



Space Cadet (Age: 9-12)

SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 10:00	Icebreakers <i>Play a variety of ice breaker games to get to know classmates and teachers</i>	3D Modeling <i>Design their own decorative Space 3D Model</i>	Living in Space <i>Discuss about life in space and a demo of how to make oxygen</i>	Space Robot Programmer <i>Learn how to control Robot Arms</i>	Space Farming <i>Learn about agriculture and farm automation in space</i>
10:00 – 10:30	AM Break				
10:30 – 12:00	Space Robot Engineer 1 <i>Build a 4-Degree of Freedom Robot Arm (Base)</i>	Space Robot Engineer 2 <i>Continue to build the Robot Arm (Side 1 & 2)</i>	Space Robot Engineer 3 <i>Continue to build the Robot Arm (Claw)</i>	Space Robot Challenge <i>Participate in various programming challenges to control the robot arms</i>	FarmBot <i>Learn about automated planting and watering systems that uses pumps and sensors</i>
12:00 – 12:30	Lunch				
12:30 – 13:30	3D Printing in Space <i>Learn about the uses of 3D printing in Space</i>	3D Printing <i>Learn how 3D printers work and print the designs</i>	Space Robotics <i>Learn about the usage of rovers, drones, and robot arms in space exploration</i>	Solar Energy <i>Learn how solar panels work and integrate solar power to the FarmBot</i>	Astronaut School <i>Take part in various VR games and space simulator challenges</i> <i>Conclude with a Certificate Presentation</i>
13:30 – 14:45	3D Modeling Basics <i>Learn how to use a CAD to design 3D parts</i>			Resource Extraction <i>Learn how to extract resources from space minerals</i>	
14:45 – 15:00	PM Break / Pack up / Home				

CAMP CA ASIA Electronic Makerspace (Age: 6-9)						
SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday	
08:30 – 09:00	Arrival					
09:00 – 10:00	Welcome <i>Ice breakers and sharing of rules and essential agreements</i>	Electronic Greeting <i>Greeting Cards & Buzzers</i>	Not Junior Chef! <i>Learn how to make electrical play-dough</i>	Game Makers <i>Learn about game design and various electricity-powered games (NOT screens)</i>	Vroom Vroom! <i>Learn how electricity can make things move</i>	
10:00 – 10:30	AM Break					
10:30 – 11:00	What is a Makerspace <i>What do you do in a Makerspace?</i>	E-Cards <i>Design and create greeting cards with LEDs and buzzers (optional) using stationery, copper tape and stationery</i>	E-Dough <i>Mix kitchen ingredients to create two types of play-dough (conductive, insulating)</i> <i>They will also be applying food coloring to make various colored doughs</i>	Tools & Safety <i>Learn about using saws, drills, and Safety Rules</i>	Propulsion Lab <i>Work with motors to create a mobile diorama like a city with cranes, gantries and other contraptions</i>	
11:00 – 11:30	What is Electronic? <i>What is electronic and electricity, where does it come from?</i>			E-Games <i>Work on simple electrical games like Wire Loop (similar to Operation!) and quiz games</i>		
11:30 – 12:00	LEDs <i>Learn to make your own light</i>					
12:00 – 12:30	Lunch					
12:30 – 14:00	Lumos! <i>Design and create a wand with a tip that can light up on command</i>	The Art Electric <i>Design electrically active projects using basic materials such as paper, popsicle sticks, cardboard, aluminum, etc</i>	It's Alive! <i>Bring the dough to life with LEDs and Buzzers making various kinds of shapes from caterpillars to unidentified flying saucers</i>	E-Games <i>Continue to work on simple electrical games like Wire Loop (similar to Operation!) and quiz games</i>	Final Flourish <i>Presentation of work, making videos or stop motion movies, or capture designs in photos</i>	
14:00 – 14:45					Conclusions & Certificates <i>Final thought sharing session and certificate presentation for program completion</i>	
14:45 – 15:00	PM Break / Pack up / Home					

