



Dynamic Taekwondo Academy Summer Camp Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:15am Stretching	9:00-9:15am Stretching	9:00-9:15am Stretching	9:00-9:15am Stretching	9:00-9:15am Stretching
9:15-10:00am Taekwondo Kicking Drills & Demo Team Practice 	9:15-10:00am Taekwondo Kicking Drills & Demo Team Practice 	9:15-10:00am Taekwondo Kicking Drills & Demo Team Practice 	9:15-10:00am Taekwondo Kicking Drills & Demo Team Practice 	9:15-10:00am Taekwondo Kicking Drills & Demo Team Practice 
10:00-11:00am Korean Lesson 태권도	10:00-10:45am Taekwondo Weapons Training & Demo Team Practice 	10:00-11:00am SPLIT GROUPS Korean Lesson (Grp1) 태권도 Taekwondo Board Breaking & Demo Practice 	10:00-10:45am Taekwondo Sparring Training 	10:00am-11:30am Forms, Breaking & Demo Team Practice 
11:00-11:30am Taekwondo Forms Training & Demo Team Practice 	10:45-11:30 Arts & Crafts Project 	11:30-1:00pm Pizza or Noodle Lunch 	10:45-11:15am Taekwondo Forms Training & Demo Team Practice 	
11:30-1:00pm Lunch & Games @ the Park  	11:30-12:00pm Lunch  12:00-1:00pm Games at the dojang	AND A MOVIE OR TKD CLASS & GAMES 	11:15-1:00 Lunch & Games @ the Park  	11:30-12:00 Lunch  12:00-2:00pm POOL DAY/FIELD TRIP (Eisenhower Pool or other; to be notified at the start of week)

- Bring your own lunch every day, except Wednesday. We will provide pizza or noodles, fruit, and drinks.
- The cost of field trips is included with your tuition.
- Bring your own water bottle EVERYDAY. We are not always at the school with a water fountain.

- The movie will be played at the Taekwondo dojang and the movie chosen will be rated either G or PG.
- Schedule is subject to change without notice.
- CLOSED MAY 30, JUNE 16-17 & JULY 4