

Summer Camp Schedule Sessions 4 and 8

Theme – Extreme Martial Arts / Demo Team Kicks

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	Extreme Martial Arts / Demo Team Kicks basics				
*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>	Arts and Crafts / Games	Water balloon and water gun battle at Central Park. <u>Bring swimsuit, towel, and sunscreen.</u>
1:00-1:30pm		Arts and Crafts / Games		Demo Team Kicks Drills	
1:30-2:00pm		Extreme Martial Arts Drills		Ice Cream Sundaes	
2:00-2:30pm		Walk back to karate		Stranger Awareness / Safety Talk	
2:30-2:45pm	Review and spotlight what we learned.	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.