

Fun & Creative Outdoor Activities for Kids Ages 4 & up

TAEKWONDO

SUMME

REGISTER TODAY!







CAMP WEEKS

Week 1 (Jul 2 - 4)

Week 5 (Jul 28 - Aug 1)

Week 2 (Jul 7 - 11)

Week 6 (Aug 5 - 8) Week 7 (Aug 11 - 15)

Week 3 (Jul 14-18)

Week 4 (Jul 21 - 25) Week 8 (Aug 18 - 22)

CAMP RATES

Weekly \$400+hst Per Day \$90+hst

JULY 2ND - AUGUST 22ND

8:30 AM - 3:30 PM

Activities

- Taekwondo
- **Ø** Fun Games
- Outdoor Exploration
- **Swimming**
- **Ø** Art & Craft

contact us For more info!

905-886-7753 tkd@jungko.com





Have your next summer adventure with Jung Ko Taekwondo!

Camp Schedule



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Introducti	ons, Icebreakers 8		Drop off / Free Play (8:30 - 9:00 AM)			
	Introductions, Icebreakers & Warm Up					
Taekwondo Poomsae / Self-defense & Bully proofing / Fitness challenge / Board Breaking / Kicking						
Morning Snack (Peanut Free)						
ience ivities	Team Games	Steam Activities	Team Games			
Lunch (Peanut free)						
tdoor lympics	Swimming (Goulding Park)	Outdoor Exploration	Swimming (Goulding Park)			
Snack (Peanut free) & Free play						
Taekwondo Class						
Pick up (3:00 - 3:30 PM)						
After Care Until 5PM (\$20/day)						
i	Morni ence ivities idoor lympics Snack (Morning Snack (Peanut ence vities Lunch (Peanut free lympics Snack (Peanut free) Free Taekwondo Class Pick up (3:00 - 3:30 P	Poomsae / Self-defense & Bully proofing / itness challenge / Board Breaking / Kicking Morning Snack (Peanut Free) ence			

Please note this is just a general draft. Times and activities are subject to change.

Extended supervised pick-up hours until 5pm available for \$20 each day (cash only)

· Students must bring their own Lunch, Snacks and

- Drinks. (We are a peanut free environment)
- · Please equip your child with weather appropriate clothing and sunscreen.
- · Remember to prepare your child with proper swim wear and equipment. Ensure to write their name on all their items, we are not responsible for any lost items.
- · All Swimming is supervised by lifeguards at Goulding Community Centre. (weather permitting)







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