

2008 SUMMER KARATE CAMP - TIME EVENT AGENDA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Time & Date	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul
7:30 - 8 AM Drop off & Wake Up	MORNING ACTIVITIES CARTOONS & COLORING	MORNING ACTIVITIES CARTOONS & COLORING	MORNING ACTIVITIES CARTOONS & COLORING	MORNING ACTIVITIES CARTOONS & COLORING	MORNING ACTIVITIES CARTOONS & COLORING
8 - 8:30 AM	Clean and get Uniform on!	Clean and get Uniform on!	Clean and get Uniform on!	Clean and get Uniform on!	Clean and get Uniform on!
THEME	LEG KICKS	ARM STRIKES & BLOCKING	BREAKFALLS & TUMBLING	SHRIMP & GROUND POSITIONING	MARTIAL ART BASICS REVIEW
8:30 - 9 AM	8:30 - 9 AM 1st TKD Class LEGS: Warm up / Stretch (5 min. break)	8:30 - 9 AM 1st TKD Class ARMS: Warm up / Stretch (5 min. break)	8:30 - 9 AM 1st TKD Class ABS: Warm up / Stretch (5 min. break)	8:30 - 9 AM 1st TKD Class SHRIMP: Warm up / Stretch (5 min. break)	8:30 - 9 AM 1st TKD Class REVIEW: Warm up / Stretch 1/2 Hour
9 - 9:30 AM	9 - 9:30 AM 2nd TKD Class Kicking Drills (5 min. break)	9 - 9:30 AM 2nd TKD Class Block / Strike Drills (5 min. break)	9 - 9:30 AM 2nd TKD Class Falls / Safety Drills (5 min. break)	9 - 9:30 AM 2nd TKD Class GROUND: Position Drills (5 min. break)	9 - 9:30 AM 2nd TKD Class BREAKING Contest (5 min. break)
9:30 - 10 AM	9:30 - 10 AM 3rd TKD Class Bag Kick Training (5 min. break)	9:30 - 10 AM 3rd TKD Class Bag Strike Training (5 min. break)	9:30 - 10 AM 3rd TKD Class Rolling Drills (5 min. break)	9:30 - 10 AM 3rd TKD Class Ground Positions (5 min. break)	9:30 - 10 AM 3rd TKD Class POSITIONING Games (5 min. break)
10 - 10:30 AM	9:30 - 10 AM 3rd TKD Class Leg-Board Breaking! (5 min. break)	9:30 - 10 AM 3rd TKD Class Arm-Board Breaking! (5 min. break)	9:30 - 10 AM 3rd TKD Class Rolling Kata! (5 min. break)	9:30 - 10 AM 3rd TKD Class Positioning Games! (5 min. break)	10 - 10:30 AM Clean up / Bow out Get Uniform off!
10:30 - 11 AM	10:30 - 11 AM Free Time / Group Games	10:30 - 11 AM Free Time / Group Games	10:30 - 11 AM Free Time / Group Games	10:30 - 11 AM Free Time / Group Games	10:30 - 11 AM Free Time / Group Games
11 - 11:30 AM	11 - 11:30 AM Movie Time Lunch	11 - 11:30 AM Movie Time Lunch	11 - 11:30 AM Movie Time Lunch	11 - 11:30 AM Movie Time Lunch	11 - 11:30 AM Movie Time Free Pizza Lunch
11:30 - 12 Noon	11:30 - 12 Noon Lunch & Movie	11:30 - 12 Noon Lunch & Movie	11:30 - 12 Noon Lunch & Movie	11:30 - 12 Noon Lunch & Movie	11:30 - 12 Noon Lunch & Movie
12 - 12:30 PM	12 - 12:30 PM Clean up	12 - 12:30 PM Clean up	12 - 12:30 PM Clean up	12 - 12:30 PM Clean up	12 - 12:30 PM Clean up
12:30 - 1 PM	12:30 - 1 PM Leave for North Nokomis Beach	12:30 - 1 PM Leave for Stardust	12:30 - 1 PM Leave for South Nokomis Beach	12:30 - 1 PM Leave for AMF Bowling	12:30 - 1 PM Leave for AMC Movie Theatre
1 - 1:30 PM	1 - 1:30 PM Beach Activities	1 - 1:30 PM Roller Skating	1 - 1:30 PM Beach Activities	1 - 1:30 PM Bowling	1 - 1:30 PM Movie Theatre
1:30 - 2 PM	1:30 - 2 PM Beach Activities	1:30 - 2 PM Roller Skating	1:30 - 2 PM Beach Activities	1:30 - 2 PM Bowling	1:30 - 2 PM Movie Theatre
2 - 2:30 PM	2 - 2:30 PM Beach Activities	2 - 2:30 PM Leave for Sams Club	2 - 2:30 PM Beach Activities	2 - 2:30 PM Bowling	2 - 2:30 PM Movie Theatre
2:30 - 3 PM	2:30 - 3 PM Leave for Bentleys	2:30 - 3 PM Sams Club Fruitville Road	2:30 - 3 PM Leave for Bentleys	2:30 - 3 PM Leave for Dairy Queen	2:30 - 3 PM Movie Theatre
3 - 3:30 PM	3 - 3:30 PM Bentleys Ice Cream Albee Road	3 - 4:30 PM Back to Osprey ATA	3 - 3:30 PM Bentleys Ice Cream Albee Road	3 - 3:30 PM Dairy Queen Clark Road	3 - 3:30 PM Back to Osprey ATA
3:30 - 4 PM	3:30 - 4 PM Back to Osprey ATA	3:30 - 4 PM Free Time / Group Games	3:30 - 4 PM Back to Osprey ATA	3:30 - 4 PM Back to Osprey ATA	3:30 - 4 PM Free Time / Group Games
4 - 4:30 PM	4 - 4:30 PM Games & Clean up	4 - 4:30 PM Clean up	4 - 4:30 PM Games & Clean up	4 - 4:30 PM Games & Clean up	4 - 4:30 PM Clean up
4:30 - 5 PM	4:30 - 5 PM Read Book & Quite Time Parent Pick Up	4:30 - 5 PM Read Book & Quite Time Parent Pick Up	4:30 - 5 PM Read Book & Quite Time Parent Pick Up	4:30 - 5 PM Read Book & Quite Time Parent Pick Up	4:30 - 5 PM Read Book & Quite Time Parent Pick Up

Week Six 5 DAY 2ND - KARATE CAMP