



UMS TAE KWON DO

2021 Half Day Summer CAMP

DISCIPLINE - EXERCISE - RESPONSIBILITY - CONFIDENCE - MOTIVATION

Date & Time:

Monday – Friday / June 21st – August 20th

Time: 9:00am – 1:00pm

Details:

1. Must be ages 5-12 years old
2. Bring lunch and snack, water, face mask
3. Improve yourself and have fun!!

Rates include:

Taekwondo classes, Breaking Boards, Exercise,
Local Parks, Movie Parties, Moon Bounce

Space is limited!!

For registration or questions: umsKICK.com
umsmartialarts@gmail.com or 703-914-1110



Prices:

1 Day \$40

5 days (M – F) \$149

\$10 Discount for additional
family members

\$15 Registration fee with
UMS T-shirt!!



2021 UMS Summer Camp Schedule

Mon.

| | |
|-------------------|---|
| 9AM-9:20AM | Drop off campers between 9 – 9:20, Wash hands, Attendance, Ready for the Taekwondo |
| 9:30AM | <i>Taekwondo Class begins!</i> How to get ready for the TKD class: Taekwondo Discipline! Basic Techniques - Kicking, Hand Techniques, Obstacle course |
| 11:15AM | Meditation, Discipline and Physical exercise |
| 11:45AM | Wash hands, Lunch and snack / quiet time, Clean up and organize responsibility, Hand sanitizing |
| 12:45PM | Get ready to leave, Parent pick up time. |
| -1PM | |

Thurs.

| | |
|----------------------|---|
| 9AM - 9:20 AM | Drop off campers between 9– 9:20, Wash hands, Attendance, Ready for the Taekwondo |
| 9:30 AM | <i>Go to the park Taekwondo Class begins,</i> Warm up running, Warm up target kicking, Obstacle course training, team sparring, Tornado kick and back hook kick |
| 11:15 AM | Come back to UMS, Meditation, Discipline, Physical exercise |
| 11:45AM | Wash hands, Lunch and snack/quiet time, Clean up and organize responsibility, Hand sanitizing |
| 12:45 PM | Get ready to leave, Parent pick up time. |
| -1PM | |

Tue.

| | |
|----------------------|---|
| 9AM - 9:20 AM | Drop off campers between 9am – 9:20, Wash hands, Attendance, Ready for the Taekwondo |
| 9:30 AM | <i>Go to the park Taekwondo Class begins!</i> Sparring kicking technique, Free sparring, Group sparring, Running jump side kick, Obstacle course, Music sparring, Running, Jumping |
| 11:15 AM | Come UMS, Meditation, Discipline, Physical exercise |
| 1145 AM | Wash hands, Lunch and snack / quiet time, Clean up and organize responsibility |
| 12:45PM | Get ready to leave, Parent pick up time. |
| -1PM | |

Frid.

| | |
|----------------------|---|
| 9AM - 9:20 AM | Drop off campers between 9am – 9:20, Wash hands, Attendance, Ready for the Taekwondo |
| 9:30 AM | <i>Taekwondo Class begins!</i> Breaking technique, Spider kick, Spider punch, Spider jump, Front fall down tech, Back fall down tech, Combination kicking. |
| 11:15 AM | Meditation, Discipline, Physical exercise, Wash hands |
| 11:45 AM | Wash hands, Lunch and snack/quiet time, Clean up and organize responsibility, Hand sanitizing |
| 12:45PM | Get ready to leave, Parent pick up time. |
| -1PM | |

Wed.

| | |
|----------------------|--|
| 9AM - 9:20 AM | Drop off campers between 9– 9:20, Wash hands, Attendance, Ready for the Taekwondo |
| 9:30 AM | <i>Taekwondo Class begins!</i> Promise sparring, Speed kicking contest, Push up and sit up contest, Jump contest, Jump over target flying side kicks. |
| 11:15 AM | Meditation, Discipline and Physical exercise |
| 11:45 AM | Wash hands, Lunch and snack/quiet time, Clean up and organize responsibility, Hand sanitizing |
| 12:45 PM | Get ready to leave, Parent pick up time. |
| -1PM | |

- *Schedule is subject to change.**
- *Students will be learning different Taekwondo techniques every week.**
- *Students must wear face mask.**
- *Late fee applies for pickup after 1PM.**



