



2016 UMS Taekwondo Spring Break Camp



6349 Columbia Pike #C, Falls Church VA 22041 / 703.914.1110

- Dates: - March 21st to March 25th (FCPS & ACPS)
- Drop off between 7:30am – 9:15am
- Pick up between before 6:30pm
- All 5 days for \$269 or \$70 per day!!

FCPS will be **closed** on **March 28, Monday:**

With Spring Break Camp package, there will be an additional \$30 fee for March 28th, Monday. It will include day camp, and Field trip to Chuck E Cheese (with lunch and tokens).

- Who can attend: Children from 5 to 12 years old
- Taekwondo Classes, Discipline, Self-confidence, Respect, Focus
- Recharge your child's energy and motivation!
- 10% discount for additional family members



SPRING

Taekwondo, Discipline, Exercise, Breaking Boards, Arts & Crafts, Visits to the Park, Chuck E. Cheese, Moon Bounce, Korean Language Classes, and much more!

Price of field trip to Chuck E. Cheese on Tue. will be \$20—Includes Lunch & Tokens



Visit our website and learn more about UMS :
umsmartialarts.com

Questions? – umsmartialarts@gmail.com



2016 UMS Spring Break Camp Schedule (3/21 ~ 3/25)

MONDAY – (3/21&28)

- 7:30 AM** Kiss & Ride between 7:30 – 9:15 am.
Quiet Time, mini-games, or a movie session.
- 9:15 AM** **The camp begins!** All students will be out on the main mat, and warm-up for camp. Take attendance, and review schedule and rules. Instill proper manners at Dojang, home & school.
- a) Physical fitness activities
Taekwondo Class: b) Learn about discipline
c) Practice self-defense
- 11:30 AM** Lunch & break; supervised recess (**3/28: FIELD TRIP TO CHUCK E. CHEESE**)
- 12:30 PM** **Game Day!!** (Ps2, Board Games, card games)
- 3:00 PM** Snack Time ☺; Organize & Clean-up; Responsibility and Discipline Time
- 3:45PM** **Camp ends:** Quiet Time and pick-up

TUESDAY – (3/22)

- 7:30 AM** Kiss & Ride between 7:30 – 9:15 am.
Quiet Time, mini-games, or a movie session.
- All students will be out on the main mat, and warm-up for camp. Take attendance, and review schedule and rules. Instill proper manners at Dojang, home & school.
- 9:15 AM** Taekwondo Class: Kicking and punching techniques
- 11:00 AM** **Field trip to Chuck E Cheese**
(Pizza for lunch & non-caffeinated soda)
- 3:00 PM** Return to Dojang. Snack! ☺, Organize & Clean-up
Responsibility and Discipline Time
- 3:45 PM** **Camp ends:** Quiet Time and pick-up

WEDNESDAY – (3/23)

- 7:30 AM** Kiss & Ride between 7:30 – 9:15 am.
Play quiet activities, games, or a movie.
- 9:15 AM** **The camp begins!** All students will be out on the main mat, and warm-up for camp. Take attendance, and review schedule and rules. Instill proper manners at Dojang, home & school.
- Taekwondo Class: One-step sparring & free sparring.
- 11:30 AM** **Lunch & head to Park** (Sports, Playground time too!)
- 3:00 PM** Return to Dojang! Snack Time ☺; Organize & Clean-up
Responsibility and Discipline Time

3:45PM **Camp ends:** Quiet Time and pick-up

THURSDAY – (3/24)

- 7:30 AM** Kiss & Ride between 7:30 – 9:15 am.
Quiet Time, mini-games, or a movie session.
- 9:15 AM** All students will be out on the main mat, and warm-up for camp.
- The camp begins!** Taekwondo Discipline training and TKD Korean Terminology
- 11:00 AM** Lunch & break; supervised recess
- 12:00 PM** **Field trip to the Flower Garden!**
- 3:00 PM** Snack Time ☺; Organize & Clean-up; Responsibility and Discipline Time
- 3:45PM** **Camp ends:** Quiet Time and pick-up

FRIDAY – (3/25)

- 7:30 AM** Kiss & Ride between 7:30 – 9:15 am.
Quiet Time, mini-games, or a movie session.
- 9:15 AM** All students will be out on the main mat, and warm-up for camp.
- The camp begins!** Attendance. schedule, discipline at home & School.
- Taekwondo: Practice breaking techniques with kicking and punching target.
- 11:30 AM** Lunch Time & rest; supervised time
- 12:30 PM** **Taekwondo Board Breaking Technique**
- 1:30 PM** **Moon Bounce** and games on the mat!
- 3:00 PM** Snack Time ☺, Organize & Clean-up
Responsibility and Discipline Time
- 3:45 PM** **Camp ends-** Quiet activity and waiting for pick-up

Note: Schedule is subject to change. After **6:30PM**, there will be a charge for a late pick up.

