



U.S. TAE KWON DO



Special Summer Camp Daily Schedule

6:30 AM – 6:00 PM MONDAY - FRIDAY

06:30 – 09:00	Drop Off
09:00 – 09:30	Get ready and prepare for workout
09:30 – 11:00	Growth Taekwondo Physical training
11:00 – 12:00	Study (Korean Language) – Recreation time*
12:30 – 01:30	Lunch
01:30 – 03:30	Recreation time* - Study (Korean Language)
03:30 – 03:45	Get ready and prepare for workout
03:50 – 04:40	Tae Kwon Do training
04:40 – 06:00	Pick-up

You will need to bring each day:



- A change of T-shirts
- Towels and toiletries
- Lunch and snacks
- Running shoes
- Martial arts equipment
- Uniform

*Recreation time activities include: Movies, Games, Park Visits, Swimming, Field Trips, etc.

One week prior notification will be given for special field trip outings

U.S Tae Kwon Do

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