	Junior Scientist (Age: 6-8)				
SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 09:30	Ice Breakers <i>Participate in introductory games to build community and peer relationships</i>	Cup Constellations <i>Project stars through paper cups using a flashlight to study stellar arrangements</i>	Living Sprouts <i>Prepare a bean sprouting experiment using a damp paper towel to observe germination steps</i>	Air Concepts Review <i>Play a fun floor game to check baseline wind knowledge</i>	Weather Concepts Review <i>Play an interactive game to review temperature and rain concepts</i>
09:30 – 10:00	Habitat Movement <i>Roleplay ecological adaptations and locomotion methods across diverse biomes</i>	Human Solar System <i>Simulate planetary orbits physically to comprehend cosmic spacing and distance</i>	Plant Life Cycle Review <i>Sequence picture cards collaboratively to master growth stages from seed to adult</i>	Paper Straw Rockets <i>Launch aerodynamic straw rockets to explore propulsion principles</i>	Weather Station 1: Rain Clouds <i>Saturate shaving cream with food coloring to model precipitation</i>
10:00 – 10:30	AM Break				
10:30 – 11:30	Animal Camouflage <i>Discover camouflage techniques and design a hidden creature matching its habitat</i>	Solar System Creation <i>Explore planetary traits and arrange paper celestial bodies</i>	Celery Water Track <i>Observe fluid movement through capillary action using a celery stalk placed in dyed water</i>	Parachute Engineering <i>Test air resistance and gravity using custom plastic parachutes</i>	Weather Station 2: Cycle Wheels <i>Assemble rotating paper plate models to trace the water cycle</i>
11:30 – 12:30	Animal Track Hunt <i>Create and track wildlife footprints hidden around the classroom</i>	Astrology & Stars Lesson <i>Analyze stellar groupings to learn how constellations aid navigation</i>	Seed Helicopter Race <i>Drop multiple paper seed variants to compare aerodynamic flight paths and seed dispersal</i>	Paper Glider Tuning <i>Fold and calibrate paper gliders to optimize indoor flight</i>	Weather Station 3: Puffy Paint Clouds <i>Mix materials to paint textured 3D storm cloud models</i>
12:30 – 13:00	Lunch				
13:00 – 13:30	Exploration Time				
13:30 – 14:15	Mini Project: Hybrid Animals <i>Sketch an original animal mashup combining physiological traits from two unique species</i>	Build Your Own Constellation <i>Map out stellar grids and draft custom constellation patterns using stickers and markers</i>	Leaf Inspection Art <i>Examine foliage components and make crayon reliefs to map veins</i>	Mini Project: Air Whistles <i>Modify plastic tubes to explore frequency and sound production</i>	Mini Project: Scrap Weather Pictures <i>Create a paper scrap weather scene and explain the concepts</i>
14:15 – 14:45	Beak Adaptations <i>Utilize different mechanical grips to simulate varying avian feeding efficiencies</i>	Oreo Moon Phases <i>Manipulate cream layout on cookies to track the sequential lunar phases</i>	Mini Project: Nature Art Bookmarks <i>Preserve botanical specimens under tape to study leaf structures</i>	Design Bridge <i>Analyze load distribution and build a cable-stayed model bridge</i>	Dressing for the Weather <i>Match seasonal temperatures with correct garments using figures based</i>
14:45 – 15:00	PM Break / Pack up / Home				

CAMP CA ASIA Multi-Activity Grp 1 (Age: 3-4) – Wonder Lab Explorers					
SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 10:00	Icebreakers Play a variety of ice breaker games to get to know classmates and teachers	Circle Time & Free Exploration Engage and explore in a variety of activities set up in the classroom e.g. Legos, puzzles, sensory, creative art & drawing	Circle Time & Free Exploration Engage and explore in a variety of activities set up in the classroom e.g. Legos, puzzles, sensory, creative art & drawing	Circle Time & Free Exploration Engage and explore in a variety of activities set up in the classroom e.g. Legos, puzzles, sensory, creative art & drawing	Circle Time & Free Exploration Engage and explore in a variety of activities set up in the classroom e.g. Legos, puzzles, sensory, creative art & drawing
10:00 – 10:30	AM Break				
10:30 – 11:00	What is a Simple Machine? Uncover how simple machines help make work easier through fun examples and everyday objects	Dr Binocs Show Reinforce simple machine concepts through an engaging and educational video adventure	Splash and Play Gather at the child-friendly pool to swim, splash and play!	Story Telling Don't Let Your Pigeon Eat Your Ice-cream Enjoy a humorous story while exploring patience, choices, and consequences	Story Telling Don't Push The Buttons Follow a playful interactive story about self-control, curiosity, and decision-making
11:00 – 12:00	D.I.Y. Windmill Fold and assemble a spinning windmill while exploring movement and wind power through simple crafting	Dancing Paper Men Discover static electricity by creating dancing paper figures that move through invisible forces		Turmeric Glow in the Dark Mix turmeric and water to create a glowing science reaction full of surprise and discovery	M&M Science Rainbow Watch colours spread and blend into vibrant rainbow patterns through a fun candy experiment
12:00 – 12:30	Lunch				
12:30 – 13:45	Bouncing Raw Eggs Transform a raw egg into a bouncy surprise while exploring simple chemical reactions	Giant Marshmallows Observe marshmallows expand and puff up through heat and trapped air reactions	Frozen Gummy Bears Watch gummy bears grow and change through a fizzy science reaction using soft drinks	Dancing Worm Bring gummy worms to life in a bubbling science activity full of movement and excitement	Firework in a Jar Create colourful swirling patterns in water using simple ingredients to mimic fireworks
13:45 – 14:45	Science Experiments at Home Watch safe and exciting science activities that can be recreated at home with simple materials Fun Kiddy Riddles Solve fun riddles that encourage logical thinking and problem-solving skills	I Spy Under the Sea Search for hidden sea creatures while learning about life beneath the ocean Danny Go Science Experiment Explore how different balls bounce through movement, testing, and playful discovery	How to Make Candy Rocks! Follow a colourful activity showing how candy rocks can be made through crystal formation Simple Machine Riddles Learn about what are the different machines and how they function	I Spy With My Little Eyes Sharpen observation skills by spotting hidden objects and details Visual Memory Challenge for Kids Put memory skills to the test through exciting visual recall games	Colouring Mixing Experiment Combine colours to create surprising new shades through hands-on experimentation Can You Find The Missing Objects Study the pictures carefully and spot what is missing in this visual challenge
14:45 – 15:00	PM Break / Pack up / Home				



