



## UMS TAE KWON DO

# 2019 SPRING CAMP

**DISCIPLINE - RESPECT - RESPONSIBILITY - CONFIDENCE - MOTIVATION**

### Date & Time:

Monday, APRIL 15<sup>th</sup> – FRIDAY 19<sup>th</sup>

Drop-off is between 7:30 am – 9:30 am

Pick-up is before 6:00pm



### Details:

1. Must be 5 years old to 12 years old
2. Korean Embassy by appointment or Air Space Museum. No Fee.
3. Bring lunch every day **except** Tuesdays.
4. **Field trip with LIMOUSINE....**
5. Improve yourself and have fun!!

### Rates include:

Taekwondo classes, Moon Bounce, Breaking Boards, Games, In-School Movies, Exercise, Discipline, Sports Activities, Local Parks, Korean Embassy, **Limousine rides** ...

### Rates do not include:

Field trips to **Chuck E. Cheese** (\$20 – included lunch & Tokens, Who has food allergy, must bring own lunch)

**Space is limited!!**

For registration or questions: [umsKICK.com](http://umsKICK.com)

[umsmartialarts@gmail.com](mailto:umsmartialarts@gmail.com) or 703-914-1110

### Prices:

1 Day ..... \$60

5 days (M – F) ..... \$259

\$20 Discount for additional family members

Registration is free!!



## 2019 UMS Spring Camp Schedule

### Mon.

<b>7:30 am</b>	Drop off campers between 7:30am - 9:15 am Quiet Games & Activities
<b>9:15 am</b>	<b>Taekwondo Camp Begins!</b> Line up on the mat & take attendance. <b>Taekwondo practice</b> – How to ready for the TKD class: Taekwondo Discipline! Basic Techniques - Kicking, Hand Techniques, obstacle
<b>11:30 am</b>	Lunch and rest; supervised free time
<b>1:00 pm</b>	Game time! (Arts and Crafts) Moon bounce, Dodge ball, Taekwondo home Rules, Obstacle course Lava, Mediation...
<b>3:20 pm</b>	Practice organize responsible, Clean up, Snack time
<b>3:50 pm</b>	Taekwondo Camp Ends: Quiet activities, movie or quiet games until parents pick-up <b>no later than 6:00pm</b>

### Tue.

<b>7:30 am</b>	Drop off campers between 7:30am - 9:15 am Quiet Games & Activities
<b>9:15 am</b>	<b>Taekwondo Camp Begins!</b> Line up on the mat & take attendance. <b>Taekwondo practice</b> – Physical Fitness Training Sprints, Jumps, Ropes, and more! Free Promise Sparring with Combination Kicks
<b>10:15 am</b>	Go over field trip rules
<b>10:40 pm</b>	<b>Chuck E. Cheese</b> (We will have lunch there ☺ )
<b>2:30 pm</b>	Return from field trip – Take rest. Taekwondo home rules and Meditation
<b>3:20 pm</b>	Practice organize responsible, Clean up, Snack time
<b>4:00 pm</b>	Taekwondo Camp Ends: Quiet activities, movie or quiet games until parents pick-up <b>no later than 6:00pm</b>

### Wed.

<b>7:30 am</b>	Drop off campers between 7:30am - 9:15 am Quiet Games & Activities
<b>9:15 am</b>	<b>Taekwondo Camp Begins!</b> Line up on the mat & take attendance. <b>Taekwondo practice</b> – Advanced Kicking Techniques Review board breaking techniques No Contact Sparring
<b>11:30 am</b>	Lunch time, supervised free time
<b>1:00 pm</b>	<b>Go to Mason District Park</b>
<b>2:45 pm</b>	Return from field trip, Meditation, Taekwondo home rule
<b>3:15 pm</b>	Practice organize responsible, Clean up, Snack time
<b>4:00 pm</b>	Taekwondo Camp Ends: Quiet activities, movie or quiet games until parents pick-up <b>no later than 6:00pm</b>

