



# 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- Nerf Camp at Tri-County