NSW Parkour

Winter 2025

ABOUT THE CAMP

NSW Parkour Program Cooks Hill
July 10th

Location

Ninja Parc Newcastle,
Cnr Tooke and, Brooks St,
Cooks Hill, NSW..

Time

The camp runs from 9:00am to 3:00pm each day. However, we do advise that you bring your child a little earlier to ensure we can check them in and be started ready to go at 9:00am

Sample Day

- 09:00 - Drop off/Warm ups/Games
- 09:30 - Ninja Skills
- 10:00 - Snack Break
- 10:10 - Midfield Skills
- 10:30 - Ninja Skills and Games
- 11:30 - Freeplay
- 12:00 - Lunch
- 01:00 - Obstacle Course Building
- 01:30 - Snack Break
- 02:00 - Course Runs/Freeplay
- 03:00 - Sign Out

Partner

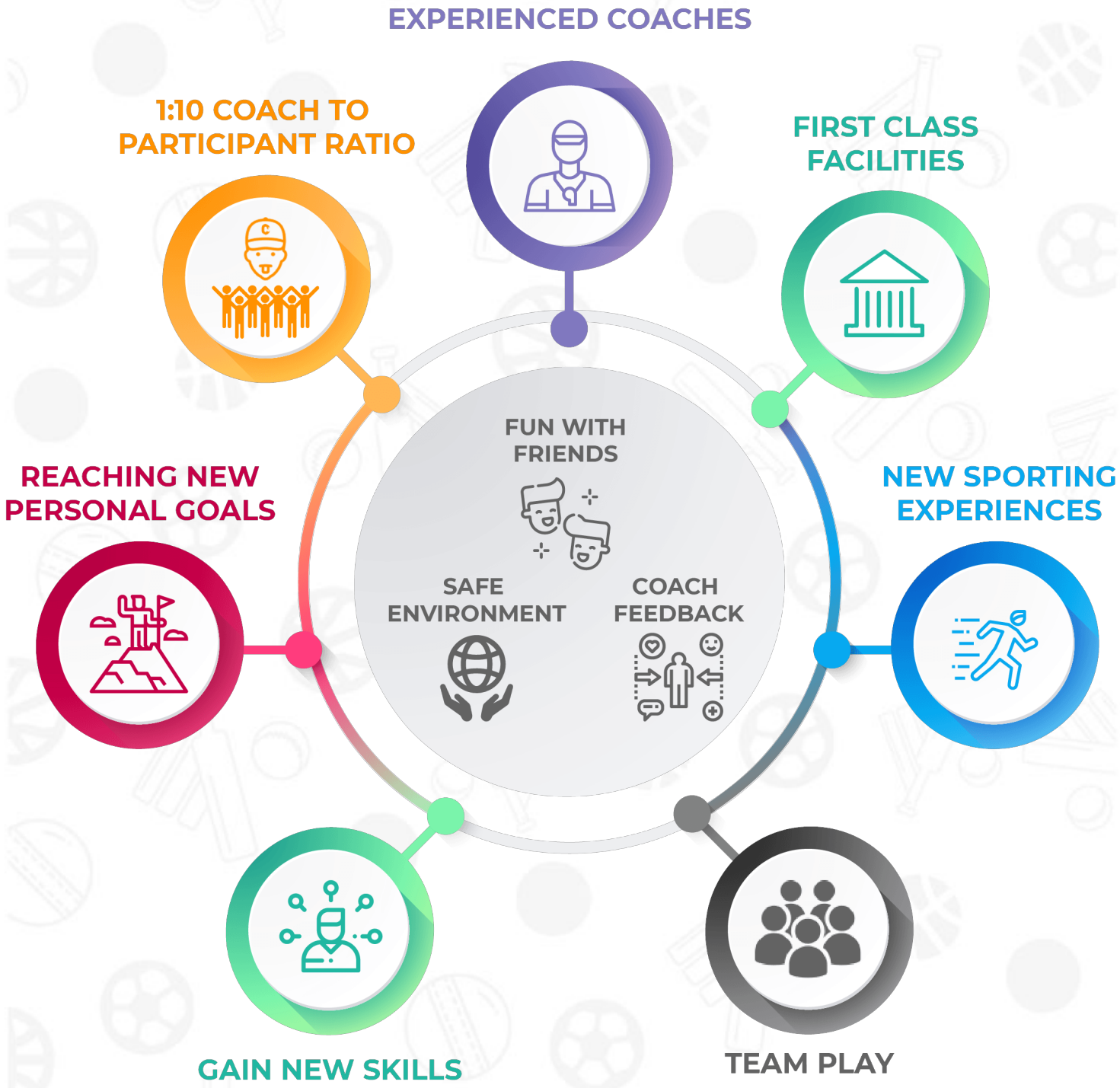
Ninja Parc

- Ninja Parc and its indoor obstacle course was conceived by John Pirlo in 2016. John has spent more than 20 years in the health and fitness industry and is an avid campaigner for the importance and benefits of movement. This belief in movement and making it as fun as possible as opposed to being a chore is what inspired the inception of Ninja Parc.
- Ninja Parc is inclusive of all. John and the team behind Ninja Parc have and continue to work hard to ensure that people of all ages and ability can enter the indoor obstacle course and enjoy the experience. It is now our mission to spread the joy and benefits of Ninja Parc across the country.

WHY ASC?

For Over 40 years, Australian Sports Camps have been recognised for the quality of our coaching staff and the delivery of our structured improvement-oriented programs that greatly enhance your child's sporting skills.

All of our coaches are qualified and experienced, many having played and/or coached at the highest levels. Whether your child is trying the sport for the first time or is very experienced, our coaches will be able to deliver a program for their specific capabilities.



INFORMATION & FAQS

What to Expect

Our camps offer expert training, first class facilities and utilise quality equipment, providing a great opportunity for your child to personally develop and improve their sporting skills. Each camp offers a structured and tailored program. With an average child to coach ratio of 10:1, we can guarantee that every child receives individual attention and care to enhance their experience and training at the camp.

Safety

Our first priority is always the happiness, enjoyment and safety for all of our participants.

We have qualified first aid capability on site at all times and apply a ZERO-tolerance policy towards bullying, disrespectful or unsafe behaviour. We value diversity and all staff, volunteers, students, children, parents and visitors must keep to our strict code of behaviour so that we continually strive to provide a safe and supportive environment for all.

We promote and adhere to the SunSmart recommendations of the Cancer Council of Victoria and therefore adopt many sun protection measures including sunscreen, hats and shade.

FAQ s

ARE ASC PROGRAMS RIGHT FOR CHILD?

Yes! Programs are suitable for all skill levels as kids are grouped their age, ability and whether or n to be with their friends/siblings.

WHAT SHOULD MY CHILD PACK F CAMP?

Just like school, kids should br lunch and snacks in a clearly box/bag and a drink bottle.

Comfortable sports clothing should our camps. Children are welcome t their own sports equipment. Howeve be additional equipment available.

WHAT HAPPENS AFTER I BOOK O

Once your booking is processed, emailed a confirmation link with fu the camp. Confirmation informat resent to all families one week pr starting.

For other frequently asked ques visit our website.

Life s Better With Sport!

For more information on ASC's sports camp programs please visit our website www.australiansportscampsor com.au call us on 1300 914 368.

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