



NSW Parkour PROGRAM, Cooks Hill

July 9th

Winter 2025

NSW Parkour PROGRAMS

About Partner Programs

To meet a growing demand for more non-traditional sports, ASC is delighted to offer an expanded range of sports coaching programs for our customer's. ASC, has identified and partnered with reputable companies to offer the best possible experience for children looking for new personal challenges and something new and exciting. Train in top facilities, with expert qualified coaches, utilizing quality sport-specific equipment.

Over 40 years of Australian Sports Camps

Like ASC itself, our structured and progressive sports coaching programs continue to evolve, to keep up with the latest sporting trends and to provide your child the perfect opportunity to practice and develop their skills. Since 1982, ASC has committed to delivering the safest, most fun and best school holiday sports programs in Australia. And, everyone at ASC passionately believes that, 'Life's better with sport'!

Camps for all Abilities

ASC Partner Programs are perfect for beginners through to advanced players. So, we welcome participants aged 4-16 of all skill levels. Children are grouped according to their age, ability, and friendships. This maximises enjoyment right from the start and ensures that your child's specific skill requirements are appropriately coached throughout the camp.

REVIEWS

SIMON.M – ACT PARENT

Very good camp thanks, with special thanks to the coach, who was outstanding.

SUSAN.H – WA PARENT

I liked that even though my child didn't know other people, she made friends in the 3 days. It was great to see that team efforts and respecting one another were encouraged.

LEANNE.M – VIC PARENT

It was so easy to book. I really appreciated that you let me book for 2 days out of the 3 due to my child's other commitments. The camp was well run and my son had a lot of fun. Would definitely do it again!



ABOUT THE CAMP

NSW Parkour Program Cooks Hill
July 9th

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



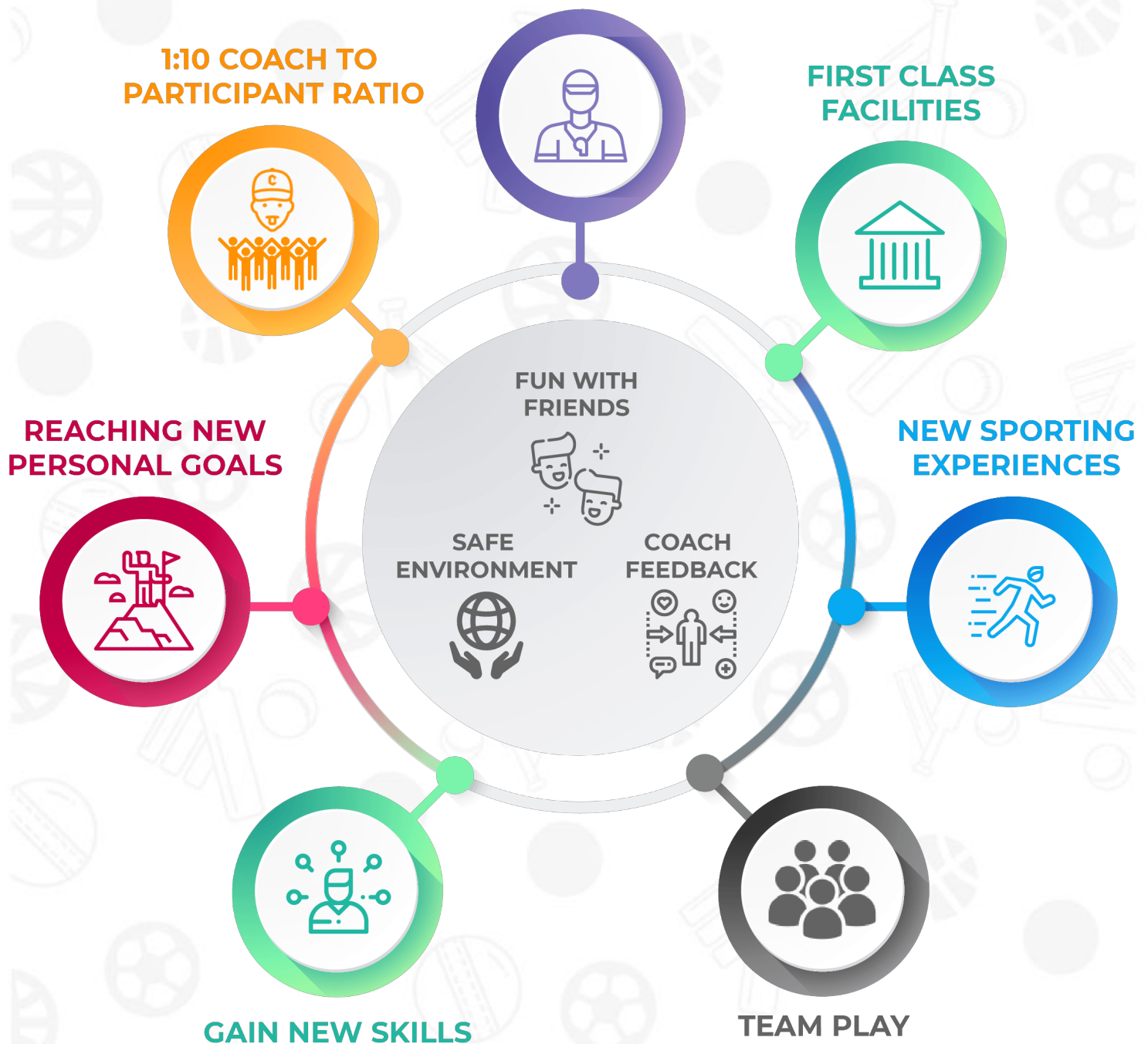
- Ninja Parc and its indoor obstacle course was conceived by John Pirlo in 2016. John has spent more than 20 years in the health and fitness industry and is an avid campaigner for the importance and benefits of movement. This belief in movement and making it as fun as possible as opposed to being a chore 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.

EXPERIENCED COACHES



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 MY CHILD?

Yes! Programs are suitable for all ages and all skill levels as kids are grouped according to their age, ability and whether or not they want to be with their friends/siblings.

WHAT SHOULD MY CHILD PACK FOR CAMP?

Just like school, kids should bring their own lunch and snacks in a clearly named lunch box/bag and a drink bottle.

Comfortable sports clothing should be worn to our camps. Children are welcome to train with their own sports equipment. However, there will be additional equipment available.

WHAT HAPPENS AFTER I BOOK ONLINE?

Once your booking is processed, you will be emailed a confirmation link with full details on the camp. Confirmation information will be resent to all families one week prior to camps starting.

For other frequently asked questions, please visit our website.

Life's Better With Sport!

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



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