2021 UMS Summer Camp Registration Form

| | | | |
|---------------------------------------|--------|----------------------|----------------|
| Guardian Name: | | Email: | |
| Address: | | | |
| H. Ph: | W. Ph: | C. Ph: | |
| Emergency Contact Name: | | 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? | | | |

| | | | | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> | 6 <input type="checkbox"/> | 7 <input type="checkbox"/> | 8 <input type="checkbox"/> | 9 <input type="checkbox"/> |
| 6/21- 25 | 6/28- 7/2 | 7/5 - 9 | 7/12 - 16 | 7/19 - 23 | 7/26 - 30 | 8/2 -8/6 | 8/9 - 13 | 8/16 - 20 |
| Pd. _____ | Pd. _____ | Pd. _____ | Pd. _____ | Pd. _____ | Pd. _____ | Pd. _____ | Pd. _____ | Pd. _____ |

\$50 Deposit is required to hold your spot for each week.
 It is not refundable. Can't change the week planned unless spaces a open
 \$60 Registration Fee will include UMS TKD uniform & Camp T-Shirt.
 If they already have uniform registration is only \$10.00.
 * 4 weeks & more, camper receives 2 T-shirts. *1-3 weeks camper receives 1 T-shirt.
 \$10 discount for additional family members!
 If paying weekly, the Camp fee is due on Fridays (10 days before.)

Registration fee: _____ Deposit: _____
 \$ _____ ck _____ CC _____ Pd On: ____ / ____ / ____ INITIALS

CALCULATIONS & PAYMENT:

Camper 1 _____ X _____ = \$ _____
WEEKLY RATE # OF WEEKS

Camper 2 _____ X _____ = \$ _____
10% OFF WEEKLY RATE # OF WEEKS

Camper 3 _____ X _____ = \$ _____
10% OFF WEEKLY RATE # OF WEEKS

TOTAL \$ _____

CK _____ CC _____ CA _____ Pd On: ____ / ____ / ____ INITIALS

Credit Card: _____
*requires

Exp. Date: ____ / ____ / ____ CVS code: _____
We will charge every Friday 10days before camp start

TERMS OF AGREEMENT:

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 does not attend the entire week. If payments are not received on time the camper(s) will not be allowed in the camp. Payment made weekly are due on Fridays (10 days before) Failure to make a payment on any due date (whether in person or rejected Credit Card draft) will cancel participant's registration. UMS reserves the right to cancel camp sessions due to safety / Covid concerns and / or if less than 5 students enroll for a given week.

If the camper(s) cannot attend due to physical reasons (i.e., broken leg), a Doctor's medical note must be provided in order for payments to be applied toward future camps or Taekwondo memberships.

A \$25 service fee made payable to UMS Martial Arts is charged for bounced checks. A \$25 service fee is charged for modification 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 1pm - 1:15pm 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 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 and with knowledge that children with food allergies must bring their own lunch and snacks.

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 me or my child(ren)'s behalf shall not be entitled to receive compensation as a result of such use.

COVID-19 liability I acknowledge the contagious nature of the Coronavirus/COVID-19 and that the CDC and many other public health authorities still recommend practicing social distancing. I further acknowledge UMS Martial Arts has put in place preventative measures to reduce the spread of the Coronavirus/COVID-19. I further acknowledge that UMS Martial Arts cannot guarantee that I will not become infected with the Coronavirus/ Covid-19. I understand that the risk of becoming exposed to and/or infected by the Coronavirus/COVID-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to, staff, and other clients and their families. I voluntarily seek services provided by UMS Martial Arts and acknowledge that I am increasing my risk of exposure to the Coronavirus/COVID-19. I acknowledge that I must comply with all set procedures to reduce the spread while attending class.

I attest that:

- Participants are not experiencing any symptoms of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.
- I do not believe the participant has been exposed to someone with a suspected and/or confirmed case of the Coronavirus/COVID-19.
- Participant has not been diagnosed with Coronavirus/Covid-19 and not yet cleared as non-contagious by state or local public health authorities.

I hereby release and agree to hold UMS Martial Arts harmless from, and waive on behalf of myself, my heirs, and any personal representatives any and all causes of action, claims, demands, damages, costs, expenses and compensation for damage or loss to myself and/or property that may be caused by any act, or failure to act of the academy, or that may otherwise arise in any way in connection with any services received from UMS Martial Arts. I understand that this release discharges UMS Martial Arts from any liability or claim that I, my heirs, or any personal representatives may have against the academy with respect to any bodily injury, illness, death, medical treatment, or property damage that may arise from, or in connection to, any services received from UMS Martial Arts. This liability waiver and release extends to the academy together with all owners, partners, and employees.

Guardian Name: _____

Signature: _____ **Date:** _____