

2016 UMS Taekwondo Spring Break Camp

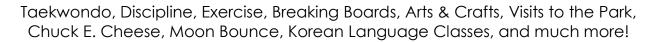


6349 Columbia Pike #C, Falls Church VA 22041 / 703.914.1110

- 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



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





Dojang, home & school.

11:30 AM

Taekwondo Class: One-step sparring & free sparring.

Lunch & head to Park (Sports, Playground time too!)

3:00 PM Return to Dojang! Snack Time ©; Organize & Clean-

up Responsibility and Discipline Time

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

garr						
	MONDAY - (3/21&28)	3:45PM	Camp ends: Quiet Time and pick-up			
7:30 AM	Kiss & Ride between 7:30 – 9:15 am. Quiet Time, mini-games, or a movie session.		THURSDAY - (3/24)			
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.	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.			
	a) Physical fitness activities Taekwondo Class: b) Learn about discipline c) Practice self-defense		The camp begins! Taekwondo Discipline training and TKD Korean Terminology			
11:30 AM	Lunch & break; supervised recess (3/28: FIELD TRIP TO CHUCK E. CHEESE)	11:00 AM	Lunch & break; supervised recess			
		12:00 PM	Field trip to the Flower Garden!			
12:30 PM	Game Day!! (Ps2, Board Games, card games) Snack Time ©; Organize & Clean-up; Responsibility	3:00 PM	Snack Time ☺; Organize & Clean-up; Responsibility and Discipline Time			
3:00 PM	and Discipline Time	3:45PM	Camp ends: Quiet Time and pick-up			
3:45PM	Camp ends: Quiet Time and pick-up	0.10. m	Camp order date time and plant ap			
	TUESDAY - (3/22)		FRIDAY - (3/25)			
7:30 AM	Kiss & Ride between 7:30 – 9:15 am. Quiet Time, mini-games, or a movie session.	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. Take attendance, and review schedule and rules. Instill proper manners at Dojang, home &	9:15 AM	All students will be out on the main mat, and warm-up for camp. The camp begins! Attendance. schedule, discipline at			
	school.		home & School.			
11:00 AM	Taekwondo Class: Kicking and punching techniques Field trip to Chuck E Cheese		Taekwondo: Practice breaking techniques with kicking and punching target.			
11.00 AW	(Pizza for lunch & non-caffeinated soda)	11:30 AM	Lunch Time & rest; supervised time			
3:00 PM	Return to Dojang. Snack! ©, Organize & Clean-up Responsibility and Discipline Time	12:30 PM	Taekwondo Board Breaking Technique			
3:45 PM	Camp ends: Quiet Time and pick-up	1:30 PM	Moon Bounce and games on the mat!			
J. 7J IVI	WEDNESDAY – (3/23)	3:00 PM	Snack Time ☺ , Organize & Clean-up Responsibility and Discipline Time			
7:30 AM	Kiss & Ride between 7:30 – 9:15 am. Play quiet activities, games, or a movie.	3:45 PM	Camp ends- Quiet activity and waiting for pick-up			
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		chedule is subject to change. After 6:30PM , ll be <u>a charge for a late pick up</u> .			

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 Charle of Name of							
1. Student Name:					Age:		M / F
LAST		FIRST					
2. Student Name:		FIRST			Age:		M / F
		LIK21					
3. Student Name:		FIRST		-	Age:		<u>M / F</u>
	7		131				
Guardian Name:	7	FIRST	- 0	EMAIL			
Address:						1	7
STREET		APT#	CITY			STATE	ZIP
Home Phone:	Work	:		Cell:		1	
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Emergency Contact Nan	ne:	FIRST			RELATIO	N	
		The second second		Calle			
Home Phone:	vvork	C		Cell:	7		
Any Health Conditions we	e need to keep in mind o	or medications w	ve need to be	aware of	\$		
CAMP RATES - \$269 * f	or all 5 days or \$70* per o	day PLEASE CIF	RCLE Mon.	Tue. \	Ved.	Thυ.	Fri.
There is a 10 % discount fo	or each additional stude	nt.	3/21	3/22	3/23	3/24	3/25
*Price does not include Fi	ield Trip fee to Chuck E. (Cheese: \$20 (In	cludes lunch &	tokens)	ı	Mon.	(\$30-include)
Registration Fee \$50 fir			07	,			Chuck E Cheese)
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Total Camp Fee \$	_/_		☐ PAID	CC	\$	#	
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Waiver and Release: I, as the child		ONSENT - PLEASI		physical exe	rcise and	d I am fully	aware of the risks of
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Guardian's Signature:________Date:_______