



UNIGYM
GATINEAU



MARCH BREAK CAMP 2023 GUIDE

We are looking forward to welcoming children to our **2023 March Break Camp!** The camp is going to be a week full of adventures that will leave the kids filled with fun and excitement and allow them to spend their energy. Children will have the opportunity to practice the sport of **gymnastics** at least **3 hours a day!**

Our March Break Camp is designed for beginners as well as for gymnasts already registered in this sport. The goal of the camp is to offer children the pleasure of practicing gymnastics in a social and educational setting and to familiarize them with the basic gymnastic movements.

Specific instructions

- ✓ Arrival and departure: Only one parent per child is allowed in the reception area. Arrival and departure must be done at the entrance of the center.
- ✓ Each day, children will have to put away their personal belongings in the place assigned to them.
- ✓ It will be forbidden to circulate in the corridors without the permission of the monitor.
- ✓ The Accès Gatineau card is mandatory to enter the Centre Sportif de Gatineau (Gatineau sector only).



General Information

- ✓ Daycare included
- ✓ A special activity included
- ✓ Qualified coaches
- ✓ Bilingual environment
- ✓ Statement 24 for income tax purposes (SIN required)
- ✓ Peanuts and nuts are forbidden



Opening hours

- ✓ Daycare (included in the price): 7:00 a.m. to 9:00 a.m. and 4:00 to 5:30 p.m. Day camp activities: 9:00 a.m. to 4:00 p.m.

How to dress

- ✓ Comfortable outfit
- ✓ Gymnastics leotard (not mandatory), ideally already under the clothes upon arrival
- ✓ Snow suit
- ✓ Winter boots
- ✓ Hat
- ✓ Mittens
- ✓ Sneakers
- ✓ Socks

In the backpack

- ✓ Warm clothing
- ✓ Spare clothing
- ✓ A pencil box with pencils or markers of your choice
- ✓ A well identified floor mat or yoga mat
- ✓ A book

It is allowed to bring individual quiet games: riddles, word searches, card games, etc...



In the lunch box

- ✓ A cold lunch (no meal to be reheated) or a meal in a thermos
- ✓ 2 snacks
- ✓ Peanuts and nuts are prohibited
- ✓ A water bottle



Documents to be completed if necessary



- ✓ Identification form for children with allergies using an EpiPen® or TwinJect® (if applicable)
- ✓ Medication Authorization Form (if applicable)

You will find these documents attached or on our website. Please complete the applicable forms and email them back to us before your arrival.

Typical day (hours may vary)

7 a.m. to 9 a.m.	Camp daycare - drawing, board games, animation games (indoor) / groups division
9 a.m. to 10:20 a.m.	Outdoor games / crafts / gymnastics and trampoline
10:20 a.m. to 10:40 a.m.	Snack
10:40 a.m. to 12 p.m.	Outdoor games / crafts / gymnastics and trampoline
12 p.m. to 1 p.m.	Lunch
1 p.m. to 2:30 p.m.	Outdoor games / organized activities / park
2:30 p.m. to 2:50 p.m.	Snack
2:50 p.m. to 4 p.m.	Games / organized activities / gymnastics and trampoline
4 p.m. to 5:30 p.m.	Camp daycare - drawing, board games, animation games

We look forward to welcoming you during March break!



If you have any questions, please do not hesitate to contact us:

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