Multi-Activity Grp 5 (Age: 5-6) – Wonder Lab Explorers

SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 09:30	Move If You <i>Move when prompts match and learn others’ names and interests in a fun movement circle game</i>	Garden Explorers Adventure at Gardens by the Bay <i>Transportation to Gardens by the Bay for the day’s activities. Headcount and safety briefing will be conducted on site</i>	Duck Duck Goose <i>Play a classic circle chase game that develops listening skills and active movement</i>	Morning Movement Circle <i>Lead in turns and follow group stretches and movements, building confidence, creativity, and active participation</i>	Designing Our Globe Lantern <i>Design and colour a translucent globe to create a personalised planet, using colours, patterns, and drawings to explore creativity and spark curiosity about space</i>
09:30 – 10:00	Cosmic Parachute Fun <i>Play parachute games that develop teamwork, coordination, listening skills, and group interaction</i>		Planet Bread Creation <i>Decorate circular bread with themed toppings to create planet designs, building creativity and fine motor skills</i>	Rainbow Fruit Lab <i>Create colourful fruit or vegetable skewers while exploring flavours, textures, and encouraging healthy eating</i>	
10:00 – 10:30	AM Break				
10:30 – 11:30	Rocket Launcher <i>Launch bottled water rockets to explore air pressure and force, developing curiosity and hands-on STEM understanding</i>	Explorers at Gardens by the Bay <i>Journey through Gardens by the Bay to discover towering Supertrees, vibrant blooms, and fascinating plants from around the world, and learning how nature supports the planet</i>	Earthquake Survival Build <i>Build and test structures against simulated shaking, developing problem-solving, teamwork, and basic engineering thinking</i>	Relay Race <i>Complete obstacle relay challenges using movement and developing coordination, focus, and teamwork</i>	Light Up Our Globe <i>Assemble globe pieces and add fairy lights to complete a glowing lantern, bringing space-themed designs to life through creative construction</i>
11:30 – 12:30	Popcorn Lab Creations <i>Create personalised popcorn snacks while exploring flavours, sensory experiences, and decision-making</i>	PropNex Adventure <i>Explore interactive play spaces and sensory activities that encourage creativity, confidence, and social interaction, at the PropNex Family Zone</i>	Slip n Slide <i>Slip, slide, splash through a super slippery water lane! It’s fast, silly, and full of giggles! Perfect for warm weather while improving coordination, balance, and encouraging active play</i>	X-Ray Hand Discovery <i>Create hand bone art using tracing and craft materials while learning basic science concepts of the human body</i>	
12:30 – 13:00	Lunch				
13:00 – 14:00	String Pull Painting <i>Create abstract art using paint and string techniques, developing creativity, fine motor skills, and artistic expression</i>	Lily Pond <i>Observe aquatic plants and wildlife while developing curiosity, observation skills, and appreciation for nature</i>	Scratch & Reveal Science Art <i>Create space and science themed artwork using scratch paper techniques, encouraging imagination and creative exploration</i>	Whirlwind Science <i>Observe a vortex cannon launching mist rings to explore air movement, and building a miniature one to do the same, developing curiosity and hands-on science exploration through experimentation</i>	Bubble Science Magic <i>Create bubble solution through hands-on experiments and test it by making bubbles of various size and shapes, developing curiosity, and basic science understanding</i>
14:00 – 14:45	Musical Hot Potato <i>Play a passing game on musical cues with movement challenges, developing listening skills, turn-taking, and group participation</i>	Back to School! <i>Get ready for some snacks while they take a comfortable ride back to school</i>	Lab Freeze Dance <i>Dance to music and freeze on cue while developing listening skills, body control, and self-expression through movement</i>	Colour Hunt Challenge <i>Search and touch colours that are called out through a fast-paced game that develops listening skills, colour recognition, and quick thinking</i>	Memory Drawing Time <i>Draw and colour favorite programme experiences, encouraging creativity, reflection, and emotional expression</i>
14:45– 15:00	PM Break / Pack up / Home				



Multi-Activity Grp 9 (Age: 7-8) – Wonder Lab Explorers

SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 9:30	Introduction <i>A quick introduction of the instructors, program, and camp rules</i>	Ice Melting Race <i>Explore freezing and melting points by racing to melt ice cubes using different materials, developing prediction skills, experimentation, and understanding of thermal science concepts</i>	Tug - Of War Challenge <i>Bring out the competitiveness and inculcating values like teamwork and sportsmanship, through play</i>	Static Electricity Fun <i>Generate friction fields, experiment with electrical charge attraction, and use static pull to lift objects without touching them</i>	Dodgeball <i>Compete against each other in teams. Dodge, duck, and throw, all while learning cooperation, focus, and sportsmanship</i>
09:30 – 10:00	Ice Breaker Activity <i>Fun ice-breaker games to get to know each other and creating initial bond, to aid forming groups for activities</i>				
10:00 – 10:30	AM Break				
10:30 – 11:30	Parachute (Variations) <i>Bounce, lift, and wiggle! A lively game full of laughter and movement, promoting teamwork, timing, and social skills while having fun with all the different game variations</i>	Playdough Making <i>Mix simple ingredients to explore how liquids and solids transform into mouldable playdough, developing curiosity and understanding of basic material science</i>	Crazy Scientist Goggles <i>Design and build futuristic goggles by upcycling materials, exploring structure and transparent materials while creating wearable science gear</i>	Archery <i>Take aim, pull back, and let your arrow fly! This activity challenges focus, build precision, and master hand-eye coordination</i>	Popsicle Stick Catapult <i>Construct a functional lever machine using simple wooden sticks and rubber bands, then test potential and kinetic energy by launching marshmallow ammo in an accuracy and distance tournament</i>
11:30 – 12:30					
12:30 – 13:00	Lunch				
13:00 – 13:30	Balloon-Powered Car <i>Design, build, and test air-propelled vehicles, further modifying and improving designs before competing in a fun racing tournament, developing creativity, problem-solving, and STEM thinking</i>	Get Ready! <i>Quick rest after lunch while they being briefed on the safety rules of the upcoming activity, and changing into their water play outfits</i>	Invisible Ink Message <i>Investigate how carbon compounds react to invisible environmental triggers, transforming clear, hidden fluids into highly visible text</i>	Spinning Tops Challenge <i>Design and build custom spinning tops using everyday materials, experimenting with center of mass, rotational inertia, and balance to see whose top can spin the longest</i>	Fruit Mash Smoothie <i>Mash, mix, and mutate fresh fruit into a delicious liquid masterpiece, testing different manual mashing techniques, investigate texture and viscosity, and layer ingredients to engineer the ultimate healthy smoothie</i>
13:30 – 14:00		Slip ‘N’ Slide <i>Slip, slide, splash through a super slippery water lane! It’s fast, silly, and full of giggles! Perfect for warm weather while improving coordination, balance, and encouraging active play</i>	Jell-o Slime <i>Mix liquids, powders, and heat to observe tasty and simple food transformations through hands-on science exploration</i>		
14:00 – 14:30					
14:30 – 14:45	Movement Game <i>Follow active prompts, listen for cues, and navigate fun challenges that test their reflexes</i>	Yoga <i>Learn simple poses, practice deep breathing, and use their imagination</i>	Groovy Moves <i>Experiment with rhythm, follow fun beat patterns, and try out silly dance prompts</i>	Dance Party! <i>Move freely to different tempos, learn basic steps, and celebrate self-expression</i>	Exercise <i>Take part in challenges through jumping, balancing, and stretching, to get stronger and faster</i>
14:45 – 15:00	PM Break / Pack up / Home				

