



#8, 401 33 St NE
(403) 273-2245
info@breathepk.com

PARKOUR NINJA CAMP

EVERY WEEK, ALL SUMMER



GET READY FOR CAMP

Our team is excited and ready to welcome back returning campers and bring new friends into the Breathe family this Summer. Breathe is dedicated to running quality, fun, and enriching Summer Camp programs for every athlete who comes through our doors. Through the practice of Parkour, our campers leave with fond memories, new friends, increased dedication, physical literacy, body awareness, resiliency, and confidence, all while having fun and learning through play.

See you at camp!

PROCEDURES



Drop-off & Pick-up

We are located in the Calgary Central Sportsplex (#8, 401 33 St NE). When you enter the front doors, look for a large banner directing you towards Breathe Parkour located through the archway.

Please arrive between 8:30am - 9:00am as activities kick off at 9:00am sharp! Regular pickup is between 3:00pm - 3:30pm.

If you've opted into our late pickup, you can arrive for pickup anytime until 6:00pm. After 6:00pm, extra late fees will apply.



Illness Protocol

If you are feeling unwell, we ask that you stay home until you feel better.



First Aid & Medical

Our staff are First Aid certified and prepared for any medical needs that might arise during camps. If your child has allergies, an Epi-pen, or has any other specific medical needs, please ensure we are informed of this.

A DAY IN THE LIFE OF A PARKOUR NINJA WARRIOR

This is an example of what to expect from a day at our Parkour Ninja Camp. As we all know, kids don't exactly stick to a minute by minute schedule. Our trainers adapt the day to each group of kids and their specific needs!

Drop-off & Check-in

8:30am - 9:00am

Icebreakers & Warmups

Introductions, gym rules, icebreakers, warm up games, stretches, getting our bodies ready to do some Parkour.

Skill Learning

Instructor-led skill learning. We start with the basics and build from there!

Game or Activity

Put those skills to use in a Parkour or Ninja Warrior style game.

Snack Time

Time to refuel and take a breather. Parkour is hard work!

More Skill Learning

Time to learn more Parkour and Ninja skills in a different section of our gym!

Game or Activity

As we learn more skills, the games only get better and better.

Lunch

You'll be hungry by now, trust us. Time to refuel once more!

Late Pickup

3:30pm - 6:00pm

Open Gym or Light Activities

Pickup

3:00pm - 3:30pm

Cool Down & Wrap Up

Recap the day as a group and cool down. Talk about what we enjoyed, what we learned, etc.

Game or Activity

A big game in the Parkour space - for example, the Floor is Lava!

Air Bag

Learn new skills on our big, inflatable air bag!



THE FACILITY

In early 2023, we expanded! We tripled our square footage and have added a ton of new features and structures. This includes a second Airbag, FOUR new warped walls, new bars, and tons of new floor space for practicing all of your flips and tricks. The Airtrick is also permanently set up and we've added a huge Ninja Warrior rig!



CAMP CHECKLIST

In order to be ready and comfortable at camp, campers should bring the following things to Breathe each day:

- ☐ Comfortable clothing
- ☐ Water bottle
- ☐ Athletic indoor shoes
- ☐ Snacks
- ☐ Lunch
- ☐ Any medication you need
(i.e: Epi Pen)



MEDICAL INTAKE FORM

Please fill this form out, print it, and bring it to your first day of camp as needed.

CAMPER NAME: _____

We value the unique needs of each of our campers. Disclosing illnesses, allergies, or any neuro-diversities your child may have allows our trainers to tailor their approach, ensuring a fun, enjoyable, and rewarding experience for everyone. Thank you for helping us create a supportive and inclusive environment.

1. Does your child have any allergies? If yes, please specify:

2. If yes, is medication being provided to staff (e.g., an EpiPen)?

3. Does your child experience any neuro-diversity (e.g., ASD, ADHD)? If yes, please specify:

4. If yes, what are some strategies that help support your child? (e.g., fidgeting aids, standing for instructions, etc.)

5. Does your child have any other conditions we should know about? If yes, please specify:

6. Additional Comments:



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SEE YOU
AT CAMP