



APPLICATION MUST BE COMPLETED BY AN ADULT IN BLOCK TYPE

name: _____ gender: M F
 address: _____
 email: _____ telephone: _____
 school: _____ class: _____
 emergency contact : _____
 special dietary requirements : _____

CHOOSE 2 FAVOURITE SPORT ACTIVITIES FROM THE FOLLOWING

Soccer Walking / Hiking
 Tag Rugby Rounders
 Basketball Table Tennis

COOKING EXPERIENCE

Some None A Lot

COURSE DATES (DAILY 09:00H - 16:00H)

Please tick preferred dates

1. Mon 27th June - Fri 1st July
 2. Mon 4th July - Fri 8th July
 3. Mon 11th July - Fri 15th July
 4. Mon 18th July - Fri 22nd July
 5. Mon 25th July - Fri 29th July

Choice of 1 or 2 weeks

One Week
 Two Weeks

PAYMENT DETAILS

Bank Draft / Postal Order made out to Food Active & crossed
Cheque with guarantee card number, name and address of applicant on back & made payable to Food Active
Credit Card: Mastercard Visa Expiry date _____
 CCV Number (the last 3 digits of the number on the back) _____
 Credit Card Number _____
 I have read and understood the enclosed terms & conditions & agree to have my child attend the Foodactive Summer Camp 2010

Name: _____
 Signed (Parent / Guardian) _____

"It was a pleasure to be invited to speak at Food Active. Food Active is a fantastic camp to learn about food and eating. I highly recommend it."
Ruairi Quinn, TD

"In sports today, the concept of a healthy diet and lifestyle go hand-in-hand. Learning at a young age is more important than ever."
Bobby Byrne, Irish Schools Rugby Coach

"I really enjoyed my cookery course. The chance to learn to cook for myself has broadened my culinary horizons."
Cian McCarthy



Buses - 7, 7A, 8, 10 & 46A
 Landsdowne Rd Dart Station

TERMS AND CONDITIONS

Places are limited. Bookings can only be made through the head office at 086-8066111. All cancellations will carry a 50% cancellation fee and must be made in writing. No refund can be given for cancellations received less than 10 days prior to commencement of relevant course. A confirmation letter will be sent as proof of booking which must be shown at registration. If it is not received at least 5 days before your preferred date please call head office at 086-8066111. We reserve the right to change the venue/date if there are not sufficient numbers. While FoodActive and its employees will take all reasonable actions to ensure the safety and well-being of the children, it cannot be held responsible for damages, injuries or loss of possessions and parents/guardians are advised to obtain personal insurance for these occurrences. FoodActive shall not be held accountable should activities be suspended or cancelled due to bad weather. Misbehaviour and/or continual breach of camp rules will result in the participant being suspended from the camp and no refund given. Children attending camp should not be left unsupervised at the camp venue until the official coaches and/or teachers are present. Children must be collected at 4.00pm.* All Credit Cards handled by a third party. Booking fee applies.

* (Late-stay option available)



FOOD active

cookery and activity summer course
 in St Conleth's College Ballsbridge
 for boys and girls aged 11-17

- learn to cook
- get fit
- make friends
- have fun
- play sports

EARLY BOOKING AND FAMILY DISCOUNTS AVAILABLE

AS SEEN ON NATIONWIDE & THE HEALTH SQUAD ON RTE TV

In association with



Best Summer Camp in Dublin
- The Dubliner Magazine

www.foodactive.ie

Our Goal

To provide a fun, structured environment in which the boys and girls can:

- learn to cook
- understand the importance of good nutrition
- meet new friends
- play team sports
- enjoy field trips

Our Team

Garth McColgan's passion in life is to introduce young people to the joys of cooking, eating and good food habits. His culinary training was with TV chef Paul Rankin at Roscoff in Belfast.

Mark McColgan, long time proprietor of The Blue Room Café, is an outdoor pursuits enthusiast. At The Blue Room, Mark specialised in modern Irish cuisine. He is also the nutritionist @ FoodActive

Paul Kelly of the Irish Olympic Culinary Team is the resident pastry chef @ FoodActive.

Our young and enthusiastic team of instructors is experienced at coaching children in cookery, sports and nutrition.

Why Foodactive?

Lifestyles today are too-often geared towards rushed mealtimes and convenience foods. At FoodActive students can engage themselves fully in learning about food, its preparation and cooking, and the part it should play in their active lives.

Sports at FoodActive enable students to experience for themselves the relationship between sporting activity, a balanced diet and a healthy lifestyle. Tuition is provided by experienced professionals in the fields of cookery and sports.

The social aspect of FoodActive is important. Students can meet friends from other schools around Dublin, widen their social circle and learn the value of teamwork in a fun, relaxed environment.

What we do

- demonstration cookery classes by qualified chefs
- supervised hands-on cookery classes.
- two sporting activities per day
- a relaxed lunch break cooked by our chef
- weekly excursion to a place of culinary interest
- end of camp BBQ
- pupil teacher ratio of 8:1 (classes limited to 24)

The Course fee covers...

- all tuition and excursion fees
- all ingredients and food including snacks and a two-course lunch by our in-house chef
- recipe sheets and dietary information provided by our nutritionist
- FoodActive apron

Course Content

Students can learn practical skills in the following areas:

Cookery

Fish & Meat
Salads & Vegetables
Pastries & Desserts
Drinks
Food Awareness
Healthy Eating

Activities

Soccer
Basketball
Rugby
Table Tennis
Rounders
Hiking

How do I enroll?

One-Week Course: €275.00

Two-Week Course: €495.00 (recommended)

Early booking & Family Discount OF 10% available
Payment may be made by credit card or cheque.

To enrol simply fill out the form overleaf enclosing the fee and post it to

Foodactive Summer Camp
95 Marlborough Road
Donnybrook
Dublin 4

or call **086-806-6111**

or visit www.foodactive.ie

or email info@foodactive.ie

