

REGISTER NOW!



SCAN HERE



# JUNG KO TKD MARCH BREAK CAMP

REGISTER  
TODAY!

## Activities

- Taekwondo
- Sparring technique
- Fitness Challenge
- Arts&craft
- Group games

**MARCH 16 - 20**

**\$400 + HST 5 DAYS  
\$90 + HST PER DAY**

For more information:

📞 905-886-7753  
✉️ tkd@jungko.com  
🌐 www.jungko.com

# Jung Ko Taekwondo March Break Camp

## MARCH BREAK CAMP SCHEDULE

Monday, March 16th	Tuesday, March 17th	Wednesday, March 18th	Thursday, March 19th	Friday, March 20th
<b>Drop off / Free Play (8:30 - 9:00 AM)</b>				
Introductions, Icebreakers & Warm Up				
<b>Morning Taekwondo class</b> Poomsae / Sparring / Self-defense & Bully proofing / Nunchucks Fitness challenge / Board Breaking / Sparring / Target Kicking				
<b>Morning Snack (Peanut Free)</b>				
Team Games	Science Activities	Arts & Craft	Steam Activities	Team Games
<b>Lunch (Peanut free)</b>				
Steam Activities	Mini Olympics	Team Games	Fitness challenge	Art & Craft
<b>Snack (Peanut free) &amp; Free play</b>				
<b>Afternoon Taekwondo Class</b> Poomsae / Sparring / Self-defense & Bully proofing / Nunchucks Fitness challenge / Board Breaking / Sparring / Target Kicking				
<b>Pick up (3:00 - 3:30 PM)</b>				
<b>After Care Until 5PM (\$20/day)</b>				

- Please note this is just a general draft. Times and Activities are subject to change.
- Campers need to bring their own lunch & snacks and water bottle. (Peanut Free)
- Bring your sparring equipment everyday if you have.

Register now!



Perfect for beginners  
looking to start  
their martial arts journey  
and a great opportunity  
for our students  
to level up their skills!