CAMP CA ASIA Passion for Art (Age: 6-8) – En Plain Air					
SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 09:30	Introduction <i>Learn about the camp, materials and classroom agreements</i>	Introduction to the day <i>Learn about the medium of INK PAINTING</i>	Introduction <i>Outdoor Excursion Preparation</i>	Introduction <i>Learn about the medium of ACRYLIC PAINT</i>	Introduction <i>Learn about the medium of PRINTMAKING</i>
09:30 – 10:00	Icebreaker <i>Learn about each other and groups</i>	Introduction <i>Learn about the genre of NATURE and the medium of INK</i>	Travel Time <i>Safely Walk to Bidadari Park and learn about en plein air painting</i>	Painting Techniques <i>Learn about the Colour Wheel</i>	En Plein Air <i>Walk to the outdoor tree area and practice outdoor printmaking</i>
10:00 – 10:30	AM Break				
10:30 – 11:45	Oil Pastel Techniques <i>Create a mini-artwork using the techniques learnt</i>	Ink Techniques <i>Learn some tonal techniques for ink paintings</i>	En Plein Air Painting (1hr) <i>Campers learn about nature around them as they paint with watercolour</i>	Painting Techniques <i>Learn about some basic painting techniques</i>	Open Studio <i>Brief Description</i>
11:45 – 12:00	Oil Pastel Techniques <i>Learn some blending techniques to using oil pastels</i>	Ink Techniques <i>Create a mini-artwork based on all the techniques learnt</i>	Travel Time (@11:30am) <i>Safely Walk to back to SAIS</i>	Painting Techniques <i>Create a mini-artwork based on all the techniques learnt</i>	Open Studio <i>Develop the week into an art piece!</i>
12:00 – 12:30	Lunch				
12:30 – 13:30	En Plein Air - Climbing Gym Space <i>Walk to the outdoor space and translate what you see into a drawing</i>	En Plein Air - Washington Plaza (Trees) <i>Walk to the outdoor space and translate what you see into an ink painting</i>	Open Studio <i>Post-trip planning time</i>	En Plein Air - School Field <i>Walk to the outdoor space and make a quick outdoor study</i>	Curator for the Day <i>Plan and hold an in-class Exhibition of all the artworks made over the week</i>
13:30 – 14:30	Open Studio <i>Developing the day into an art piece!</i>	Open Studio <i>Developing the day into an art piece!</i>	Open Studio <i>Developing the day into an art piece!</i>	Open Studio <i>Developing the day into an art piece!</i>	Celebration <i>Hold an in-class Exhibition of all the artworks made over the week</i>
14:30 – 14:45	Pack Up the Space	Pack Up the Space	Pack Up the Space	Pack Up the Space	Pack Up the Space
14:45 – 15:00	PM Break / Pack up / Home				

