

## Have your next adventure with Jung Ko Taekwondo!

It's that time again Campers! We are once again hosting another fun filled martial arts camp! It will be filled with many games, activities, adventures and field trips to many different events and locations!

Our camp will include Taekwondo classes for all ages and all levels. The class will be a perfect introduction for children who have never taken a martial arts class before.

Also, it will be great for the more advanced students eager to improve themselves for their next grading. We will also be hosting field trips to **Luv2Play** and the **movie theatre!**



● **FIELD TRIPS** ● **GAMES** ●  
**TAEKWONDO** ● **MOVIE DAYS** ●  
**SPECIAL LUNCHES** ● **ARTS AND CRAFTS** ●

DAY	MON	TUE	WED	THUR	FRI
8:00 am	DROP OFF				
9:00 am	Introduction/ Warm ups				
9:30 am	TAEKWONDO LESSON				
10:15 am	SNACK BREAK		Leave for Trip	SNACK BREAK	
10:30 am	THEMED ACTIVITY	THEMED ACTIVITY	Luv2Play Trip	GAMES	Themed Activity
11:00 am	GAME	GAMES			GAMES
11:15 am		LUNCH		Lunch	
12:00 pm	LUNCH			LUNCH	MOVIE AT CLUB
12:30 pm	Soccer Tournament	Field Trip to Theatre		ARTS & CRAFTS	GAMES
12:45 pm					
2:30 pm					
3:45 pm	SNACK BREAK	Return to club	SNACK BREAK		
4:00 pm	Pick-up				

- ❖ Please note this is just a general draft. Times and activities are subject to change.
- ❖ Extra admission fees may be required for certain Field trips.
  - ❖ Extended hours are available at additional cost

Contact us at

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### JUNG KO TAEKWONDO

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March 16<sup>th</sup> to March 20<sup>th</sup>

# 2020





## Camp Fees per Week

Whole Week: 5-day Special	.....\$250
Per Day (Members)	.....\$60/day
Per Day (Non-members)	....\$70/day
Extended Pick Up (4pm – 7pm)	....\$20/day

Camps may be cancelled in there are an insufficient number of students (**minimum 5**)

ALL PRICES SUBJECT TO HST

There will be a \$10-20 trip fee for campers on Trip days for bus/admission.



## Schedule



FIELD TRIPS AND SCHEDULE ARE SUBJECT TO CHANGE!

<p><b>MONDAY</b> MINI-OLYMPICS</p> 
<p><b>TUESDAY</b> CINEMATIC ADVENTURE</p> 
<p><b>WEDNESDAY</b> INDOOR PLAYGROUND</p> 
<p><b>THURSDAY</b> ARTS &amp; CRAFTS</p> 
<p><b>FRIDAY</b> PIZZA DAY</p> 



## TAEKWONDO

### Beginners

will receive introduction lessons which will consist of basic blocks, kicking techniques and self-defense.

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### Current members:

#### You'll see improving results in:

- Poomsae movements.
- Kicking Techniques.
- Board Breaking kicks.

\*If you have your sparring equipment please bring it to the camp\*

## REGISTRATION DEADLINE



Camp registrations must be submitted by **March 11<sup>th</sup>, 2020** or extra fees may apply!

### Some things to keep in mind>>>

- Students must bring their own Lunch (Except Friday.), Snacks and Drinks. We are a peanut free environment. We will not let students leave the facility to buy their lunch.
- Please equip your child with weather appropriate clothing, socks are required on Wednesday.
- Ensure to write their name on all their items, we are not responsible for any lost items.