



K I D S C A M P S



UFIT KIDS CAMPS

1-5 April Multi-sport Camp

8-12 April Multi-sport Camp & Rugby Development Camp

6 - 16 yrs girls & boys

Welcome to UFIT Kids Camps

FUNDamentals is what UFIT Kids Camps are all about. UFIT creates a safe and positive sports environment where children can make new friends, whilst developing their physical and sporting abilities.

Each day they will be improving their strength, speed, agility, conditioning and technical sporting skills through a range of different sports at our gym and pitch facilities.

We're excited to announce our next camp for your children to get involved in this April. We cater for all fitness levels of children aged between 6-16 year-olds for both boys and girls. Learn what it takes to become a future sporting champion!

We want to develop fundamental movement and sporting skills in young athletes to help them achieve their full potential. Run by UFIT's qualified coaches, athletes will spend time working on their technical sporting skills in their chosen sport alongside learning proper ways to improve their sporting ability through speed, agility, strength and mobility sessions.

Benefits:

- Build strength, power, speed and endurance, whilst increasing mobility to reduce injury risk
- Improve athletic ability in your chosen sport or participate in different sports and learn new skills everyday
- Learn the basics of recovery and sports nutrition
- Develop lifelong sporting movement skills



Contact us today!

Call (+65) 6250 2944 or email kidscamp@ufit.com.sg
www.ufit.com.sg/kids-camps



@ufitkidssg



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Multi-Sport Camp Schedule

1- 5 April
8-12 April

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00am	ARRIVE AT CFBT & WARM-UP 10am SPEED, AGILITY & QUICKNESS, GAMES 10.30am-11.30am	ARRIVE AT CFBT & WARM-UP 10am SPEED, AGILITY & QUICKNESS, GAMES 10.30am-11.30am	ARRIVE AT CFBT & WARM-UP 10am SPEED, AGILITY & QUICKNESS, GAMES 10.30am-11.30am	ARRIVE AT CFBT & WARM-UP 10am SPEED, AGILITY & QUICKNESS, GAMES 10.30am-11.30am	ARRIVE AT CFBT & WARM-UP 10am SPEED, AGILITY & QUICKNESS, GAMES 10.30am-11.30am
11:00 am	BREAK 11.30am-12pm	BREAK 11.30am-12pm	BREAK 11.30am-12pm	BREAK 11.30am-12pm	BREAK 11.30am-12pm
12:00 pm	STRENGTH & CONDITIONING 12pm-1pm	STRENGTH & CONDITIONING 12pm-1pm	STRENGTH & CONDITIONING 12pm-1pm	STRENGTH & CONDITIONING 12pm-1pm	TEAM OLYMPICS 12pm-1pm
1:00 pm	LUNCH 1pm-1.45pm	LUNCH 1pm-1.45pm	LUNCH 1pm-1.45pm	LUNCH 1pm-1.45pm	LUNCH 1pm-1.45pm
2:00 pm	RUGBY 1.45pm-3pm	BASKETBALL 1.45pm-3pm	FOOTBALL 1.45pm-3pm	NETBALL 1.45pm-3pm	TEAM OLYMPICS 1.45pm-3pm *Parents welcome to join activities
3:00 pm	PICK-UP POINT: CrossFit Bukit Timah	PICK-UP POINT: CrossFit Bukit Timah	PICK-UP POINT: CrossFit Bukit Timah	PICK-UP POINT: CrossFit Bukit Timah	PICK-UP POINT: CrossFit Bukit Timah

Athletes will learn and develop skills in a different sport everyday such as cricket, handball, rounders, football, rugby and basketball. This also includes the fundamentals of strength and conditioning. Available for kids aged 6-12 years old.

