

# 2010

## Martial Arts Summer Camp

### August 16 - August 27

No other day camp  
has as much fun  
packed into one day!

**MOTHER  
APPROVED**

Weekly activities include soccer, volleyball, basketball, bowling, fishing, swimming, kite flying, movies, trips to the park and daily Taekwondo lessons to give discipline, self-confidence, physical fitness, leadership, and a "yes I can" positive attitude!

Additional day trips to Splash Down Waterpark, and Kings Dominion.

Check with Master Nam for pricing for these special activities.\*

Summer Camp is back! There is a **"Special Price"** if your sign up before June 30th. After that, the price goes to regular price—you don't have to be a member of our dojang to participate. This includes EVERYTHING! No hidden costs, no extra money needed for weekly activities, you pay just one price per week! (There will be a minimal additional charge for field trips to any of the following locations: Splash Down Waterpark, Kings Dominion).

**Hurry, enrollment is limited and fills up fast!**

Call America's Best Tae Kwon Do Center at

**703-680-2962**

or stop by the gym and talk to Master Nam about special pricing.

**Don't be left out!**

(Parents, please pack a lunch for your child every day. Snacks will be supplied by Master Nam)

There is nothing  
like Martial Arts!



# 2010 Summer Camp Daily Schedule of Events

Hours of operation are from 8-4:00 PM. Please pack a lunch for your child every day. Snacks will be supplied by Master Nam. Activities will follow the schedule below but may change occasionally. If parents cannot arrive to pick up their children by 6:00 PM, please speak with Master Nam when you submit your registration form. There will be a late charge of \$10.00 to all parents who pick-up their children after 6:00 PM. If you know you are going to be late, please speak with Master Nam as soon as possible to avoid late charges.

## Monday - Friday field trips include any of the following:

Park, bowling, visits to another Taekwondo school, movie theater (Potomac Mills AMC), soccer, volleyball, basketball, fishing, ice skating, kite flying, golf, swimming, etc.

### Monday, Wednesday, Friday

- 8 - 9 AM** Drop-off (bring Taekwondo uniform)
- 9:00 AM** Taekwondo open training including stretching, warm-ups, meditation, kicking, forms and other basics
- 10:00 AM** Library
- 11:30 AM** Lunch, rest and supervised free time (please bring a lunch every day)
- 12:30 PM** Field Trip (Every Monday there will be a camp orientation)
- 3:00 PM** Snack time, reading a movie or game (students should bring a book from home). Snacks supplied by Master Nam. If your child has special dietary needs please review with Master Nam
- 4:00 PM** Camp ends. Parents should pick up their child by 6:00 PM.

### Tuesday and Thursday

- 8 - 9 AM** Drop-off (bring Taekwondo uniform, a swim suit and towel, and craft supplies including white glue, scissors, colored markers.)
- 9:00 AM** Taekwondo open training including stretching, warm-ups, meditation, kicking, forms and other basics
- 10:00 AM** Arts and Crafts including drawing and many other projects
- 11:30 AM** Lunch, rest and supervised free time (please bring a lunch every day)
- 12:30 PM** Field Trip
- 3:00 PM** Snack time, reading, a movie or game (students should bring a book from home). Snacks supplied by Master Nam. If your child has special dietary needs please review with Master Nam
- 4:00 PM** Camp ends, parents should pick-up their child by 6:00 PM

We will advise parents a week before we go to Splash Down Waterpark or Kings Dominion.