CAMP CA ASIA						Super Chef (Age: 6-16) – Euro Royale Feast					
SCHEDULE		Monday		Tuesday		Wednesday		Thursday		Friday	
08:30 – 09:00		Arrival									
09:00 – 09:30		Welcome Greeting & Kitchen Safety Briefing <i>Meet the team and engage in ice breaking activities, and learn the basics of kitchen safety</i>		Morning Greeting & Briefing on Farm Visit <i>Understand safety guidelines, expectations, and important rules for a safe, fun, and enjoyable experience</i>		Austrian Potato Salad <i>Learn to boil and peel potatoes, then toss with tangy vinaigrette, fresh herbs, and optional onion or pickles to create a classic flavourful salad</i>		Roasted Pumpkin Couscous Salad <i>Learn to roast sweet pumpkin until tender and caramelised, then mix with couscous, fresh herbs, and crunchy vegetables, tossing with a light vinaigrette to create a colourful and flavourful salad</i>		Kitchen Briefing & Team Huddle <i>Overview of the day's menu and preparation steps with guidance on mise en place and kitchen coordination, focusing on teamwork, timing, and confidence in execution</i>	
09:30 – 10:00		Marinate Boneless Chicken <i>Develop food prep skills and learn how to marinate chicken using a variety of herbs, spices, and techniques to enhance taste and tenderness</i>		Journey to Farm <i>Travel to Straits Agriculture for a fun and informative learning journey, exploring sustainable farming and discovering how fresh produce is grown</i>		Marinated Meatballs <i>Learn techniques to mix and shape ground meat with breadcrumbs herbs and spices, rolling them into small balls</i>					
10:00 – 10:30		AM Break									
10:30 – 11:30		Greek Tzatziki <i>Mix and stir Greek yogurt with fresh grated cucumber, garlic, olive oil, lemon juice, and dill, to create a cool tangy dipping sauce or grilled dish topping</i>		Farm Learning Journey – Straits Agriculture <i>Interactive farm visit exploring how fresh produce is grown through sustainable farming practices, including sensory experiences and hands-on harvesting. Learning focuses on food origins, food security, farm technology, environmental care, and responsibility</i>		Hand Made Pasta <i>Mix flour and eggs to form dough, then knead, roll, and cut into thin sheets and different shapes, creating fresh homemade pasta</i>		Roasted Herbs Mini Potato <i>Prepare potatoes with olive oil and fresh herbs, then roast them using simple seasoning and roasting techniques to create a flavourful side dish</i>		Kitchen Preparation <i>Prepare and assemble dishes, create food tags, and set up food stations while applying creativity, organisation and cooking skills</i>	
11:30 – 12:00		Italian Flat Bread <i>Learn to knead soft dough, shape it into a flat circle, and bake until golden and crispy, creating a versatile flatbread for sharing or as a base</i>				Tomato-Based Meatballs <i>Cook meatballs in a rich tomato sauce, to create a juicy flavourful dish suitable for pasta sandwiches or rice</i>		Fish in a Bag (En Papillote) <i>Prepare fresh fish with vegetables, herbs, and lemon, then wrap and bake in parchment paper. Learn healthy cooking methods, flavour pairing, and simple baking techniques</i>		Preparation Before Service <i>Final touches on dishes including garnishing and plating while ensuring presentation and flavour are well prepared</i>	
12:00 – 12:30											
12:30 – 13:00		Lunch									
13:00 – 14:00		Garlic Lemon Herbs Grilled Chicken <i>Develop basic grilling techniques by grilling the chicken until golden and juicy, to bring out amazing flavours</i>		Cheesy Bread Stick <i>Knead and roll soft dough, spread with melted cheese and herbs, then cut into strips and bake until golden and gooey, creating a cheesy snack for dipping and sharing</i>		Oatmeal Chocolate Chips Cookies <i>Make chewy oat cookies with tart cranberries, learning basic mixing and baking skills to create a simple treat</i>		Red Velvet Cupcake <i>Bake soft red velvet cupcakes from scratch, learning how to measure mix and achieve the signature rich colour</i>		Restaurant Lunch Service <i>Welcome and serve guests the prepared menu. Present dishes with care, applying hospitality, plating, and service to complete the culinary experience</i>	
14:00 – 14:45		Rainbow Sugar Cookies <i>Make soft sugar cookies filled with rainbow sprinkles, learning how to cream, mix, and shape cookie dough from scratch, while practicing basic baking skills and creativity</i>		Mini Mushrooms Quiche <i>Learn to prepare pastry, sauté mushrooms with herbs, and whisk eggs with cheese to create a creamy filling. Assemble and bake mini quiches until golden</i>		Sunshine Sundae Surprise – Swensen’s Sweet Treat <i>Make a creative ice cream sundae using scoops of ice cream, sprinkles, fruits, cookies and sauces, exploring flavour combinations, textures and presentation skills</i>		Frosting for Cupcakes <i>Whip up a creamy frosting for the cupcakes making it an irresistible treat</i>			
14:45 – 15:00		PM Break / Pack up / Home									

