafts daily. Campers will also enjoy a WEDNESDAY THEME DAY with a PIZZA PARTY!

Registration to our camp includes a white karate belt that they will receive on the first day of camp. Children will have the opportunity to earn up to three award stickers over the 5 days to add to their belt.

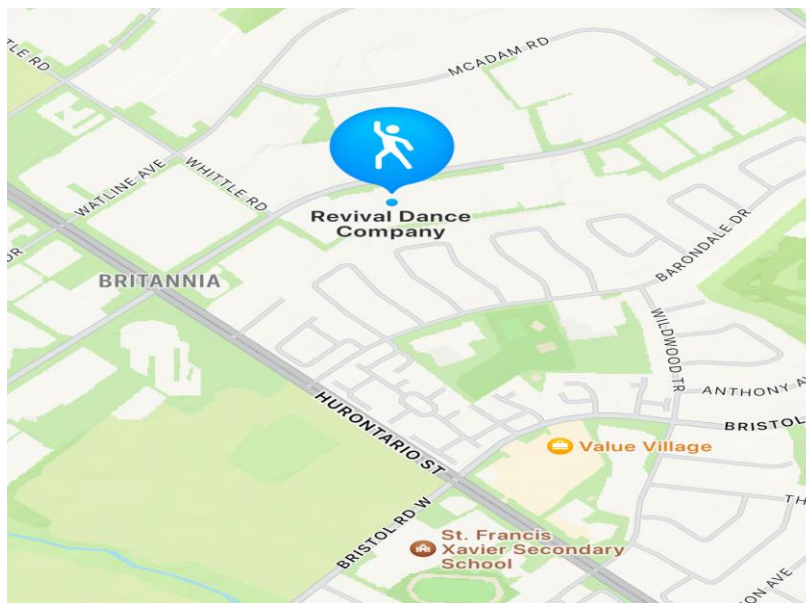
### **CAMP HOURS**

Our Summer Camp runs from 9:00am – 4:00pm with the option of adding extended hours from 8:30am – 4:30pm

## CAMP DROP-OFF AND PICK-UP

Campers must be dropped off and signed out each day by a parent, legal guardian, or caregiver. A list of names of adults with permission to pick up your children are to be listed on your registration.

There is free parking the parking lot directly in front of the facility.



## EARLY DROP-OFF OR LATE PICK UP

We are pleased to let you know that we offer an extended hours program from 8:30am-5:00pm. Extended Hours are purchased on a week by week basis we, unfortunately, do not offer single day options. If you require extended hours you may register online for them.

Extended camp rates are as follows:

- Before Care (8:30am-9:00am): \$40.00 per week + tax
- After Care (4:00pm-4:30pm): \$40.00 per week + tax

*Late pick up fees will still apply if you pick up your child after 4:30pm*

## LATE FEES

\$5.00 for picking your child up 1 – 15 minutes late and an additional \$1.00 / minute for after minute thereafter to be given to the camp director that evening or before camp the next day.

## ALLERGIES

In your registration form you were asked if your child has any allergies or requires an EpiPen.

If you answered yes to this please contact Shannon Riddell at [activekidsacademycamp@gmail.com](mailto:activekidsacademycamp@gmail.com) to have our Emergency Plan Package & Medication consent form sent to you to fill out.

We do our best to provide a nut-free environment.

## REFUND CANCELLATION POLICY

If you wish to withdraw your child from our camp you may do so with full refund minus a \$35 administration fee up to 4 weeks prior to the commencement of your camp week. A 50% refund will be given to you if you wish to cancel between 2 – 4 weeks of your start date. No refunds will be provided if you are within 2 weeks of your start date.

\*Please note: There is no prorated fee for any day the child is unable to attend.

## GENERAL CAMP CHECK LIST

- Running shoes (no sandals or open toe shoes)
- Socks (required)
- Lunch – Must be nut-free
- Snacks – Must be nut-free
- Water bottle
- Warm Outdoor jacket, scarf, mitts and outdoor footwear
- Karate belt (given to campers first day of camp if they don't already have one)

## BONUS STICKERS & OPTIONAL HOMEWORK

Our camp is designed to bring awareness to the concepts of integrity, self-discipline, courtesy, and compassion. To help apply these concepts, there are 2 option bonus activities for your children to complete. These assignments are simple and optional; however, bonus belt stickers will be awarded to the students who complete and return them to the instructors. These assignments are attached for you to print and review with your child to help them earn their bonus stickers!

## LAST DAY PERFORMANCE

Parents are welcome to come and join us on Friday March 20<sup>th</sup>, 2026 at 3:30pm to watch their children show off their new found karate skills. Don't forget to bring your camera to get a picture of your child with their Karate Sensei.

## PIZZA DAY & THEME DAY

On Wednesday March 18th our theme day will be "Pajama Day". Campers are encouraged to come to camp in their pajamas and will enjoy theme-based games and crafts. Campers will also have the option to participate in pizza lunch this day. ***If this is something you would like your child to participate in, please fill out the attached pizza form and return in on your first day of camp.***

## OUTDOOR AND PHOTOGRAPH PERMISSION

By signing our outdoor and photograph permission section on the attached registration form you are agreeing to the following:

- Allowing Active Kids Academy to take your child outdoors to a park located 15 min walk from the center.
- Giving Active Kids Academy permission to photograph and/or take video footage of your child. These photographs and/or videos may be used for marketing and promotional material in Active Kids Academy and Karate Kids Canada publications, advertisements, customer loyalty, material and/or on our website and social media. \*Names will not be identified with any photo or video image.

