

# USJ

## Summer Camp 2025

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### Introduction

This presentation covers the different activities we are planning to conduct during the “USJ Summer Camp - 2025” and other useful information regarding our work methods. Please note that these activities might be modified depending on the number of registered children and their ages.

### Abstract

**The USJ Athletics Department, in collaboration with “USJ activités” and “l’Institut libanais d’éducateurs”,** has joined forces with **Planea**, a leading projects Organizer Company to organize the “USJ Summer Camp - 2025”.

With more than 10 years’ experience in organizing summer camps (Ex: Collège Saint-Joseph – Antoura Summer Camp, USJ Summer Camp...) our coaches and staff are looking forward to organize the “USJ Summer Camp - 2025” this year.

### The Summer Camp

We offer sport, educational and art activities for boys and girls between 3 and 14 years old.

The participants will be divided into four age groups:

- Group 1: 3 to 5 years old
- Group 2: 6 to 8 years old
- Group 3: 9 to 11 years old
- Group 4: 12 to 14 years old

Participants will be accompanied by well-trained animators and monitors and all activities will be conducted by professional coaches.

**Summer Camp duration:** 6 weeks; from June 20 to August 1.

Insurance will be provided.

First aid staff will be present during the Summer Camp. Additionally, a cleaning team will be available to ensure a clean and healthy environment during all the activities.

- We will organize a trip on a weekly basis (optional and paid separately) to many touristic places, playgrounds and resorts across Lebanon.

You can find below 4 different programs that display the activities we will be conducting during the summer camp. Please note that the presented timelines (including the day during which the trips will be conducted) are tentative and could be modified as needed.

## Program 1: 3-8 years old

### **A- 3 to 5 years old participants**

S1	Monday	Tuesday	Thursday	Friday	Wednesday
8:00-8:45	General Knowledge	Relay Games	Dancing	Water games	Outings
8:55-9:40	Mini-Basket	Playground Music/Singing	Crazy Science	Badminton	
10:00-10:45	Gymnastics	Plastic Art	Taekwondo	Trampoline/P arcours Hebert	
10:55-11:40	Cine-club	Mini-Football	Boom Activity*	Judo	
12:50-1:35	Handball	Zumba	Marionette/Lego	Petit Chef /Cooking	

\*Boom Activity: inflatables, picnic, driving signal, tricycles, bicycles, etc.

**B- 6 to 8 years old participants**

S2	Monday	Tuesday	Thursday	Friday	Wednesday
8:00-8:45	Basketball	Playground Music/Singing	Crazy Science	Water Games	<i>Outings</i>
8:55-9:40	Gymnastics	Relay game	Dancing	Badminton	
10:00-10:45	Cine-club	Mini-foot	Boom Activity*	Trampoline/Parcours Hebert	
10:55-11:40	Handball	Zumba	Marionette/Lego	Tennis de Table	
12:50-1:35	Table Tennis	Plastic Art	Taekwondo	Judo	

## Programs 2: 9 - 14 years old

### A-9 to 11 years old participants

S3:	Monday	Tuesday	Thursday	Friday	Wednesday
8:00-8:45	Yoga / Parcours Hebert	Zumba/ Dodgeball	Taekwondo	Mini-foot/“Jeux de société”	<i>Outings</i>
8:55-9:40	Cine-club	Archery/climbing	Tennis/Palette	Judo	
10:00-10:45	Basketball/Arts and Craft	Chess	Volleyball	Badminton	
10:55-11:40	Table tennis	Petanque/ Music and Singing	Dancing/ “Jeux de balle”	Olympic Values	
12:50-1:35	Handball	Fencing	Crazy Science	Tennis	

## **B- 12 to 14 years old participants**

<b>S4:</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Wednesday</b>
8:00-8:45	Tennis	Archery/ Climbing	Tennis/Palette	Judo	<i>Outings</i>
8:55-9:40	Yoga / Parcours Hebert	Fencing	TWD	Mini-foot/Jeux de Balles	
10:00-10:45	Handball	Zumba/ Dodgeball	Table Tennis	Olympic values	
10:55-11:40	Basketball/Arts and craft	Chess	Swimming	Badminton	
12:50-1:35	Water polo	Volleyball	Volleyball	Cooking	

## **Fees and details**

- The children of USJ staff, as well as the staff of Hôtel-Dieu de France and its hospital network, will benefit from a special rate of 250\$.
- Others: 375\$.
- Every participant will receive 2 T-shirts for 20\$ (free for the children of USJ staff, as well as the staff of Hôtel-Dieu de France and its hospital network).
- Insurance will be provided for all participants (an additional fee may be requested to cover insurance costs).

- Location: USJ, Sciences and Technologies Campus (Mar Roukoz Dikwaneh) and USJ, Sports and Innovation Campus (Achrafieh) for swimming.
- Transportation CIS-CST-CIS is available at 7:30 AM, with an arrival at 2:00 PM (\$50).

**NB:** For any additional information, please contact our team at the following email addresses:

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\*[sports@usj.edu.lb](mailto:sports@usj.edu.lb) or at the following numbers: 01 421 623 or 03 307 650 (Mr. Maroun Khoury, Director of the Sports Office).