## So's Taekwondo Summer Camp Schedule

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

Week 3 (June 16 - 20): Lower Body Week

Cost - \$12.00

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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	
7:45 AM	Board Games	Board Games	Board Games	Board Games	Board Games	How can I be safe while on the INTERNET?  Monday + Tuesday
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	Link Tag	Chicken In the Hen House	Straddles and Splits	Straddles and Splits	
9:15 AM	Partner Core Work	Food Game	Ball Tag	Partner 1: Squat Pacer Test	Partner 1: Squat Pacer Test	
9:30 AM	Toilet Tag	-	Group B Elm Park (No Cost) Bring Summer Camp Shirts Group A Wirt Park (No Cost)	Partner 2: Squat Pacer Test	Partner 2: Squat Pacer Test	
9:45 AM	Marble Game			Natural Disaster	Ghost In The Graveyard	
10:00 AM	Partner 1: Squat Pacer Test			Kings And Queens	TV Game	-
10:15 AM	Partner 2: Squat Pacer Test			Quad Focused Exercises	On The Wall Leg Exercises	
10:30 AM	Student Select Legs Workout			Calf Focused Exercised	Balancing Leg Exercises	
10:45 AM	Instructor Legs Workout	Wirt Park (No Cost)		Sharks And Minnows	Blob Tag	How can I
11:00 AM	Freeze Tag			Ball Tag	Gaga Ball	show
11:15 AM	Kings and Queens	Cool Down	Cool Down	Cool Down	Cool Down	RESPECT towards adults
11:30 AM	Lunch	Lunch	Lunch	Lunch	Lunch	and my peers?
12:30 PM	Ninja Warrior Course (No Cost)	Individual Forms	Individual Forms	Group A In House Movie (\$2.00)  Group B Bowling (\$10.00)  Bring Summer Camp Shirts	Group A Bowling (\$10.00) Bring Summer Camp Shirts	Wednesday +
12:45 PM		Group Forms	Group Forms			Thursday
1:00 PM		Partner 1: Squat Pacer Test	Partner 1: Squat Pacer Test			
1:15 PM		Partner 2: Squat Pacer Test	Partner 2: Squat Pacer Test		Group B In House Movie (\$2.00)	
1:30 PM		Legs Circuit	Bag Kicks w/ Jumps			
1:45 PM		Legs Circuit	Bag Kicks w/ Running			
2:00 PM		Simon Says	Red Light Green Light			How can I handle a
2:30 PM	Character Development	Character Development	Character Development	Character Development	Character Development	BULLY?
3:00 PM	Dodgeball	Dodgeball	Dodgeball	Dodgeball	Dodgeball	Fulder
3:30 PM	Camper Pick Up	Camper Pick Up	Camper Pick Up	Camper Pick Up	Camper Pick Up	Friday

- 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.