



**SO'S
TAEKWONDO'S**

SUMMER CAMP 2024

**Reserve your weeks in the "shop" on our app starting
January 1, 2024! Spaces are limited!**



EXERCISE
SOCIALIZATION
TAEKWONDO
GAMES
FIELD TRIPS
NINJA COURSE
GOAL SETTING
ARTS & CRAFTS
MOVIES

So's Taekwondo's summer camp is a parent-approved, summer camp alternative that kids love to attend over summer break! We pride ourselves in having students return year after year, until they are too old to participate. Each day is packed with activities to keep students busy, in a safe and fulfilling manner. It is rumored that So's Taekwondo's 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 after lunch)
- are taught about nutrition and encouraged to pack healthy lunch/snacks
- exercise with cardiovascular, mobility, and muscular endurance workouts everyday
- are encouraged to act with Taekwondo tenets in mind (courtesy, integrity, discipline) at all times
- are encouraged to work hard, and play hard!



WHAT A TYPICAL DAY LOOKS LIKE

Students are dropped off between 7:30AM and 8:30AM each morning. Upon arrival, students partake in board games, crafts, puzzles, or 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!

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Character Development Topics
7:30 AM	Camp Drop Off	Camp Drop Off	Camp Drop Off	Camp Drop Off	Camp Drop Off	How can I PRESENT MYSELF properly? Monday + Tuesday
7:45 AM	Board Games	Board Games	Board Games	Board Games	Board Games	
8:00 AM	Crafts	Crafts	Crafts	Crafts	Crafts	
8:15 AM	Light Warmups	Light Stretches	Light Stretches	Light Stretches	Light Warmups	
8:30 AM	Pacers 125	Individual Forms	Individual Forms	Pacers 200	Pacers 200	
8:45 AM	Basic Stretches	Basic Flexibility	Group Forms	Basic Stretches	High Intensity Stretches	
9:00 AM	Straddles and Splits	Group A Wirt Park (No Cost) Group B Elm Park (No Cost)	Group B Wirt Park (No Cost) Group A Elm Park (No Cost)	Partner Stretches	Splits and Straddles	
9:15 AM	Partner Core Work			Wave Master Kicks	Core Circuit	
9:30 AM	Hide and Seek			Wave Master Burnouts	Races	
9:45 AM	Black Belt Ball			Sharks and Minnows	Park Ranger Game	
10:00 AM	Front Kick Knee Motion			Duck Duck Goose	Set Up Circuit	
10:15 AM	Side Kick Knee Motion			Group Select Core	Circuit	
10:30 AM	Roundhouse Knee Motion	Core Workout	Clean Up Circuit			
10:45 AM	Axe Kick Knee Motion	Trip The Tiger	Chicken In The Henhouse			
11:00 AM	Snakes and Frogs	Noodle Battle	Freeze Dance			
11:15 AM	Kings and Queens	Cool Down	Cool Down			
11:30 AM	Lunch	Lunch	Lunch			
12:30 PM	Ninja Warrior Course + Tie-Dye (\$3.00)	Instructor Lead Core	High Intensity Stretches	Group A In House Movie (\$2.00) Group B Pool (\$7.00)	Group A Pool (\$7.00) Group B In House Movie (\$2.00)	What should I do in NEGATIVE situations? Wednesday + Thursday
12:45 PM		Straddles and Splits	Core Workout			
1:00 PM		Donkey Kong	Slap Billy Ota			
1:15 PM		Freeze Tag	Ball Tag			
1:30 PM		Roundhouse Kicks	Back Kicks			
1:45 PM		Cut Kicks	Spinning Kicks			
2:00 PM		Counter Roundhouse	Tornado Kicks			
2:30 PM	Character Development	Pacers 150	Pacers 175	Character Development	Forms	How do I speak with CONFIDENCE? Friday
3:00 PM	Dodgeball	Dodgeball	Dodgeball	Dodgeball	Dodgeball	
3:30 PM	Camper Pick Up	Camper Pick Up	Camper Pick Up	Camper Pick Up	Camper Pick Up	
4:00 PM	Camper Pick Up	Camper Pick Up	Camper Pick Up	Camper Pick Up	Camper Pick Up	

Weekly schedule can be found on the "Summer Camp" tab on our app!

REGISTRATION (EARLY BIRD DISCOUNT UNTIL FEB 28, 2024)

Step 1. Download the “So’s Taekwondo” app in the Apple App Store or the Google Play Store.

Step 2. Reserve desired weeks in the “Shop” and pay a \$20 deposit/week. (Deposits are nonrefundable, but are applied towards the total balance)

Step 3. Submit a summer camp registration form (received via email/messenger after deposit has been made).

Step 4. Pay the summer camp **balance in full** prior to June 3, 2024 (received via email/messenger in April/May 2024).

SUMMER CAMPER’S CHECKLIST

<h3>Summer Camper’s Checklist Summer Camp 2024</h3>
<ul style="list-style-type: none">• Water bottle (water fountain in facility)• Lunch with ice pack• Healthy snacks (Campers get hungry! Please pack extra)• Change of clothing (in case of spills, etc)• Socks and sneakers• Field trip appropriate items (swimwear/towel)• Daily medication/epipen• Sunscreen• Summer camp shirt (on field trip days)• Check the schedule (found on app) prior to attending each day!
<ul style="list-style-type: none">• Please do not pack food containing nuts• If a child does not have a So’s camp shirt on field trip days, 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 drop off field trip money (cash only; exact amount) on Mondays of each week.4. So’s Taekwondo summer camp shirts MUST be packed on field trip days (except Wirt Park field trip). Campers without camp shirts will be provided one to be purchased during pickup.5. Students may stay after camp for class only if their class begins at 4:20PM on that day.6. Electronic devices may be brought for use during drop off, lunch, and pick up times, however, phone calls, messaging, and video calls may not be used without permission.