



Football Adventure Camp

The Mindful Camp

FOUNDATION FOOTBALL CLUB

(4 - 12 years old)

Location
Swiss Club

9:00am to 4:30pm
$880
Snacks & Lunch Incl.

Football • Outdoor Adventures • Team Challenges

Morning:
Football training, skills & matches

Afternoon:
A new adventure and team mission each day



JUNIOR
Ages 4-6

	Monday	Tuesday	Wednesday	Thursday	Friday
Drop-Off: 9:00AM	**Check-In with Football Coaches**				
	<u>Football Session with FFC</u> Football Drills Snack Break Match Challenge Cool Down				
12:00pm	**Lunch with The Mindful Camp**				
	Water Games @Field (Team Challenge)	Swimming	Outdoor Trip	Cooking/Baking	Gratitude Exchange
	Pause & Recharge	Creative Crafts	Pause & Recharge	Team Games	Carnival
Pick-Up: 4:30 PM	**Mindful Ending, Reflections & Songs**				

Please note that the schedule is subject to change. The final updated camp pack will be shared in the WhatsApp group chat on Sunday (one day before camp).

Packing List for Junior Camp

Monday	Tuesday	Wednesday	Thursday	Friday
Football Gear: Turf shoes, shin guards, and long socks (an update will be sent if session is indoor or outdoor)*				
Attire Sports Shoes & Comfy Activewear	Attire Sports Shoes & Comfy Activewear	Attire Sports Shoes & Comfy Activewear	Attire Sports Shoes & Comfy Activewear	Attire **Football Outfit** (e.g. Dress up as your favourite football player)
Packing List □ Sunscreen □ Insect repellent □ Hat/cap □ Water bottle **For water games:** □ Extra Clothes & Pants □ Towel + Wetbag □ Slipper/Crocs	Packing List □ Sunscreen □ Insect repellent □ Hat/cap □ Water bottle **For Swimming (4 to 6):** □ Swimsuit □ Goggles □ Towel + Wetbag □ Slipper/Crocs □ Extra Clothes & Pants	Packing List □ Sunscreen □ Insect repellent □ Hat/cap □ Water bottle	Packing List □ Sunscreen □ Insect repellent □ Hat/cap □ Water bottle	Packing List □ Sunscreen □ Insect repellent □ Hat/cap □ Water bottle □ Extra Clothes □ Extra Pants

SENIOR
Ages 7-12

	Monday	Tuesday	Wednesday	Thursday	Friday
Drop-Off: 9:00AM	**Check-In with Football Coaches**				
	<u>Football Session with FFC</u> Football Drills Snack Break Match Challenge Cool Down				
12:00pm	**Lunch with The Mindful Camp**				
	EXPLORE Hike, Outdoor Discovery Missions	**NAVIGATE** Map Reading, Budget Challenge	**SOLVE** Strategy & Brain Games	**BUILD** Team Inventions & Cardboard Engineering	**CONTRIBUTE** Contribute to community, Help others
Pick-Up: 4:30 PM	**Mindful Ending, Reflections & Songs**				

Please note that the schedule is subject to change. The final updated camp pack will be shared in the WhatsApp group chat on Sunday (one day before camp).

Packing List for Senior Camp

Monday	Tuesday	Wednesday	Thursday	Friday
Football Gear: Turf shoes or sports shoes, shin guards, and long socks (an update will be sent if session is indoor or outdoor)*				
Attire Sports Shoes & Comfy Activewear	Attire Sports Shoes & Comfy Activewear	Attire Sports Shoes & Comfy Activewear	Attire Sports Shoes & Comfy Activewear	Attire **Football Outfit** (e.g. Dress up as your favourite football player)
Packing List □ Sunscreen □ Insect repellent □ Hat/cap □ Water bottle □ Sports Shoes (hiking) □ Extra set of Clothes □ Towel + Wetbag	Packing List □ Sunscreen □ Insect repellent □ Hat/cap □ Water bottle □ Sports Shoes	Packing List □ Sunscreen □ Insect repellent □ Hat/cap □ Water bottle **For Swimming (7 to 12):** □ Swimsuit □ Goggles □ Towel + Wetbag □ Slipper/Crocs □ Extra set of Clothes	Packing List □ Sunscreen □ Insect repellent □ Hat/cap □ Water bottle □ Sports Shoes □ Extra sets of Clothes	Packing List □ Sunscreen □ Insect repellent □ Hat/cap □ Water bottle □ Extra sets of Clothes



PARENTS & GUARDIANS:

WE CAN'T WAIT TO WELCOME YOUR CHILD TO CAMP!

JUST A FEW PAGES OF GOOD-TO-KNOWS -

A QUICK READ NOW MEANS SMOOTH SAILING ONCE CAMP BEGINS!



For football, we move on and off the field onto hard court, especially when it rains! While studded football shoes are acceptable, turf shoes are highly encouraged as they are safer for kids to move on both turf and hard surfaces.



Gold shoes are studded shoes - allowed but please pack sports shoes as well.

White are turf/AG shoes - recommended for all surfaces!

