

So's Taekwondo Summer Camp Schedule

The exact time of events are subject to change

Week 2 (June 13 - 17): Cardio Improvement

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 <u>CONFLICTS</u> with others? Monday + Tuesday
7:45 AM	Board Games	Board Games	Board Games	Board Games	Board Games	
8:00 AM	Crafts	Crafts	Crafts	Crafts	Crafts	
8:15 AM	Light Warmups	Light Warmups	Light Warmups	Light Warmups	Light Warmups	
8:30 AM	Pacers 125	Pacers 150	Pacers 175	Pacers 200	Pacers Set Own Goal	
8:45 AM	Basic Flexibility	Cool Down Stretches	Basic Flexibility	Cool Down Stretches	Basic Flexibility	
9:00 AM	Straddles and Splits	Wirt Park (No Cost)	Straddles and Splits	Elm Park (No Cost)	Straddles and Splits	
9:15 AM	Core Strength		Core Strength		Core Strength	
9:30 AM	Sharks and Minnows		Park Ranger Game		Ghost in the Graveyard	
9:45 AM	Ga-Ga Ball		Ball Tag		Spud	
10:00 AM	Kicking Warmups		Kicking Warmups (250)		Superman Rolls	
10:15 AM	Kicking VS Timer		Alternating Kicks (250)		Front Flips	
10:30 AM	Kicking VS Partner		Single Leg Kicks (250)		Front Handsprings	
10:45 AM	Kicking and Upper-body		Double Up Kicks (250)		Back Flip Steps	
11:00 AM	Black Belt Ball	Cool Down	Blindfold Game	Natural Disaster	- How can I choose <u>HEALTHY</u> foods for my diet? Wednesday + Thursday	
11:15 AM	Marble Game		Jump the River	Chicken in a Hen House		
11:30 AM	Lunch	Lunch	Lunch	Lunch		
12:30 PM	Ninja Warrior Course + Dunk Tank (\$5.00)	High Intensity Stretches	In House Movie! (\$2.00 For Snacks)	Partner Wall Stretches		Littlestown Pool (\$5.00)
12:45 PM		High Intensity Splits		Partner Floor Stretches		
1:00 PM		Noodle Battle		Kings and Queens		
1:15 PM		Red Light Green Light		Steal the Bacon		
1:30 PM		Basic Front Kicks		Group Set Up Circuit		
1:45 PM		Basic Side Kicks		Circuit		
2:00 PM		Basic Roundhouse Kicks		Group Clean Up Circuit		
2:30 PM	Character Development	Forms	Character Development	Forms	Character Development	- How can I work well with <u>OTHERS?</u> Friday
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						

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! 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.