



# U.S. TAEKWONDO ACADEMY SUMMER CAMP



**VOTED HARFORD'S BEST EVERY YEAR SINCE 2013!**

Taekwondo Games, Field Trips, Swimming, Exercise,  
Socialization, Goal Setting, Arts & Crafts, Movies & More!

**443-243-4124**

109A NORTH MAIN STREET, BEL AIR, MD

**WWW.USTACHANG.COM**



# EXERCISE SOCIALIZATION TKD GAMES FIELD TRIPS SWIMMING GOAL SETTING ARTS & CRAFTS MOVIES

U.S. Taekwondo Academy's Summer Camp is an awesome alternative that kids love to attend! We pride ourselves in having students return year after year for our parent-approved camp! Each day is packed with activities to keep students actively engaged in a safe and fun environment. It is rumored that our summer campers go to bed earlier than other children each night!

## Promoting a positive lifestyle

Students in our summer camp...

- have limited screen time during the day (during drop off/pick up times, and a few minutes after lunch)
- are taught about nutrition and encouraged to pack healthy lunch/snacks
- exercise with cardiovascular and muscular endurance workouts everyday
- are encouraged to act with Taekwondo tenets in mind (courtesy, integrity, discipline) at all times
- will participate in team building exercises and activities
- are encouraged to work hard, and play hard!



## What a typical day looks like

Students are dropped off at 9:00AM for standard campers OR between 7:30-9:00AM each morning if they are enrolled for Before-Care.

Upon arrival, students partake in board games, crafts, puzzles, reading until we begin our morning cardio and flexibility workouts.

Students celebrate with active games after the morning workout!

After game sessions, it's time to practice Taekwondo skills! Taekwondo classes in summer camp accommodates students of all experience levels. During this time, higher ranks are often given leadership opportunities to assist our newer or younger students!

Before our second round of games, we blast through a core workout (targets stabilizing muscles in the abdomen and back).

It's lunch time! We ensure that students wash their hands before sitting down for lunch.

After we digest our food, we head out to our field trip. A roster check will be done tirelessly before, during, and after the field trip.

Before pick-up time, students engage in the character development lesson followed by another round of active games!

Pick-up is at 3:00PM for standard campers OR between 3:00-4:30PM if they are enrolled for After-Care.

Every day is different and filled with both indoor and outdoor activities (pending weather).

Our campers love our field trips, too!



## Sample Schedule

Weekly Goal: Introduction & Basics

\*The exact time of events are subject to change.\*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CHARACTER DEVELOP- MENT TOPICS
7:30 AM	Doors Open for Be- fore Care	Doors Open for Be- fore Care	Doors Open for Before Care	Doors Open for Before Care	Doors Open for Be- fore Care	- How do I speak with <b>CONFIDENCE</b> ?  (Monday + Tuesday)
7:30 AM	Board Games/ Crafts/Electronics	Board Games/Crafts/ Electronics	Board Games/Crafts/ Electronics	Board Games/Crafts/ Electronics	Board Games/Crafts/ Electronics	
8:00 AM						
8:30 AM	Cardio	Cardio	Cardio	Cardio	Cardio	
9:00 AM	Flexibility/Core Strength	Field Trip to the Play Ground	Flexibility/Core Strength	Field Trip to Chuck E. Cheese  Or Sky Zone	Flexibility/ Core Strength	
9:30 AM	Active Games		Active Games		Active Games	
10:00 AM	Taekwondo Basics		Basic Taekwondo Sparring Techniques		Basic Taekwondo Flips	
10:30 AM			Active Games	Active Games		
11:00 AM	Active Games					
11:30 AM	Lunch	Lunch	Lunch	Lunch	Lunch	
12:00 PM						
12:30 PM	Taekwondo class	Flexibility/Wave Mas- ter	Field Trip to Horizon Cinemas	Flexibility/Wave Master	Field Trip to the Pool	
1:00 PM	Assign teams	Active Games		Active Games		
1:30 PM	Skit practice based on theme of the week	Basic Taekwondo Ro- tation Kicks		Student Lead Condi- tioning		
2:00 PM						
2:30 PM	Character Develop- ment	Cardio		Cardio	Character Develop- ment	
3:00 PM	Camper Pick Up	Camper Pick Up	Camper Pick Up	Camper Pick Up	Camper Pick Up	
3:30 PM	After Care Activities	After Care Activities	After Care Activities	After Care Activities	After Care Activities	
4:00 PM						
4:30 PM	Active Games	Active Games	Active Games	Active Games	Active Games	

1. Please bring sneakers and socks every day.
2. Please apply sunscreen before drop off. We will NOT be applying sunscreen for our campers. Campers may bring non-aerosol sunscreen to self-apply.
3. Please drop off field trip money (exact amount) during drop off.
4. US Taekwondo Academy summer camp shirts MUST be worn everyday. Campers without camp shirts will be provided one to be purchased during pick up.
5. Students may only stay at camp until their class if the class time is directly after pick up time. Otherwise they must be picked up and dropped back off.