Rugby Camp Schedule

8-12 April

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00am	ARRIVE AT CFBT & WARM-UP 10am	ARRIVE AT CFBT & WARM-UP 10am	ARRIVE AT CFBT & WARM-UP 10am	ARRIVE AT CFBT & WARM-UP 10am	ARRIVE AT CFBT & WARM-UP 10am
11:00 am	SKILLS 10.30am-11.30am BREAK 11.30am-12pm	SKILLS 10.30am-11.30am BREAK 11.30am-12pm	SKILLS 10.30am-11.30am BREAK 11.30am-12pm	SKILLS 10.30am-11.30am BREAK 11.30am-12pm	SKILLS 10.30am-11.30am BREAK 11.30am-12pm
12:00 pm	GAMES 12pm-1pm	GAMES 12pm-1pm	GAMES 12pm-1pm	GAMES 12pm-1pm	GAMES 12pm-1pm
1:00 pm	LUNCH 1pm-1.45pm	LUNCH 1pm-1.45pm	LUNCH 1pm-1.45pm	LUNCH 1pm-1.45pm	LUNCH 1pm-1.45pm
2:00 pm	STRENGTH & CONDITIONING FOR RUGBY 1.45pm-3pm	STRENGTH & CONDITIONING FOR RUGBY 1.45pm-3pm	STRENGTH & CONDITIONING FOR RUGBY 1.45pm-3pm	STRENGTH & CONDITIONING FOR RUGBY 1.45pm-3pm	STRENGTH & CONDITIONING FOR RUGBY 1.45pm-3pm
3:00 pm	PICK-UP POINT: CrossFit Bukit Timah	PICK-UP POINT: CrossFit Bukit Timah	PICK-UP POINT: CrossFit Bukit Timah	PICK-UP POINT: CrossFit Bukit Timah	PICK-UP POINT: CrossFit Bukit Timah

The rugby program covers all facets of rugby and is designed to improve your skills and maximise enjoyment. Athletes will learn all the latest techniques and skills from our experienced and qualified coaches. Available for kids 11-16 years old.



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Price:

Pay-as-you-go (1 Day): \$150
1 Week (Mon-Friday) - \$650*

Please see below on our payment options.

What to bring:

Sports bag with plenty of water, change of sports clothes, suncream, hats, towel - *Bukit Timah is outdoors but also has cover, we want to make sure your kids are protected from the sun and if it rains so we're also using the Cage around the corner which offers great shelter.

- Please pack light refreshments and snack bars to keep their energy up
- Please ensure your child's belongings are labelled so they're easily identifiable
- Dress requirements include: Sport shorts, t-shirts and trainers.

What's included:

- 10am-3pm daily activities
- UFIT Kids Camp Location: CrossFit Bukit Timah Monday-Friday
- FREE UFIT Athlete T-Shirt for every child that is signed up & a graduating certificate.

SPACES ARE LIMITED - BOOK TODAY TO AVOID DISAPPOINTMENT!

Payment for UFIT Kids Camps

Please make sure you select the payment method that suits you and complete our registration form provided.

1. Online transaction to be made via Paypal at <https://www.ufit.com.sg/kids-camp-store>

Our Head Coaches



AARON TREGASKES BSc.
Strength & Conditioning Coach



CHRIS HODGES BSc.
Rugby Coach



ROB MORLEDGE BSc.
Strength & Conditioning Coach

What our parents have to say:

“ “When do we go again?” That was the first question my boys (a pair of twins aged 6 and their older brother aged 7) asked after attending 2 days of the last UFIT Kids Camps! The days were filled with structured athletic play, interaction with various nationalities and a whole lot of fun. The UFIT Kids Camp took the pressure off us (parents) over the Chinese New Year holiday. The kids were suitably exhausted and full of stories to tell about their triumphs in the challenges that were strategically set for them during the camp. I would highly recommend to any parent looking to keep their kids active and occupied next school holidays! - Anna Grammare ”

Pick-Up and Drop-Off points:

CrossFit Bukit Timah - 220 Turf Club Road, Singapore 288001

Directions: follow the road past the grandstand keeping right, drive past the by the tennis courts and we're in the carpark on the right.

Tanglin Rugby Club - continue 250m from CrossFit Bukit Timah on the right

Q&A:

If you have any questions or concerns regarding the summer camps please don't hesitate to get in contact with us and we will be more than happy to answer them for you.



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