



# Summer Camp

## Sample Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:00-9:30 am</b>	Arrival/Message of the Day/ Light Workout	Arrival/Message of the Day/ Light Workout	Arrival/Message of the Day/ Light Workout	Arrival/Message of the Day/ Light Workout	Arrival/Message of the Day/ Light Workout
<b>9:30-10:00 am</b>	Safety Program	Anti-Bullying Seminar	Stranger Danger Seminar	Discipline & Etiquette Seminar	Verbal Self-Defense Seminar
<b>10:00-10:30 am</b>	Team Skill Building Games	Game Activities	Martial Arts Class (Traditional, Focus Drills)	Game Activities	Creative Forms
<b>10:30-11:00 am</b>	Snack/Reading Time	Snack/Reading Time	Snack/Reading Time	Movie	Snack/Reading Time
<b>11:00-11:30 am</b>	Martial Arts Class (Weapons, Self Defense)	Martial Arts Class (Balance Drills, Team Drills)	Field Trip	Movie	Game Activities
<b>11:30-12:00 pm</b>	Game Activities	Team Skill Building Games	Field Trip	Movie	Martial Arts Class (Sparring Techniques, Team drills)
<b>12:00-1:00 pm</b>	LUNCH, Free Time	LUNCH, Free Time	Field Trip	LUNCH, Free Time	LUNCH, Free Time
<b>1:00-1:30 pm</b>	Martial Arts Class (Traditional)	Martial Arts Class (Partner drills, Creative kicks)	Martial Arts Class (One-Steps, Board Breaking)	Martial Arts (Weapons Training)	Talent Show
<b>1:30-2:00 pm</b>	Creative Project, Board Games, Reading, Writing	Creative Project, Board Games, Reading, Writing	Creative Project, Board Games, Reading, Writing	Creative Project, Board Games, Reading, Writing	Creative Project, Board Games, Reading, Writing

Children must bring each day:

Taekwondo uniform & belt  
 Book to read  
 Packed lunch from home

**Field Trip:** Week 1- Eisenhower Park

**Field Trip:** Week 2- Dave and Busters

**Field Trip:** Week 3- Laser Bounce

**Field Trip:** Week 4- United Skates