 Super Basketball (Age: 7-16)					
SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 10:00	Shoot Around <i>Assessment and grouping based on age / level, through ball-handling ice-breaker activities and assessment drills</i>	Shoot Around / Ball-Handling / Passing <i>Building the foundation to strong control of the basketball and learning, through games</i>	Shoot Around / Ladder Footwork / Ball-Handling <i>Introducing the ladder to enhance footwork and balance. Progressing the ball-handling drills with different techniques and games</i>	Ladder Footwork / Ball-Handling / Passing <i>Dynamic drills with more aggressive movements and advance actions, building more on the footwork and overall ball control skills</i>	Ball-Handling Games <i>Play all the different variations of games that were taught over the course of the week</i>
10:00 – 10:30	AM Break				
10:30 – 11:00	Layups <i>Setting the foundation to footwork and introducing weak hand finishing</i>	Off-Hand Layups <i>Finishing with mainly off-hand through various types of drills. Groups will be split depending on advancement</i>	Off-Hand Layups <i>Finishing using off-hand at different angles on the basket</i>	Chase Drills <i>Applying the layup skills to a more competitive environment and game-like structure</i>	Chase Drills <i>Applying the layup skills to a more competitive environment</i>
11:00 – 11:30	Jump-stop Finishing <i>Understand and develop shooting on balance and under control around the basket</i>	Dribble Finishes <i>Dynamic dribbling to finishing, using cones and different angles around the rim</i>	Pivot Attacks <i>Footwork pivots into counters and finishing</i>	Passing & Cutting <i>Developing offensive actions to score with teammates involved</i>	Competitive Games <i>Compete at a high level on finishing and playing games to increase competitive spirit</i>
11:30 – 12:00	Chase Drills <i>Applying the layup skills to a more competitive environment</i>	1 v 1 <i>Working on various finishing with defense - changing the style and footwork to finish</i>	Passing & Cutting <i>Developing offensive actions to score with teammates involved</i>	2 v 2 + Team Concepts <i>Working on passing and cutting with defenders in play</i>	Shooting Games <i>Play all the shooting games that were introduced over the week</i>
12:00 – 12:30	Shooting Form <i>Learning the fundamentals of shooting, with the correct mechanics</i>	Shooting <i>Improve the fundamentals of shooting, with more details</i>	Shooting <i>Introduction to various shooting drills and competitive games to increase the pressure and speed, with the addition of incremental pull-ups into the shooting drills</i>	Shooting <i>Introduction to more shooting drills and games based on group level</i>	Half Court Play <i>Playing in the half court and continuing to build understanding of motion offense and team defense</i>
12:30 – 13:00	Lunch				
13:00 – 13:30	Basketball Movie / Shoot Around <i>Rest and digest while watching a basketball inspired film or motivational clips</i>	Basketball Movie / Shoot Around <i>Rest and digest while watching a basketball inspired film or motivational clips</i>	Basketball Movie / Shoot Around <i>Rest and digest while watching a basketball inspired film or motivational clips</i>	Basketball Movie / Shoot Around <i>Rest and digest while watching a basketball inspired film or motivational clips</i>	Basketball Movie / Shoot Around <i>Rest and digest while watching a basketball inspired film or motivational clips</i>
13:30 – 14:00	Offensive Actions <i>Learning the fundamentals to basketball motion along with passing and cutting</i>	Motion Concepts <i>Basic motion offense and playing off other players, emphasizing constant movement in correlation to the ball</i>	Scenario Scrimmage <i>Playing live matches and introducing defensive concepts in certain scenarios</i>	Shooting Drills <i>Working on shooting more, in a competitive situation to prepare for live games</i>	Live Games <i>Competitive game play</i>
14:00 – 14:45	Games <i>Introduction to various games based on level and ability, followed by team formation and understanding the dynamics between players and groups</i>	Games <i>Competitive elements subject to skill level and ability to compete</i>	Live Games <i>Encouraging full involvement into some degree of basketball competition</i>	Live Games <i>Playing full court or half court games, depending on the size of teams and abilities</i>	Parent’s Showcase <i>Mini Tournament / Games / Presentation Ceremony Awards</i>
14:45 – 15:00	PM Break / Pack up / Home				

CAMP CA ASIA Parkour (Age: 7-13)					
SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 10:00	Intro & Warm-ups Introduction to Parkour and the Team, expectations, and safety in movements	Vault Line Drills Stretching activities followed by Vault Drills, learning the various ways of vaulting over blocks		Vaults & Games Game based activities, and introduction towards Parkour games such as speed runs and chase tag	
10:00 – 10:30	AM Break				
10:30 – 11:30	Elements of Movement Learn basic to advanced parkour movement elements depending on skill levels on 4 different apparatus		All New Skills Challenge Attempt a list of skills to earn wristbands. Each level contains 44 skills of increasing difficulty which requires physical and mental control to accomplish White Elements: Awareness Of 44 Parkour Movement Patterns Black Elements: Control Of 44 P Movements Patterns Red Elements: Demonstrate Power In 44 More Patterns Advanced Students Aims To Check Off A More Physically Challenging Skills		
11:30 – 12:30			Games & Events Experience parkour competition from playing chase-tag, time trials, and style competitions	Performance Choreography/Rehearsal Choreograph and prepare for the 'Parents showcase' performance, choosing the best skills to showcase, promoting collaboration, timing, and the importance of celebration	
12:30 – 13:00	Lunch				
13:00 – 13:30	Video Reflection Relax and digest in the classroom while learning about professional practitioners, training mindsets, and the parkour culture. Exploring a different theme each day such as ‘be strong to be useful’, ‘Start together Finish Together’, as practiced by the founders of parkour. The aim during this segment is to install the values of Parkour, and the love for training			Final Performance Choreography/Rehearsal Get ready and make final preparations before the show	
13:30 – 14:00	Flips & Tricks Learn and experience acrobatic elements of parkour involving front and side flips				Parent’s Showcase Time to “show-off” the skills learnt and showcase the best skills chosen, promoting collaboration, timing, and the importance of celebration
14:00 – 14:15					
14:15 – 14:45	Conditioning, Cooldown Stretches & Group Reflection Finish different conditioning sets each day targeting the upper, mid, and lower body, ending with a stretch and a group reflection led by the head coach				
14:45 – 15:00	PM Break / Pack up / Home				

