



World Champion Taekwondo

(703)-204-0789

Info.tkd@gmail.com

Chompkick.com

TAEKWONDO SUMMER CAMP

Sample Daily Schedule

07:30 AM	<ul style="list-style-type: none">• Drop-off students at your convenience (no later than <u>9:45 am</u>)• Arts and crafts, Games, Physical activities, Quiet Activities, or Movie
10:00 AM	<ul style="list-style-type: none">• Divide into teams, Learn Schedule, Team Work practice
11:00 AM	<ul style="list-style-type: none">• Taekwondo lesson, workout, and drills
12:00 PM	<ul style="list-style-type: none">• Lunch and supervised free-time / prepare for departure
01:00 PM	<ul style="list-style-type: none">• Activity of the Day (see below)/ Field trip of the day
04:00 PM	<ul style="list-style-type: none">• Return to Dojang, Clean up and Rest / Snack time / Supervised free time
05:00 PM	<ul style="list-style-type: none">• Taekwondo Camp ends, Quiet Activities until Parents pick-up. No later than <u>6:30 PM</u>



ACTIVITY OF THE DAY

(Schedule is subject to change due to availability and weather condition)

Mondays: Bowling

Tuesdays: Park

Wednesdays: Movie Day (visit to the theater)

Thursdays: Swimming Pool **or** Trampoline Park

Fridays: Chuck E. Cheese