

SO'S
TAEKWONDO'S



SUMMER CAMP 2025

**Reserve your weeks in the “shop” on our app starting
January 1, 2025! Spaces are limited!**



EXERCISE SOCIALIZATION TAEKWONDO GAMES FIELD TRIPS NINJA COURSE GOAL SETTING ARTS & CRAFTS MOVIES

So's Taekwondo's summer camp is a parent-approved, summer camp alternative that kids love to attend over summer break! We pride ourselves in having students return year after year, until they are too old to participate. Each day is packed with activities to keep students busy, in a safe and fulfilling manner. It is rumored that So's Taekwondo's summer campers go to bed earlier than other children each night!

PROMOTING A POSITIVE LIFESTYLE

Students in our summer camp...

- have limited screen time during the day (during drop off/pick up times, and after lunch)
- are taught about nutrition and encouraged to pack healthy lunch/snacks
- exercise with cardiovascular, mobility, and muscular endurance workouts everyday
- are encouraged to act with Taekwondo tenets in mind (courtesy, integrity, discipline) at all times
- are encouraged to work hard, and play hard!



WHAT A TYPICAL DAY LOOKS LIKE

Students are dropped off between 7:30AM and 8:30AM each morning. Upon arrival, students partake in board games, crafts, puzzles, or reading until we begin our morning cardio and flexibility workouts.

Students celebrate with active games after the morning workout!

After game sessions, it's time to practice Taekwondo skills! Taekwondo classes in summer camp accommodates students of all experience levels. During this time, higher ranks are often given leadership opportunities to assist our newer or younger students!

Before our second round of games, we blast through a core workout (targets stabilizing muscles in the abdomen and back).

It's lunch time! We ensure that students wash their hands before sitting down for lunch.

After we digest our food, we head out to our field trip. A roster check will be done tirelessly before, during, and after the field trip.

Before pick up time, students engage in the character development lesson followed by another round of active games!

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 can I properly work out CONFLICTS with others?
7:45 AM	Board Games	Board Games	Board Games	Board Games	Board Games	
8:00 AM	Crafts	Crafts	Crafts	Crafts	Crafts	
8:15 AM	Warmup Game	Warmup Game	Warmup Game	Warmup Game	Warmup Game	
8:30 AM	Pacers 125	Pacers 150	Pacers 175	Pacers 200	Pacers 200	
8:45 AM	Cool Down Stretches	Cool Down Stretches	Cool Down Stretches	Cool Down Stretches	Cool Down Stretches	
9:00 AM	Straddles and Splits	Partner Tag	Trip The Tiger	Straddles and Splits	Straddles and Splits	
9:15 AM	Partner Core Work	Snakes and Frogs	Ball Tag	Wave Master Kicks	Park Ranger Game	
9:30 AM	Hide and Seek	Individual Forms	Individual Forms	Wave Master Burnouts	Races	
9:45 AM	Black Belt Ball	Group Forms	Group Forms	Sharks and Minnows	Ghost In The Graveyard	
10:00 AM	Step-By-Step Front Kick	Roundhouse Kicks	Back Kicks	Duck Duck Goose	Set Up Circuit	How do I speak Confidently ?
10:15 AM	Step-By-Step Side Kick	Counter Roundhouse	Spinning Kicks	Group Select Core	Circuit	
10:30 AM	Step-By-Step Roundhouse	Cut Kicks	Tornado Kicks	Core Workout	Clean Up Circuit	
10:45 AM	Step-By-Step Axe Kick	Double Tap Kicks	Reverse Step Roundhouse	Slap Billy Ola	Chicken In The Henhouse	
11:00 AM	Freem Tag	Red Light Green Light	Jump The River	Noodle Battle	Link Tag	
11:15 AM	Kings and Queens	Cool Down	Cool Down	Cool Down	Cool Down	
11:30 AM	Lunch	Lunch	Lunch	Lunch	Lunch	
12:30 PM	Ninja Warrior Course (No Cost)	Group A Wirt Park (No Cost) Group B Elm Park (No Cost)	Group B Wirt Park (No Cost) Group A Elm Park (No Cost)	Group A In House Movie (\$2.00) Group B Codorus S'mores (\$4.00)	Group A Codorus S'mores (\$4.00) Group B In House Movie (\$2.00)	How can I PRESENT MYSELF properly?
12:45 PM						
1:00 PM						
1:15 PM						
1:30 PM						
1:45 PM						
2:00 PM						
2:30 PM	Character Development	Character Development	Character Development	Character Development	Character Development	
3:00 PM	Dodgeball	Dodgeball	Dodgeball	Dodgeball	Dodgeball	
3:30 PM	Camper Pick Up	Camper Pick Up	Camper Pick Up	Camper Pick Up	Camper Pick Up	
4:00 PM						

Weekly schedule can be found on the "Summer Camp" tab on our app!

REGISTRATION (EARLY BIRD DISCOUNT UNTIL FEB 28, 2025)

Step 1. Download the “So’s Taekwondo” app in the Apple App Store or the Google Play Store. Or use the QR code below.

Step 2. Reserve desired weeks in the “Shop” and pay a \$10 deposit/week. (Deposits are nonrefundable, but are applied towards the total balance)

Step 3. Submit a summer camp registration form (received via email/messenger after deposit has been made).

Step 4. Pay the summer camp **balance in full** prior to June 2, 2025 (received via email/messenger in April/May 2025).

QR code for the shop:



SUMMER CAMPER'S CHECKLIST:

Summer Camper's Checklist Summer Camp 2025

- Water bottle (water fountain in facility)
- Lunch with ice pack
- Healthy snacks (Campers get hungry! Please pack extra)
- Change of clothing (in case of spills, etc)
- Socks and sneakers
- Field trip appropriate items (swimwear/towel)
- Daily medication/epipen
- Sunscreen
- Summer camp shirt (on field trip days)
- Check the schedule (found on app) prior to attending each day!

- Please do not pack food containing nuts
- If a child does not have a So's camp shirt on field trip days, we will provide one for purchase.

1. Please apply sunscreen before drop off. We will NOT be applying sunscreen for our campers. Campers may bring sunscreen to self-apply.
2. Booster seats must be dropped off on field trip days.
3. Please drop off field trip money (cash only; exact amount) on Mondays of each week.
4. 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.
5. Students may stay after camp for class only if their class begins at 4:20PM on that day.
6. Electronic devices may be brought for use during drop off, lunch, and pick up times, however, phone calls, messaging, and video calls may not be used without permission.