CAMP CA ASIA Super Gymnastics (Age: 5-12)					
SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 10:00	Ice Breaker Warmups Intro to Gymnastics and the team, what to expect throughout camps, and safety in movements	Introduction, Floor Drills & Stretching Introducing one different training theme-of-the-day, every day. Learn how to stick landing, train safely, be resilient, work with partners, and perform. Start with pre-station warmup and conditioning with drills and floor movements, learning 1 new gymnastics challenge per day			
10:00 – 10:30	AM Break				
10:30 – 11:30	Apparatus Rotations Learn basic to advanced gymnastics movement elements depending on skill levels on 4 different apparatus		All New Gymnastics Skills Challenge Attempt a list of skills from level 1-4 Australian Level Gymnastics, along with our special Camp Asia challenges, to earn award ribbons. Each level contains 30-44 skills of increasing difficulty which requires physical and mental control to accomplish		
11:30 – 12:00	Acrobatics Engage in partner and group teamwork, learning balance, cartwheeling over each other, and performing in synchronicity. Create a sequence to perform while developing physical abilities, build friendships, foster teamwork, and acrobatic skills				
12:00 – 12:30	Lunch				
12:30 – 12:45	Video Reflection/Classroom Time Relax and digest in the classroom while learning more about gymnastics, discussing new skills, and training mindsets for the day. Watch gymnastics clips and participate in arts and crafts activities, then briefing on afternoon sessions before heading back to the gym				
12:45 – 13:30	Trampolining & Tumbling Develop foundational trampoline skills according to their abilities, from simple 'star jump' to front flips. Explore both big and mini trampoline, along with basics floor tumbling skills, developing coordination, strength, and body awareness			Final Performance Choreography/Rehearsal Get ready and make final preparations before the show	
13:30 – 14:00	Games & Free Exploration Gymnastics based challenges, group games, and exploration of gymnastics apparatus under supervision, learning through play and exploration		Performance Choreography/Rehearsal Choreograph and prepare for the 'Parents showcase' performance, choosing the best skills to showcase, promoting collaboration, timing, and the importance of celebration		Parent's Showcase Time to "show-off" the skills learnt and showcase the best skills chosen, promoting collaboration, timing, and the importance of celebration
14:00 – 14:15					
14:15 – 14:45	Conditioning, Cooldown Stretches & Group Reflection Finish different conditioning sets each day targeting the upper, mid, and lower body, ending with a stretch and a group reflection led by the head coach				
14:45 – 15:00	PM Break / Pack up / Home				

	Super Soccer (Age: 5-6)				
SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 10:00	Defensive Basics <i>Practice defending stance through games</i>	Receiving & Support <i>Focus on passing through gates</i>	1v1 Attacking <i>Perform 1v1 fun moves</i>	Passing Accuracy <i>Practice push-pass technique</i>	Revision Stations <i>Practice in fun challenges</i>
10:00 – 10:30	AM Break				
10:30 – 12:30	Team Defending <i>Engage in 1v1 shadow defending</i>	Possession Play <i>Participate in simple possession games</i>	Combination Play <i>Play 2v1 or 3v1 games</i>	Cross & Finish <i>Focus on passing, shooting, and wide dribbling</i>	Game Scenarios <i>Compete in small-sided matches</i>
12:30 – 13:00	Lunch				
13:00 – 14:00	Defensive Games <i>Play "defend together" games (no tackling focus)</i>	Team Build-Up <i>Play "find a friend" games or other group activities</i>	Attacking Movements <i>Celebrate creativity during play</i>	Final Third Play <i>Practice passing and shooting</i>	Showcase Rehearsal and Parent’s Showcase (1:45PM) <i>Showcase the skills learned for the week, including displays of agility drills, technical drills, and matches</i>
14:00 – 14:45	Matches <i>Form teams and play friendly matches to apply learned skills and gain opportunities to improve</i>	Matches <i>Form teams and play friendly matches to apply learned skills and gain opportunities to improve</i>	Matches <i>Form teams and play friendly matches to apply learned skills and gain opportunities to improve</i>	Matches <i>Form teams and play friendly matches to apply learned skills and gain opportunities to improve</i>	
14:45 – 15:00	PM Break / Pack up / Home				

CAMP CA ASIA Super Soccer (Age: 7-14)					
SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 10:00	Defensive Basics Matches Focus on defensive stance, body shape, side-on defending, and delay vs. quick intervention	Receiving & Support Work on scanning, awareness, and first touch under pressure	Attacking Techniques Dribble to beat a defender; practice change of pace, direction, and 1v1 moves	Passing Accuracy Practice short vs. long passes, accuracy, and first-time passes	Revision Stations Rotate through defending, passing, and shooting stations
10:00 – 10:30	AM Break				
10:30 – 12:30	Defending Drills Practice 1v1 defending (pressure), 2v2 (cover & balance), and recovery runs	Possession Play Play Rondos (3v1 / 4v2) and practice playing through the midfield	Attacking Combinations Practice Give & Go, overlaps, and 2v1 or 3v2 attacking	Shooting & Crossing Focus on shooting technique, finishing inside the box, and attacking the cross	Game Scenarios Practice defending a lead, chasing a goal, and playing with an overload
12:30 – 13:00	Lunch				
13:00 – 14:00	Team Defending Focus on defending in numbers, compact shape, and when to press vs drop	Team Play Concepts Work on support angles, switching play, and playing forward vs safe passing	Team Attacking Create space, practice movement off the ball, and finish from open play	Final Third Play Practice cut-backs, shots after passes, and timing runs into the box	Showcase Rehearsal and Parent's Showcase (1:45PM) Showcase the skills learned for the week, including displays of agility drills, technical drills, and matches
14:00 – 14:45	Matches Defensive Focus Apply defensive focus with extra points for clean tackles and team shape	Matches Midfield Rules Follow midfield rules where goals count after 3 passes	Matches Attacking Focus Focus on attacking with bonus points for combination goals	Matches Scoring Rules Follow scoring rules with extra points for cross + finish	
14:45 – 15:00	PM Break / Pack up / Home				

