

# IBUKA 2025 - Holiday Sports Camp - Activity Schedule

**Event Dates: October 20, 2025 - December 11, 2025**

## Arts

**Venue:** ACK Cathedral Hall

**Description:** Drawing, painting, and other artistic activities for beginners.

Day	Time Slots
Monday	No activities
Tuesday	No activities
Wednesday	No activities
Thursday	10:00 AM - 12:00 PM
Friday	10:00 AM - 12:00 PM
Saturday	No activities
Sunday	No activities

## Bicycle Riding

**Venue:** Around KRSC training grounds, & behind ACK cathedral, Kitale

**Description:** At IBUKA 2025, young learners are introduced to cycling , with important instruction and training for confidence and stability. Experienced bike riders get to have fun doing sprints around the overall training area within designated spaces away from disturbance by motorists. The activity is good for beginners and experienced participants. Large and small bikes are to be availed depending on demand.

Day	Time Slots
Monday	3:00 PM - 4:00 PM
Tuesday	3:00 PM - 4:00 PM
Wednesday	3:00 PM - 4:00 PM

Thursday	3:00 PM - 4:00 PM
Friday	3:00 PM - 4:00 PM
Saturday	3:00 PM - 4:00 PM
Sunday	No activities

## Dancing & Modeling

**Venue:** Hall at ACK Cathedral, Kitale

**Description:** The IBUKA 2025 Dance & Modeling Program blends creativity, confidence, and movement into an unforgettable experience for all ages. Our sessions guide participants through expressive dance styles — from Afro-fusion and contemporary to freestyle — while helping them develop rhythm, coordination, and stage presence. Every child or teen learns to express themselves through motion, teamwork, and confidence on stage. The modeling segment introduces participants to poise, runway techniques, and personal presentation. They'll practice balance, walking styles, posing, and body awareness — all while building self-esteem and communication skills that extend beyond the stage. **VENUE:** Activities are conducted at ACK Cathedral - general purpose Hall. **Benefits:** Kids: Boosts confidence, self-expression, and coordination through fun movement and rhythm exercises. Teens: Builds stage presence, posture, and self-image while nurturing creativity and teamwork. Adults: Encourages confidence, stress relief, and expressive freedom through music and movement.

Day	Time Slots
Monday	No activities
Tuesday	No activities
Wednesday	No activities
Thursday	No activities
Friday	No activities
Saturday	10:00 AM - 12:00 PM
Sunday	No activities

## Football

**Venue:** Showground

Day	Time Slots
Monday	No activities
Tuesday	No activities

Wednesday	11:00 AM - 1:00 AM
Thursday	No activities
Friday	No activities
Saturday	No activities
Sunday	No activities

## Karate

**Venue:** Hall at ACK cathedral, kitale

Day	Time Slots
Monday	11:00 AM - 3:00 PM
Tuesday	11:00 AM - 3:00 PM
Wednesday	No activities
Thursday	No activities
Friday	No activities
Saturday	11:00 AM - 3:00 PM
Sunday	No activities

## STEM Activities

**Venue:** Hall at ACK cathedral

**Description:** At the IBUKA Holiday Sports Camp, the STEM track gives kids more than just physical activity — they'll stretch their minds too! Over the course of the 7 weeks, children and teens will take part in hands-on science and technology explorations designed to make abstract ideas real, fun, and deeply engaging. Here's what they'll dive into: 1. Floating & Buoyancy Experiments Kids will play with water, different materials (plastic, metal, foam), and shapes to explore what makes things float. They'll discover the principles of density and buoyancy, learning why some objects sink and others stay on top of the water. Through simple building challenges (e.g., build a mini boat), they'll test, refine, and see science in action. 2. Heat Transfer & Energy Using everyday materials, campers will explore how heat moves. They'll do mini experiments on conduction (how heat travels through a solid), convection (how heat moves in liquids or gases), and even radiation (how heat travels through space). For example, they may compare how quickly different surfaces heat up under sunlight, or build a small solar heater or insulator. These investigations help children understand real-life applications — like why a black car gets hotter than a white one, or how to keep a drink cool. 3. Diffusion & Mixing Through simple "water + food coloring + different temperatures" experiments, kids will see diffusion in action — how substances mix, spread out, and move from high concentration to low. They will explore how temperature

affects the speed of diffusion, and how mixing works differently in cold vs hot water. This helps them grasp ideas that are key in biology (how nutrients move in cells), chemistry, and environmental science. 4. Computing, Algorithms & Logic Beyond physical science, the STEM track also introduces computational thinking. Campers will get to use age-appropriate computers or tablets to learn how to break down problems. Through block-based coding (think Scratch-style), they will design simple algorithms — step-by-step instructions that a computer follows. They'll see how logic works, how to test their code, and how even small programs can make things happen (animations, decision-making “if/then” logic).

Day	Time Slots
Monday	No activities
Tuesday	No activities
Wednesday	11:00 AM - 12:30 PM
Thursday	11:00 AM - 12:30 PM
Friday	11:00 AM - 12:30 PM
Saturday	No activities
Sunday	No activities

## Skating

**Venue:** The street Behind ACK Cathedral, next to District Hospital

**Description:** At IBUKA 2025, holiday sports camp, skating takes center stage as one of the camp's most thrilling and growth-driven experiences. Led by certified coaches, participants move from balance and coordination to advanced inline control, learning focus, discipline, and movement mastery. Each session blends fun with structured progress, helping every skater — from first-timers to young pros — gain speed, confidence, and joy on the track. For returning skaters and competitive juniors, the program dives deeper into inline speed technique, cornering, race starts, and endurance building. The result is a perfect mix of skill, teamwork, and motivation in a safe, energetic, and supportive environment. The skating venue is the street behind ACK Cathedral in Kitale, next to the County Hospital (Formerly District Hospital. Benefits: Kids: Builds balance, confidence, and body coordination through exciting drills and games. I). Teens: Sharpens focus, discipline, and resilience while exploring speed and performance. Adults: Encourages fitness, stress relief, and social connection in a fun, active setting.

Day	Time Slots
Monday	10:00 AM - 11:00 AM
Tuesday	10:00 AM - 11:00 AM
Wednesday	10:00 AM - 11:00 AM
Thursday	10:00 AM - 11:00 AM

Friday	10:00 AM - 11:00 AM
Saturday	10:00 AM - 11:00 AM
Sunday	No activities

## Swimming

**Venue:** Super Break Hotel, swimming pool ■

**Description:** The IBUKA 2025 Swimming Program within the HOLIDAY SPORTS CAMP invites swimmers of all ages — from age 3 and up — to dive into a fun, safe, and skill-building aquatic experience. Our certified instructors create a warm, encouraging environment where beginners learn to feel comfortable and confident in the water through playful, structured lessons. Children start with floating, breathing control, and basic strokes, developing water safety awareness and coordination in every session. Intermediate swimmers build on those foundations with stroke refinement, endurance training, and technique correction for freestyle, backstroke, and breaststroke. Each lesson combines skill development with fun challenges that boost confidence and strength. Benefits: Kids (3–9 yrs): Learn water safety, floating, and swimming fundamentals through games and guided play. Preteens & Teens: Improve endurance, technique, and body control while building confidence and discipline.

Day	Time Slots
Monday	No activities
Tuesday	No activities
Wednesday	No activities
Thursday	10:00 AM - 1:00 PM
Friday	10:00 AM - 1:00 PM
Saturday	No activities
Sunday	No activities

Note: Schedule may be changed during the duration of the event.