

# So's Taekwondo Summer Camp Schedule: Week 1 (June 7 – June 11)

## WEEKLY GOAL: INTRODUCTION AND BASICS

\*\*\*The exact time of events are subject to change\*\*\*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CHARACTER DEVELOPMENT TOPICS
7:30 AM	Camp Drop Off	Camp Drop Off	Camp Drop Off	Camp Drop Off	Camp Drop Off	- How do I speak with <b>CONFIDENCE</b> ?  (Monday + Tuesday)
7:30 AM	Board Games/Crafts	Board Games/Crafts	Board Games/Crafts	Board Games/Crafts	Board Games/Crafts	
8:00 AM						
8:30 AM	Cardio	Forms	Cardio	Forms	Cardio	
9:00 AM	Flexibility/Core Strength	Wirt Park (No Cost)	Flexibility/Core Strength	Elm Park (No Cost)	Flexibility/ Core Strength	
9:30 AM	Active Games		Active Games		Active Games	
10:00 AM	Taekwondo Basics		Basic Taekwondo Sparring Techniques		Basic Taekwondo Flips	
10:30 AM			Active Games			Active Games
11:00 AM	Active Games	Lunch	Lunch	Lunch	Lunch	- What should I do in <b>UNCOMFORTABLE</b> situations?  (Wednesday + Thursday)
11:30 AM	Lunch	Flexibility/Wave Master	In House Movie! (\$2.00 For Snacks)	Flexibility/Wave Master	Hickory Falls Mini Golf (\$7.00)	
12:00 PM						
12:30 PM	Ninja Warrior Course + Tie Dye (\$3.00)	Active Games	Student Lead Conditioning	Active Games	Hickory Falls Mini Golf (\$7.00)	
1:00 PM		Basic Taekwondo Rotation Kicks				
1:30 PM		Character Development				Cardio
2:00 PM	Active Games	Active Games	Active Games	Active Games	Active Games	- How can I <b>PRESENT MYSELF</b> properly?  (Friday)
2:30 PM	Active Games	Active Games	Active Games	Active Games	Active Games	
3:00 PM	Camper Pick Up	Camper Pick Up	Camper Pick Up	Camper Pick Up	Camper Pick Up	
3:30 PM						
4:00 PM	Camper Pick Up	Camper Pick Up	Camper Pick Up	Camper Pick Up	Camper Pick Up	

1. Please bring sneakers and socks every day!
2. Please apply sunscreen before drop off. We will NOT be applying sunscreen for our campers. Campers may bring non aerosol sunscreen to self-apply. [Section 1414.10 \(2\) of the PA School Code](#)
3. Please pack plenty of water for the day! Campers may drop \$10 off on Monday to get unlimited bottles of water from our refrigerator for the week.
4. Please drop off field trip money (exact amount) during drop off!
5. So's Taekwondo summer camp shirts MUST be packed on field trip days (except Wirt Park field trip). Campers without camp shirts will be provided one to be purchased during pickup.
6. Students may only stay at camp until their class if the class time is directly after pick up time. Otherwise they must be picked up and dropped back off.