Super Swim (Age: 9-12)					
SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 10:00	Introduction <i>Get to know everyone and the rules and regulations</i> Dynamic Warmup Swim: Freestyle Efficiency <i>Refine Distance Per Stroke (DPS), catch mechanics, and body rotation to glide farther with smooth powerful strokes</i>	Light Stretch and Journaling <i>Unwind with gentle stretching and reflective journaling to relax the body and track progress</i>	Resistance Band Routine <i>Build strength and mobility with band exercises that target key swimming muscles</i> Swim: Backstroke <i>Enhance underwater dolphin kicks and improve backstroke technique, strong kicks, streamlined positioning, and powerful push offs</i>	Swim Circuits Warm-up <i>Rotate through lanes with varied drills to challenge technique, control, and endurance</i> Swim: Individual Medley (IM) <i>Link all strokes together while building smooth transitions, rhythm, and control across the medley</i>	Race Preparation Session: Starts & Breakouts <i>Focus on reaction time, dive mechanics, streamline position, underwater dolphin kicks, and breakout timing to maximise speed off the blocks and walls</i>
10:00 – 10:30	AM Break				
10:30 – 11:00	Dryland - Core Strength <i>Strengthen core stability to support streamline position, balance, and stroke control</i>	Classroom - Goal Mapping Race Planning <i>Set clear goals and build race strategies that align with personal strengths and performance targets</i>	Classroom - Video Analysis <i>Analyse swim footage to spot strengths, correct technique, and improve performance</i>	Dryland - Power Plyometrics <i>Develop explosive power and speed for stronger starts, turns, and fast movements</i>	Dryland - Athletic Movement Skills <i>Develop balance, coordination, agility, and body awareness to improve swimming performance, movement, and injury prevention</i>
11:00 – 11:30	Mini Set - Pull Focus <i>Improve swim techniques, enhance water feel and upper body strength through controlled pulling and sculling drills and paddle works</i>	Video Feedback - Peer Review <i>Review swim footage and exchange feedback to sharpen technique awareness and communication</i>	Skill - Kicking Progression <i>Build leg strength, kick endurance, and core stability through progressive vertical kicking drills</i>	Mini Set - IM Ladder <i>Progressively increase and decrease the distance of IM swim to build endurance, stroke transition skills, and mental focus under fatigue</i>	Swim Skills - Race Pace Challenge <i>Hold target race pace over short repeats while maintaining stroke technique and efficiency, building pacing skills for competition success</i>
11:30 – 12:00	Snorkel + Streamline <i>Removes breathing distractions to focus on posture, balance, relaxed movement, improving streamline, controlled breathing, and stroke efficiency</i>	Relay Changeovers <i>Practice fast and precise relay exchanges in a fun and competitive team setting</i>	Swim Quiz Challenge <i>Test knowledge of stroke rules and techniques through an interactive quiz challenge</i>	Fin Set - Resistance vs Sprint <i>Uses fins to alternate between resisted swimming and sprints bursts to boost leg power, speed, and anaerobic capacity</i>	Recovery Swim & Mobility <i>Easy swim with mobility exercises for shoulders, hips, and ankles to support recovery and flexibility</i>
12:00 – 12:30	Lunch				
12:30 – 13:00	Active Recovery Walk <i>Enjoy a light walk outdoors to promote recovery, reduce soreness, and reset after training</i>	Dryland Games - Partner Challenges <i>In pairs, complete challenges that builds coordination, core strength, and teamwork</i>	Classroom - Nutrition <i>Learn how to fuel, hydrate, and recover effectively for better performance and growth</i>	Yoga For Swimmers <i>Improve flexibility, breathing, and recovery while supporting mobility and injury prevention</i>	Active Recovery Walk <i>Light walk around campus to promote circulation and recovery after morning swim block</i>
13:00 – 13:30	Classroom - Race Strategy <i>Learn to build customised race plans and break down race phases to build personalised strategies for pacing, turns, and finishes</i>	Breathing Control - Hypoxic Sets <i>Train lung capacity, breath discipline, and mental toughness by reducing breathing frequency to improve swim efficiency</i>	Swim Drill - Breaststroke <i>Refine timing, kick technique, and streamline for a smooth, legal stroke with minimal resistance and maximum glide</i>	Team Challenge Planning <i>Work together to solve swimming challenges and relay tasks, building communication, leadership, and teamwork skills</i>	Reflections and Certification Awards <i>Celebrate progress, reflect on achievements, and recognise milestones</i>
13:30 – 14:00	Skill Lab - Flip Turns and Sprint Finisher <i>Refine freestyle and backstroke flip turns focused on turn timing, posture, breathing, and a tight and fast push off into streamline</i>	Stroke Review - Choice Fix <i>Select weakest or most strategic stroke for personalised correction and refinement</i>	Relay Planning <i>Work together to plan team order, strategies, and exchanges to develop leadership skills, strengthen teamwork and race execution</i>	Kick Power Circuit <i>Stations include vertical kicking, streamline kicking, fin kicking and kickboard sprints, designed to improve leg strength, endurance and propulsion across all strokes</i>	Free and Easy Showcase Preparation <i>Enjoy relaxed pool time with light practice, free play, and space to mentally prepare for the showcase</i>
14:00 – 14:45	Sprints <i>Push speed and endurance with repeated high intensity efforts under fatigue to develop anaerobic capacity, fast recovery, and mental grit</i>	Swim - Mini Time Trials <i>Simulate race conditions with short timed swims to test performance</i>	Swim - Underwater Mastery <i>Develop strong underwater control, powerful dolphin kicks, and efficient breakouts to maximise speed and distance of starts and turns</i>	Sculling Skills Lab <i>PA focused feel-for-water session using front, mid and finish sculling drills, developing stronger catch and better awareness of hand position throughout the stroke</i>	Showcase <i>50m race session of all 4 strokes and comparing to first time trial by applying skills learned, followed by a 100 IM with race pace to demonstrate skills and progress</i>
14:45 – 15:00	PM Break / Pack up / Home				