### Thu.

<b>7:30 am</b>	Drop off campers between 7:30am - 9:15 am Quiet Games & Activities
<b>9:15 am</b>	<b>Taekwondo Camp Begins!</b> Line up on the mat & take attendance. <b>Taekwondo practice Rules and Regulation. About field trip to Korean Embassy.</b> Board Breaking Techniques
<b>10:20 am</b>	<b>Go to Korean Embassy</b> Learning Korean cultures, history, .. Taekwondo...
<b>2:15 pm</b>	Return from field trip – Take rest. Review Taekwondo breaking technique. Meditation time
<b>3:15 pm</b>	Practice organize responsible, Clean up, Snack time
<b>4:00 pm</b>	Taekwondo Camp Ends: Quiet activities, movie or quiet games until parents pick-up <b>no later than 6:00pm</b>

### Fri.

<b>7:30 am</b>	Drop off campers between 7:30am - 9:15 am Quiet Games & Activities
<b>9:15 am</b>	<b>Taekwondo Camp Begins!</b> Line up on the mat & take attendance. <b>Taekwondo practice</b> – Practice breaking techniques Olympic Style Sparring
<b>11:30 am</b>	Lunch time, supervised free time
<b>1:00 pm</b>	Taekwondo Discipline class – Taekwondo Home rules, Board Breaking Rope Training, Push up, Sit up, Dodge ball, Moon bounce, La va , Meditation time
<b>3:15 pm</b>	Practice organize responsible, Clean up, Snack time
<b>4:00 pm</b>	Taekwondo Camp Ends: Quiet activities, movie or quiet games until parents pick-up <b>no later than 6:00pm</b>

**\*Schedule is subject to change.**

**\*Late fee apply for pickup after 6:00 pm**

**Who has food allergy bring own lunch and snack every day**



# 2019 UMS Spring Camp Registration Form

Guardian Name:		Email:	
Address:			
H. Ph:	W. Ph:	C. Ph:	
Emergency Contact:		Relation to student:	
Phone:			
Student 1:		Age:	Gender: M or F
Student 2:		Age:	Gender: M or F
Student 3:		Age:	Gender: M or F
Any health conditions to be aware of?			

**Please Check the days attending**

<input type="checkbox"/> <b>Mon. 04/15</b> Taekwondo & Moon bounce (Bring Lunch!)	<input type="checkbox"/> <b>Tue. 04/16</b> Chuck E. Cheese (Lunch & Token included)	<input type="checkbox"/> <b>Wed. 04/17</b> Mason District Park (Bring Lunch)	<input type="checkbox"/> <b>Thu. 04/18</b> Korean Embassy (Bring Lunch!)	<input type="checkbox"/> <b>Fri. 04/19</b> Breaking board (Bring Lunch!)
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### Pricing Reminders:

1 day	\$60	<b>\$20 Discount for additional family members Registration is free!!</b>
5 days (M – F)	\$259	
Chuck E Cheese <span style="color: red;">(lunch &amp; tokens included)</span>	\$20	

Total Amount Due:	Type		Date	Initial
\$	<input type="checkbox"/> Cash			
\$	<input type="checkbox"/> Credit Card			
\$	<input type="checkbox"/> Check #			

### Terms of Consent

**Payment/Cancellation/Modification Policy:** Registration payment reserves the camper(s) listed above space in the camp. All payments are non-refundable. Payment for the week secures the entire week, even if the camper(s) listed above do not attend the entire week. If payments are not received on time the camper(s) will not be allowed in the camp. Payments made on Monday for that week are charged a late penalty of \$25. If the camper(s) cannot attend due to physical reasons (ie. broken leg), a Doctor's note must be provided in order for payments to be applied toward future camps or memberships. A \$25 service fee made payable to UMS Martial Arts is charged for bounced checks. A \$30 service fee is charged for modification/cancellation of weeks (not for adding weeks in advance). Late pick up charges are as follows and are to be paid before the camp ends each Friday: \$10 from 6:31-6:45pm and \$5 for every 15 minute segment thereafter. Failure to make payments will result in referral to a collection agency.

**Waiver and Release:** I, as the child(ren)'s legal guardian, fully recognize that martial arts involves 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 officers and 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 and its officers and personnel to seek medical attention for the camper(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 personnel from and against any and all claims, suits, 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 form of compensation or claim for any fatalities, harm or injuries sustained by our presence at UMS Martial Arts.

**Loss/Damage/Theft of Property:** I understand and agree that UMS Martial Arts and its personnel 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 personnel to photograph me or my child(ren) and to utilize such photographs for commercial purposes, 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 compensation as a result of such use.

Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

*\*By signing, you agree to the Terms of Consent outlined above*