## Summer Camper's Checklist

Summer Camper's Checklist
<ul style="list-style-type: none"><li>• Water bottles or \$1 per water bottle sold at the school</li><li>• Lunch with ice pack (nut-free)</li><li>• Healthy snacks (please pack plenty as campers get hungry!)</li><li>• Change of clothing (in case of spills, etc)</li><li>• Socks and sneakers</li><li>• Field trip appropriate items (swimwear/towel/swim life vest)</li><li>• Daily medication/epipen</li><li>• Summer Camp shirt *DAILY*</li></ul>
<ul style="list-style-type: none"><li>• Please do NOT pack food containing nuts.</li><li>• If a child does not have a Summer Camp shirt, we will provide one for purchase.</li></ul>
<ol style="list-style-type: none"><li>1. Please apply sunscreen BEFORE drop-off. We will NOT be applying sunscreen for our campers. Campers may bring sunscreen to self-apply.</li><li>2. Booster seats must be dropped off on field trip days.</li><li>3. Please pack plenty of water for the day.</li><li>4. Please drop off field trip money (exact amount) on Mondays each week.</li></ol>



## Camp Weeks

Week 1: June 19 - 23

Week 2: June 26 - 30

Week 3: July 17 - 21

Week 4: July 31 - August 4

Week 5: August 7 - 11

Week 6: August 14 - 18

## **IMPORTANT!**

**FIELD TRIP FEES ARE NOT INCLUDED IN THE WEEKLY TUITION. FIELD TRIP FEES ARE ADDITIONAL AND ARE SUBJECT TO CHANGE BASED ON MARKET COSTS OF THE FIELD TRIP VENUES.**

## Camp Fees

	Current USTA Member Fees	Non-Member Fees
Registration: (Non-Refundable)	\$100	\$175
Weekly Tuition:	\$235	\$275
Full Summer Package Weekly Tuition:	\$215	\$245
Before-Care 7:30-9:00am Drop Off	\$55	\$70
After-Care 3:00-4:30pm Pick Up	\$55	\$70
Sibling Discount	5% off tuition. This offer cannot be combined with other offers, such as the Early-Bird Registration.	

**EARLY-BIRD REGISTRATION DISCOUNT = 5% OFF WEEKLY TUITION**

**Non-Refundable Registration + One Week Tuition**

**Due by February 23, 2023 to lock-in Early Bird Registration**



# 2023 Summer Camp Registration Form

**Early-Bird Registration Deadline: 2/23/23** (5% off tuition; cannot combine with other offers)  
**Non-Refundable Registration + One Week Tuition Due by 2/23/23 to lock-in Early Bird Registration.**

Student Name: \_\_\_\_\_ Age: \_\_\_\_\_

Circle Shirt Size: Child Small / Child Medium / Child Large

Adult Small / Adult Medium / Adult Large

1 camp shirt will be provided with the registration fee. Each additional shirt is \$35.

**How many extra shirts would you like to purchase?** \_\_\_\_\_

Parent Name: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

**I agree to reserve a spot for the 2023 U.S. Taekwondo Academy Summer Camp for my child.**

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## **Circle Your Desired Weeks:**

Week 1: June 19 - 23

Week 2: June 26 - 30

Week 3: July 17 - 21

Week 4: July 31 - August 4

Week 5: August 7 - 11

Week 6: August 14 - 18

**Which week(s) would you like Before-Care?** \_\_\_\_\_

**Which week(s) would you like After-Care?** \_\_\_\_\_

## **STAFF USE ONLY:**

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

Circle if Applicable: Early-Bird Reg 5% off / Sibling Discount 5% off

Circle Registration: \$100 Member / \$175 Non-Member

Tuition Amount: \$235 Member / \$275 Non-Member

Full Summer Package: \$215 Member / \$245 Non-Member

Member: Before \$55 / After \$55

Non-Member: Before \$70 / After \$70

Extra Shirts: \_\_\_\_\_

Down-Payment: \_\_\_\_\_

Balance Due: \_\_\_\_\_

Additional Notes: \_\_\_\_\_