## POLICY AND PROCEDURE AGREEMENT

***By checking off you agree to our terms and conditions on your register form*** you are agreeing that you have carefully read through all the above policies and procedures and are agreeing to:

- Discuss personal safety and procedures with your children
- Assume all risks of participation voluntarily and acknowledge you may withdraw or limit your child's participation at any time from any activity. You assume responsibility to inquire, ask or discuss in advance the nature of any activity you wish to avoid in advance.
- You release Active Kids Academy, Karate Kids Canada, owners Shannon Riddell and Shannon Smith, and all camp employees from all liability, loss, damage, death, or injury claims.

## SPECIAL NEEDS

If you have a child with special needs please contact us at [activekidsacademycamp@gmail.com](mailto:activekidsacademycamp@gmail.com) to discuss and ensure that our camp can accommodate your child's needs.

If your child requires additional assistance to participate at camp, their support worker can attend with them at no extra cost. The support person must provide a vulnerable sector check two weeks prior to the first day of camp.

A support person may be a family member or a friend who is at least 16 years old, or an individual found through an organization and is familiar with the individual's needs and requirements.

A support person is fully responsible for the care, support, and safety of the camp participant during all camp activities and must always stay with the participant. They are encouraged to encourage independence, socialization, and participation in camp activities when appropriate. A support person must abide by the camps sign in and sign out procedures.

## CAMPER CODE OF CONDUCT

Campers must understand the rules and expectations on safety and behaviour when at camp. On the first day, camp staff will review and discuss the rules and expectations of the campers but we ask that parents review them at home as well.

- Respect staff, other campers, and equipment.
- Include others in activities and play without bullying or teasing others.
- Be cooperative and willing to participate in activities.
- Use appropriate language.
- Tell your camp counsellor if you feel unwell anytime during camp.
- Do not share food and/or drinks with other campers.
- Maintain and respect physical distancing between campers and staff.
- Follow instructions when transitioning between program rooms, outside and washrooms
- Do not harm yourself or others

Parents/guardians will be contacted in cases where children are behaving inappropriately or irresponsibly and will be asked to pick up their child from camp. Not following the rules and expectations may lead to dismissal from camp with no refund.



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## PIZZA DAY FORM

CHILDS NAME: \_\_\_\_\_

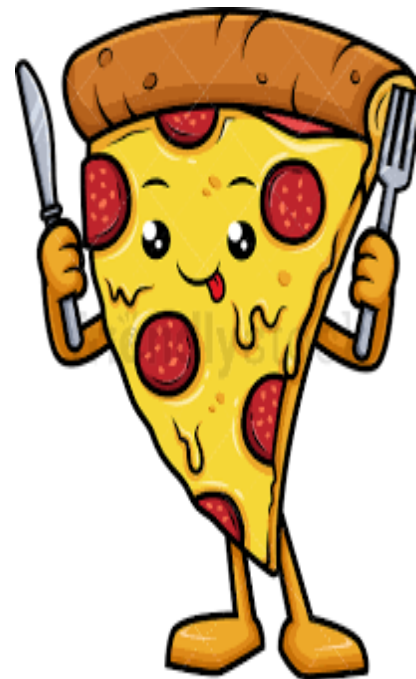
PEPPERONI SLICE: \$3.00 / SLICE

# OF SLICES: \_\_\_\_\_ TOTAL AMOUNT DUE: \_\_\_\_\_

CHEESE SLICE: \$3.00 / SLICE

# OF SLICES: \_\_\_\_\_ TOTAL AMOUNT DUE: \_\_\_\_\_

TOTAL AMOUNT INCLUDED: \_\_\_\_\_



If you would like your child to participate in Wednesdays Pizza Day please print off this form and return it to the staff with cash on the first day of camp. No orders will be accepted after the Monday.



## “WHAT CONFIDENCE MEANS TO ME”

Fill out this worksheet and return it to your Karate instructor  
To receive a BONUS STICKER for your belt!

What does confidence mean to you?

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How do you act when you feel confident?

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What makes you feel confident?

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How can you help your friends feel confident?

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CAMPERS NAME: \_\_\_\_\_

PARENTS SIGNATURE: \_\_\_\_\_



## ACTS OF KINDNESS BOARD

Please take some time over the next week to complete your Act of Kindness Board below. You and your parent can put a check mark in each box when you have completed the activity.

When all the boxes have check marks, bring it back to your camp Karate instructor and receive a **BONUS STICKER** for your belt!

Clean up / put away belongings after using them	Tidy up your room	Give a compliment to someone
Put your best effort into a chore that is not your favourite	Tell someone why they are special or important to you	Make your bed
Say please and thank you when you interact with others	Hold the door open for someone	Complete a chore without your parents having to ask you
Tell your parents what made you happy today	Say "hi" to someone new at camp	Give your parents a big hug and tell them why you love them

CAMPERS NAME: \_\_\_\_\_

PARENTS SIGNATURE: \_\_\_\_\_