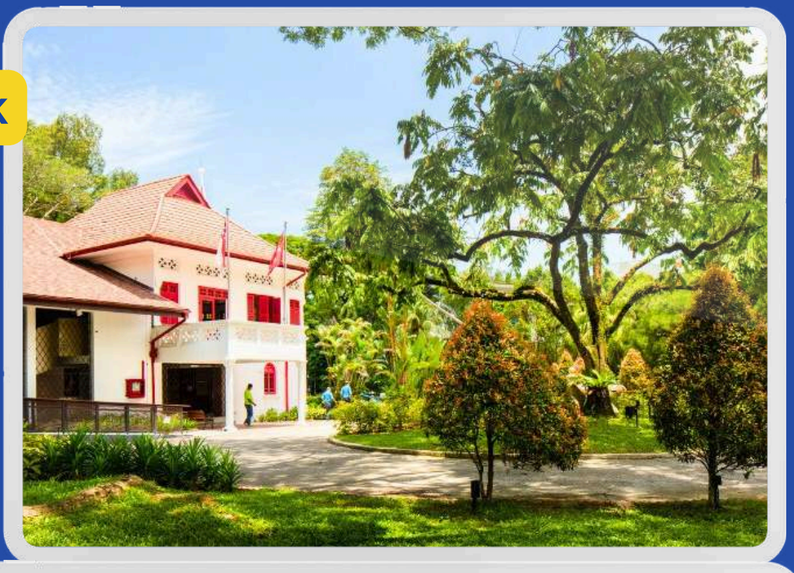
SWISS CLUB

Address:
36 Swiss Club Road
Singapore 288139

TIME	SESSION
8:30AM - 8:50AM	DROP-OFF
MORNING (9:00AM - 12:00PM)	FOUNDATION FOOTBALL CLUB
AFTERNOON (12:00PM - 4:30PM)	The Mindful Camp

*Lunch & Snack Provided by The Mindful Camp







Please park at the Visitor Car Park and walk up to the roundabout (main building) for registration

Ensuring Safety



Your child's safety is of paramount importance to us. We work together with both parents and our vendors in ensuring the safety of your child.



To help our campers prepare for the week, we hope you would review **the notes in our Code of Conduct with your child.**



Facilitator-to-camper Ratio

We maintain a ratio of ONE (1) facilitator to SIX (6) children to ensure a safe and welcoming environment for all.



Aggression and Unsafe Behaviour

Parents will be informed if their child exhibits aggressive or unsafe behaviour during camp. We will work with the child and family where appropriate, while prioritising the safety and wellbeing of all campers.

If we determine that a child's behaviour poses a risk to themselves or others, we may require the child to leave the camp. We understand this can be difficult for a child and will work with parents to communicate this sensitively and with care. No refund will be provided in such cases.



Injuries

Over the day, children may sustain small bumps or scrapes during playtime or outdoor activities. We seek your understanding that such mishaps may occur and is an essential part of growing up and taking risks.

Important Information

A WhatsApp Group will be set up on Sunday to put out daily announcements and reminders.

For urgent matters, the Camp Leader is your point-of-contact in camp.



Special Needs

Our facilitators are not able to provide 1 to 1 or the same level of support as educational assistants or behaviour therapists. If your child has special needs and/or is experiencing behavioural issues, please contact us at 9797-0091.



Camp Photos & Videos

Photos and videos taken during the camp may be used for our marketing materials. Please let us know if you prefer your child not to be photographed.



Health Guideline

If your child is unwell with respiratory symptoms like cough, sore throat and runny nose, please let them rest at home. Children with temperatures higher than 38˚C will be sent home. Children who miss more than 2 days of camp due to illness will be given a credit note for future camps.

Important Information



Lunch & Snacks

Campers are served a packet of nutritious lunches daily. Snacks are provided twice a day. In addition, our caterer offers options for regular, vegetarian, gluten-free, egg& dairy-free and seafood-free options.



Special Dietary Requirements

Please let your Camp Leader know if your child has other special dietary requirements or allergies.

We apologise for any inconvenience caused while we cannot cater to specific dietary needs and food allergies.



Minimising Nut Allergens

While we strive to provide a safe environment for all campers, please note that our camp is not 100% nut-free. To minimise the risk of allergic reactions, we kindly request that you do not send snacks or food containing nuts to camp.

Important Information



Lazy Time

As part of our structured rest programme, campers enjoy a designated “Lazy Time” to unwind and recharge. They may choose quiet board games, drawing, reading, or a short nap.

We also curate brief, PG films that complement the week’s themes, and total screen time is limited to no more than 30 minutes per week. Contact us for the list of films that we will screen.



Note for Parents of Male Campers

For our younger male campers (ages 4 to 6), there may be occasions when assistance with changing is needed.

Due to the larger number of female staff on our team, a female teacher may provide this support when necessary. We want to assure you that this will be done respectfully and in line with appropriate safeguarding practices.
Thank you for your understanding.

Important Information



Early Pick-up

For early pick-up, please pick-up your child directly from the camp room.

To ensure the safety and supervision of all campers, our facilitators will remain with the group and will not be available to meet parents at the roundabout.

Please send a text to our Admin Team at 9797-0091 or your respective Camp Leader in advance to make the necessary arrangements.

Thank you for your understanding and cooperation.

FOLLOW US @THEMINDFULCAMP

Instagram

Facebook

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A healthy dose of mindfulness, arts, nature and play for the thriving child!













FOUNDATION
FOOTBALL CLUB

FIND US ON INSTAGRAM & FACEBOOK:
@FOUNDATIONFOOTBALL.SG

+65 97500878
ADMIN@FOUNDATIONFOOTBALL.SG