

Empower Taekwondo Summer Camp 2021 Daily Schedule & Activities

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|---|---|---|--|
| 7:30 – 9:15 | Check In Free Play ^{*(1)} / Snacks | Check In Free Play ^{*(1)} / Snacks | Check In Free Play ^{*(1)} / Snacks | Check In Free Play ^{*(1)} / Snacks | Check In Free Play ^{*(1)} / Snacks |
| 9:15 – 10:20 | Morning Greeting TKD for Beginners / Activities for Members | Morning Greeting TKD for Beginners / Activities for Members | Morning Greeting & TKD for Beginners / Activities for Members | Morning Greeting & TKD for Beginners / Activities for Members | Field Trip |
| 10:20 – 11:20 | TKD for Members / Activities for Beginners | TKD for Members / Activities for Beginners | TKD for Members / Activities for Beginners | TKD for Members / Activities for Beginners | |
| 11:20 – 12:10 | Lunch Clean Up / Free Play Pick Up & Check In | Lunch Clean Up / Free Play Pick Up & Check In | Lunch Clean Up / Free Play Pick Up & Check In | Lunch Clean Up / Free Play Pick Up & Check In | |
| 12:15 – 1:15 | Quiet Time (games, reading, etc.) | Quiet Time (games, reading, etc.) | Quiet Time (games, reading, etc.) | STEM / Quiet Time | |
| 1:15 – 1:45 | TKD for Beginners / Activities for Members | TKD for Beginners / Activities for Members | TKD for Beginners / Activities for Members | TKD for Beginners / Activities for Members | |
| 1:45 – 2:15 | TKD for Members / Activities for Beginners | TKD for Members / Activities for Beginners | TKD for Members / Activities for Beginners | TKD for Members / Activities for Beginners | |
| 2:15 – 2:30 | Snack | Snack | Snack | Snack | |
| 2:30 – 3:30 | Clean Up & Free Play | Clean Up & Free Play | Clean Up & Free Play | Clean Up & Free Play | Clean Up & Free Play |
| 3:30 – 5:00 | Outdoor Play / Movie ^{*(3)} ^{*(4)} | Outdoor Play / Movie ^{*(3)} ^{*(4)} | Outdoor Play / Movie ^{*(3)} ^{*(4)} | Outdoor Play / Movie ^{*(3)} ^{*(4)} | Outdoor Play / Movie ^{*(3)} ^{*(4)} |

^{*(1)} Early arrival can bring breakfast.

^{*(2)} Wed and Fri we go to Creekside Park in the morning if weather and transportation permits.

^{*(3)} If the weather is nice, we play outside; if not, we do movie time.

^{*(4)} Morning pick up after 12:30 or afternoon pick up after 5:00pm are subject to extended care fees (\$8/hour).

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| Packing List: | <ul style="list-style-type: none"> · Water bottle · Lunch (optional for half day campers) · Snacks (We recommend at least 2 snacks for full-day campers, and 1 for half-day) · Change of clothes (You can bring one set on Monday of your first camp week, and it can stay in your child's cubby) · Dress code: Empower T-shirt, comfortable pants, and tennis shoes for activities · Sunscreen / bug spray (optional, and will stay at your child's cubie just for him/her to use) · Thursday STEM class: bring a laptop |
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** No electronics are recommended, but if the camper brings one, it will only stay their cubby unless it's necessarily needed.*

** Please ensure that your child is in appropriate clothes for their Taekwondo lesson. Jean shorts is not recommended.*