

So's Taekwondo Summer Camp Schedule

The exact time of events are subject to change

Week 3 (June 15 - 19): Upper Body Week Cost - \$13.00

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	The Importance of Fire Safety (Held by a firefighter)
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 200	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	Black Belt Ball	Natural Disaster	Straddles and Splits	Straddles and Splits	
9:15 AM	Partner Core Work	Blob Tag	Sharks and Minnows	Pushup Pacers	Upper body Circuit Set Up	
9:30 AM	Telephone	Group A Elm Park (No Cost) <u>Bring Summer Camp Shirts</u>	Group A Wirt Park (No Cost)	Situp Pacers	Upper Body Circuit	
9:45 AM	Slap Billy Ola			Snakes and Frogs	Steal The Bacon	
10:00 AM	Partner 1 Pushup Pacer			Ghost in the Graveyard	Gaga Ball	
10:15 AM	Partner 2 Pushup Pacer			Group Select Core	Pushup Pacers	
10:30 AM	Partner 1 Situp Pacer			Core Workout	Situp Pacers	
10:45 AM	Partner 2 Situp Pacer			Group B Elm Park (No Cost) <u>Bring Summer Camp Shirts</u>	Ninja Game	
11:00 AM	Ball Tag			Freeze Dance	Freeze Tag	
11:15 AM	Cat and Mouse	Cool Down	Cool Down	Cool Down	Cool Down	
11:30 AM	Lunch	Lunch	Lunch	Lunch	Lunch	
12:30 PM	Ninja Warrior Course (No Cost)	Individual Forms	Individual Forms	In House Movie (\$2.00)	In House Reptile Show (\$11.00)	
12:45 PM		Group Forms	Group Forms			
1:00 PM		Partner 1 Pushup Pacer	Partner 1 Pushup Pacer			
1:15 PM		Partner 2 Pushup Pacer	Partner 2 Pushup Pacer			
1:30 PM		Partner 1 Situp Pacer	Partner 1 Situp Pacer			
1:45 PM		Partner 2 Situp Pacer	Partner 2 Situp Pacer			
2:00 PM		Park Ranger Game	Showdown			
2:30 PM	Character Development	Character Development	Character Development	Character Development	Dodgeball	
3:00 PM	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						

How can we overcome our FEARS?

Wednesday + Thursday

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!
4. Please drop off field trip money (exact amount) during drop off! Field Trips are subject to change.
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.