

Summer Camp Schedule Session 9

Theme – Board Breaks / Tumbling

Drop off: 7:30-9:00am

Pick up: 3:00-5:45pm

	Monday	Tuesday	Wednesday	Thursday	Friday
Drop Off: 7:30-9:00am	Read book, warm up activities, light karate games				
Camp Officially Starts: 9:00-9:30am	Warm ups, karate games				
9:30-10:00am	Theme of the day activities / skits				
10:00-10:30am	Snack break (provided) / Riddles				
*10:30am-11:00am	Board Break Basics				Board Break Spotlight
*11:00-11:30am	Obstacle Course				
*11:30-12:00pm	Classic Karate Games				
12:00-12:30pm	Lunch (Bring bag lunch) / Mario Cart Challenge / Arts and Crafts				Lunch (Steve's Cheesy Breadsticks)
12:30-1:00pm	Bowling at UCD MU (we pay) <u>Bring money for arcade.</u>	Age-appropriate movie with popcorn.	Swimming at Community Pool. 3:00pm pick up is at the pool. Any time after that we will be at the dojo. <u>Bring swimsuit, towel, and sunscreen.</u>	Jump Kicks	Water balloon and water gun battle at Central Park. <u>Bring swimsuit, towel, and sunscreen.</u>
1:00-1:30pm				Arts and Crafts / Games	
1:30-2:00pm		Tumbling Drills			
2:00-2:30pm		Ice Cream Sundaes			
2:30-2:45pm	Walk back to karate	Tumbling Drills		Stranger Awareness / Safety Talk	
2:45-3:00pm	Review and spotlight what we learned.	Review and spotlight what we learned.		Review and spotlight what we learned.	Review and spotlight what we learned.
Late Pickup: 3:00-3:45pm	Snack (provided)				
3:45-4:15pm	Mario Cart Challenge				
4:15-4:45pm	Classic Karate Games				
4:45-5:15pm	Arts and Crafts				
5:15-5:45pm	Board Games				

***We may go to Central Park from 10:30am-12:00pm Monday through Friday, weather permitting.**

Students must bring a water bottle, sunscreen, book to read, bag lunch, shoes and socks, and backpack. Remember to put your name on everything.