

Kids' 3 Day Camp

2023

Date: ①June 9 (Fri.) - June 11 (Sun.) ②June 16 (Fri.) - June 18 (Sun.)
 ③June 24 (Sat.) - June 26 (Mon.) ④June 30 (Fri.) - July 2 (Sun.)
 ⑤July 15 (Sat.) - July 17 (Mon.) ⑥July 18 (Tue.) - July 20 (Thu.)
 ⑦July 21 (Fri.) - July 23 (Sun.) ⑧July 24 (Mon.) - July 26 (Wed.)
 ⑨July 28 (Fri.) - July 30 (Sun.)⑩August 1 (Tue) - August 3 (Thu.)

Price: Under 12 years : ¥33,000 inclusive of taxes, insurance and meals
 13 to 15 years : ¥46,000 inclusive of taxes, insurance and meals

Meeting point: NAC Centre
 179-53 Yamada Kutchan-cho Abuta-gun, Hokkaido
 Tel: 0136-23-2093

What to bring:

- Changing clothes include socks and under wears
- Towels
- Drink and snack
- Hats, suncreams, bug spray
- marine shoes or strap on sandals(if you have them)

Day 1	Go tree trekking at the largest course in Japan! River Kayak in the afternoon.
Day 2	Climbing in the morning. Rafting in the afternoon.
Day 3	SUP in the morning. Trekking in the afternoon.

<u>Day 1</u>	9:00 Meet at NAC 9:10 Head to the Adventure Park 9:15 Arrival - Adventure Park 10:00 Put your harness on, and enjoy tree trekking! 12:00 Lunch at Jojo's 13:00 Head to the Shiribetsu river 13:30 River kayaking 16:30 End of day	<u>Objectives:</u> ★ Improve your concentration and body balance ★ Challenge yourself physically
<u>Day 2</u>	9:00 Meet at NAC 9:10 Briefing for the climbing and enjoy climbing 12:00 Lunch at Jojo's 13:00 Briefing and preparations for rafting 13:30 Arrival at the starting point in Shiribetsu river 16:30 Rafting ends and head back to NAC	<u>Objectives:</u> ★ Feel the sense of accomplishment ★ Learn about the difficulty of climbing ★ Challenge yourself physically ★ Enjoy and explore the river
<u>Day 3</u>	9:00 Meet at NAC 9:10 Head to the Shiribetsu river 9:30 Stand up on a big and inflatable surfboard, and paddle yourself. 12:00 Find your balance. 13:00 Lunch 13:10 Head to the trekking site 16:30 Arrival and start of the trek Head back to NAC centre	<u>Objectives:</u> ★ Finding your balance ★ Doing things on your own ★ Realize how important staying outdoors will help

• We may change programs depending on the weather and the children's condition.