



HEADSTART SUMMER CAMP

for ages 4 - 14

Four weeks of action,
learning and fun!

SWIMMING TENNIS DANCE ENGLISH ART
STEAM ROBOTICS FOOTBALL MMA GYMNASTICS

Students in the Activity Camp and Holiday Camp participate in their selected activity, 4 times per week, during the 'options block'. Here is a comprehensive description of what you can expect in each of the options we are running at HeadStart Summer Camp 2023

English

Available for Activity Camp & Holiday Camp students / ALL Weeks

In this class, students practice English grammar through a variety of fun and exciting activities that complement their experience at the camp. Students will be able to increase their vocabulary and frequency, thereby becoming more confident and spontaneous in an international environment.

*This option is for beginners only. If your child speaks English already, they should select an alternative option instead.

Dance

Available for Activity Camp & Holiday Camp students / ALL Weeks

The Dance Option is open to dancers of all levels. It is a high-energy class that focuses on body isolations, body control, strength and improving technique and flexibility. Students will showcase the routine they have learned at the End of Week Presentation.

Arts & Crafts

Available for Activity Camp & Holiday Camp students / ALL Weeks

Activity Camp students will have the opportunity to use a variety of materials and mediums to create memorable and beautiful crafts.--The perfect souvenir to take back home!

Holiday Camp students will select and work on a personal project throughout the week. Our experienced art teacher will be there to support and direct them through the process.

This option is for artists and art lovers!

Football

Available for Activity Camp & Holiday Camp students / Weeks 2, 3 and 4

Our Football option is open to boys and girls at all levels. This is a fantastic opportunity to play football in an active and positive environment. We teach coordination and teamwork using exciting games and practices that ensure all players develop their skills and leave with a smile.

Mixed Martial Arts (MMA)

Available for Activity Camp & Holiday Camp students / ALL Weeks

The MMA option is open to boys and girls at all levels. Students do not need prior experience. In this week, top tier coaches will introduce students to the basics of mixed martial arts including Muay Thai, Brazilian Jiu Jitsu and Western Wrestling. Students engage in full body fitness while learning techniques used in MMA through a variety of positions and drills.

This is a contact sport, but will not get violent in any way.

Gymnastics

Available for Activity Camp students / Weeks 2 and 3

This 'recreational gymnastics' programme is open to boys and girls at all levels. Learn a new skill like the cartwheel or front flip, or simply make new friends, our programme has something for everyone. Using a variety of equipment such as the air track, bouncy floor, uneven bars, beam, vault and mushroom, students are taught to move their bodies in a safe and controlled manner. Through games and sequences, our team of gymnastic coaches aim to provide a fun and challenging experience for all participants. (WAG and MAG)

Swimming

Available for Activity Camp & Holiday Camp students / Weeks 1 and 2

This class is for swimmers of all levels and focuses on what each individual needs most. Learn the basics of water safety and about the four strokes; freestyle, backstroke, breaststroke, and butterfly. Have fun playing games such as water polo and participating in team relays. Get comfortable in the water and improve your technique.

Tennis

Available for Activity Camp & Holiday Camp students / ALL Weeks

The Tennis option is run by Coconut Tennis Academy, at the Prince of Songkla University, 5 minutes from our campus. Our school buses will transport players between the facilities.

The goal of this class is to initiate a foundation of control and develop motor skills. This is an introduction to the biomechanics of strokes; forehand, backhand & volley, as well as, basic footwork exercises.

Robotics and Coding

Available for Holiday Camp students only / ALL Weeks

With the growing need for digital literacy, automation and tech, our Robotics & CodingLab camp is the perfect place to combine fun and learning to achieve great outcomes. Kids will be engaged in activities such as Micro:bit & Super:bit robot to program / XIAOMI robotics / Microsoft MakeCode / Python for Game.

STEAM Programme (science, technology, engineering, art, mathematics)

Available for Activity Camp students only / ALL Weeks

The STEAM programme is a place where kids engage in learning through play and creativity all week long. Participants have the opportunity to develop special skills through a combination of computer tech, art and craft courses including: Junior Robotics, 3D Printing Pens, Junior Coders and jewelry making.