



**EARLY BIRD
REGISTRATION
DEADLINE:
FEB 21, 2025**

**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!

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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 DEVELOPMENT TOPICS | |
|----------|--|--------------------------------|-------------------------------------|--------------------------------|--------------------------------|--|-----------------------|
| 7:30 AM | Doors Open for Before Care | Doors Open for Before Care | Doors Open for Before Care | Doors Open for Before Care | Doors Open for Before Care | - How do I speak with CONFIDENCE ? (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 | 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 | Flexibility/ Core Strength | | |
| 9:30 AM | Active Games | | Active Games | | Or Sky Zone | | Active Games |
| 10:00 AM | Taekwondo Basics | | Basic Taekwondo Sparring Techniques | | | | Basic Taekwondo Flips |
| 10:30 AM | Active Games | | Active Games | Active Games | | | |
| 11:00 AM | Lunch | | Lunch | Lunch | Lunch | | |
| 12:00 PM | Lunch | Lunch | Lunch | Lunch | Lunch | | |
| 12:30 PM | Taekwondo class | Flexibility/Wave Master | 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 Rotation Kicks | | Student Lead Conditioning | | | |
| 2:00 PM | Character Development | Cardio | | Cardio | Character Development | | |
| 2:30 PM | Camper Pick Up | Camper Pick Up | | Camper Pick Up | Camper Pick Up | Camper Pick Up | |
| 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 | Active Games | Active Games | Active Games | Active Games | Active Games | | |
| 4:30 PM | Active Games | Active Games | Active Games | Active Games | Active Games | - What should I do in UNCOMFORTABLE situations? (Wednesday + Thursday) | |
| | | | | | | - How can I PRESENT MYSELF properly? (Friday) | |

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



Camp Weeks

Week 1: June 16 - 20

Week 2: June 23 - 27

Week 3: July 7 - 11

Week 4: July 14 - 18

Week 5: August 11 - 15

Week 6: August 18 - 22

Field Trip fees are NOT INCLUDED in weekly camp tuition. Field trip fees are additional and are subject to change based on market costs of the field trip venues.

We will be accepting a smaller number of students into the program this year. We encourage all students to submit their applications early as we book full pretty early!

Camp Fees

| | Current USTA Member Fees | Non-Member Fees |
|--|---|-----------------|
| Registration: (Non-Refundable) | \$125 | \$200 |
| Weekly Tuition: | \$280 | \$330 |
| Full Summer Package Weekly Tuition: | \$270 | \$320 |
| Before-Care 7:30-9:00am Drop Off | \$75 | \$95 |
| After-Care 3:00-4:30pm Pick Up | \$75 | \$95 |
| 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 21, 2025 to lock-in Early Bird Registration



2025 Summer Camp Registration Form

Early-Bird Registration Deadline: 2/21/25 (5% off tuition; cannot combine with other offers)
Non-Refundable Registration + One Week Tuition Due by 2/21/25 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.

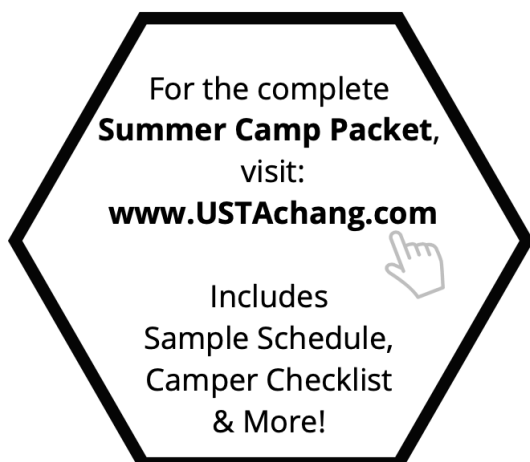
How many extra shirts would you like to purchase? _____

Parent Name: _____ Cell: _____

Email: _____

I agree to reserve a spot for the 2025 U.S. Taekwondo Academy Summer Camp for my child.

Parent/Guardian Signature: _____ Date: _____



CHECK YOUR DESIRED WEEKS:

- Week 1: June 16 - 20
- Week 2: June 23 - 27
- Week 3: July 7 - 11
- Week 4: July 14 - 18
- Week 5: August 11 - 15
- Week 6: August 18 - 22

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: \$125 Member / \$200 Non-Member

Tuition Amount: \$280 Member / \$330 Non-Member

Full Summer Package: \$270 Member / \$320 Non-Member

Member: Before \$75 / After \$75

Non-Member: Before \$95 / After \$95

Extra Shirts: _____

Down-Payment: _____

Balance Due: _____

Additional Notes: _____

