



Parkour: *PHOTO FILMMAKING*

2024 Camp Details

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For Webpage and Packing List: [Click here](#)



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WELCOME

This is the perfect environment for anyone who wants to learn how to jump, climb, and flip like a parkour athlete; practice their film and photography skills, and just have fun being outside with friends. End the summer with a parkour film that you made yourself!

Our Parkour Photo Filmmaking Day Camps are all about helping you connect more with your body and community while practicing healthy screen using technology creatively. We teach all our budding parkour athletes about risk management and self-awareness to unlock their full creative potential in front of and behind the camera.

Trip Overview

Dates: August 26–30, 2024 (Mon–Fri)

Pick-up/Drop-off: [China Creek Park \(next to VCC Clark station\)](#)

Lead Instructor: Liam Barnes (contact at 250-921-5513 or liambarnesliam@gmail.com)



A Typical Day at Parkour Camp

8:45AM–9:00AM	Learners arrive, perform a check-in and welcome circle
9:30AM–11:00AM	Introduction to the day and morning stretches
9:00AM–9:30AM	Introduction to healthy risk management, warm-up, and basic parkour skills practice.
11:00AM–11:15AM	Snack and water break, plus watching some cool parkour videos
11:30AM–12:00PM	Filmmaking lesson: setting up your camera to shoot sports
12:00PM–12:30PM	Planning session: students break into groups and plan their video project for the day
12:30PM–2:30PM	Lunch time and slackline session
2:30PM–3:00PM	Head to local pool and sauna to relax and recuperate
3:00PM–3:15PM	Group reviews footage from the day
11:15AM–11:30AM	Arrive back at pick-up spot to debrief and say, "See ya tomorrow!"



Travel & Safety Info

Communication Policy

We understand that you might be curious about how your camper is doing while they are away. At Fireside, we have a no cell phone, tablet, or portable video game policy. This means keeping their devices at home. Our instructors will update the WhatsApp group with daily photos and communicate with parents through there, so please download the app and familiarize yourself with it, if you have not already done so.

Medications and Medical Conditions

If a camper has medication, please ensure that it is stored safely and you notify our staff about medication to be taken during camp.

Food at Camp

Please, send your child(ren) with a healthy lunch and snacks for an active day. Also include one litre of water bottle. Fireside Adventures is a nut aware camp which means we may come into contact with peanut products, however we recommend no snacks and/or lunches with peanut products. Please notify us if your child has a food allergy. We do not allow campers to share food and liquids with other campers for health and safety reasons.

Absences and Early Dismissals

We understand that your camper may miss a day or have to leave early. Please contact our staff on WhatsApp group at least 24 hours in advance. Our instructor will contact you the day of and send you the location to pick up your camper. There are no refunds for missed days.

Contact

For more information, contact us:

Email:

office@firesideadventures.ca or liambarnesliam@gmail.com

Phone:

Fireside office: 604-241-9169

Webpage:

<https://www.firesideadventures.ca/parkour-photo-filmmaking>