Tuesday, March 22nd: **Only** bring a **snack**. **Lunch** will be **included** at Chuck E. Cheese.

Optional: FCPS will be closed on March 28th, Monday. With Spring Break Package, there will be an **additional \$30 fee for March 28th, Monday**. It will include day camp and field trip to Chuck E. Cheese (with lunch and tokens).

• UMS 2016 Spring Break Camp Registration form

1. Student Name: _____ Age: _____ M / F
LAST FIRST

2. Student Name: _____ Age: _____ M / F
LAST FIRST

3. Student Name: _____ Age: _____ M / F
LAST FIRST

Guardian Name: _____ EMAIL _____
LAST FIRST

Address: _____
STREET APT# CITY STATE ZIP

Home Phone: _____ Work: _____ Cell: _____

Emergency Contact Name: _____
LAST FIRST RELATION

Home Phone: _____ Work: _____ Cell: _____

Any Health Conditions we need to keep in mind or medications we need to be aware of? _____

CAMP RATES - \$269 * for all 5 days or \$70* per day PLEASE CIRCLE Mon. Tue. Wed. Thu. Fri.
There is a 10 % discount for each additional student. **3/21 3/22 3/23 3/24 3/25**

***Price does not include Field Trip fee to Chuck E. Cheese: \$20 (Includes lunch & tokens)**
 Mon. (\$30-include)
3/28 (Chuck E Cheese)

Registration Fee \$50 first time (Include Taekwondo uniform and patched)
No registration fee for UMS members or already have UMS TKD Uniform

Total Camp Fee \$ _____ PAID cc \$ # _____

CONSENT – PLEASE READ

Waiver and Release: I, as the child(ren)'s legal guardian, fully recognize that martial arts involve strenuous physical exercise and I am fully aware of the risks of injury and/or illness inherent in participation in any fitness or martial arts program, and I have taken all reasonable steps to determine, and hereby warrant, that my child(ren) is(are) in good health and physically capable of participating in the programs and courses of instruction offered by UMS Martial Arts. I understand and agree that all participation in any such fitness program or use of UMS Martial Art's equipment or facilities on or off the premises, including field trips, shall be at our own risk. I authorize the personnel of UMS Martial Arts to transport my child(ren) to and from UMS Martial Arts in any event, and in the case of a medical emergency I authorize UMS Martial Arts to seek medical attention for the student(s) mentioned above. I also authorize the attending physician to perform any emergency treatment that is deemed necessary.

I hereby release, indemnify, and hold harmless UMS Martial Arts and its officers, directors, employees, and agents from and against any and all claims, demands, damages, costs and liabilities of any kind or any kind of nature, including attorney's fees and costs, for any injury, harm or fatalities of myself or my child(ren), or of any person(s) who become entitled to the use of the facilities of UMS Martial Arts by virtue of this agreement, or any third persons, which arise directly or indirectly out of or in virtue of our presence at UMS Martial Arts for any payment compensation or claim for any fatalities, harm or injuries sustained by our presence at UMS Martial Arts.

Payment / Modification Policy: I understand that payment is due before the event begins and all payments are non-refundable.. I realize there will also be a \$25.00 service charge for any returned checks. I will notify UMS Martial Arts in advance in the event that my student(s) will not attend. If the person designated to pick-up my student(s) from UMS Martial Arts is late I agree to pay the late fees associated with the late pick-up time (\$10 charged for any time between 6:31-6:45 pm and \$5 for every fifteen minute segment thereafter). I understand that these Day Camps are subject to cancellation or delayed opening due to low attendance or severe weather.

Loss, Damage, and Theft of Property: I understand and agree that UMS Martial Arts, its officers, directors, agents, and employees shall not be held responsible for any personal property which is damaged, lost or stolen in or around UMS Martial Arts or its facilities, or at any of UMS Martial Arts' off-premises events and field trips.

Photographic Equipment: I hereby authorize UMS Martial Arts and its directors, agents, successors, and personnel to photograph me or my child(ren) and to utilize such photographs for any commercial purpose, including but not limited to the promotion and marketing of UMS Martial Arts, and I agree that I nor any party acting on my, or my child(ren)'s behalf shall not be entitled to receive any compensation whatsoever of any kind as a result of such use.

By signing below, I have read, understood and agreed to these terms and conditions above.

Guardian's Signature: _____ **Date:** _____