

Summer Karate Camp Schedule of Events

Summer Karate Camp Week 1 (July 5-9)

Monday	Tuesday	Wednesday	Thursday	Friday
Karate Class 9:30-11:00am Self Defense	Karate Class 9:30-11:00am Jiu Jitsu	Karate Class 9:30-11:00am Basics	Karate Class 9:30-11:00am Obstacle Course	Day Trip
Snack 11:00-11:15am	Snack 11:00-11:15am	Snack 11:00-11:15am	Snack 11:00-11:15am	
11:15-12:00pm Outdoor Games	11:15-12:00pm Crafts	11:15-12:00pm Sports Day Prep	11:15-12:00pm Outdoor Games	ROM
12:00-1:00pm Lunch	12:00-1:00pm Lunch	12:00-1:00pm Lunch	12:00-1:00pm Pizza Day Bring \$2 for 2 slices of pizza	
1:00-3:00pm Laser Tag	1:00-3:00pm Splash Pad	1:00-3:00pm Sports Day	Laser Tag	
3:00-3:15pm Snack	3:00-3:15pm Snack	3:00-3:15pm Snack	3:00-3:15pm Snack	
3:15-3:30 Clean up	3:15-3:30 Clean up	3:15-3:30 Clean up	3:15-3:30 Clean up	
3:30-4:00pm Pick Up	3:30-4:00pm Pick Up	3:30-4:00pm Pick Up	3:30-4:00pm Pick Up	

Summer Karate Camp Week 2 (July 12-16)

Monday	Tuesday	Wednesday	Thursday	Friday
Karate Class 9:30-11:00am Kata	Karate Class 9:30-11:00am Team Class	Karate Class 9:30-11:00am Kicks	Karate Class 9:30-11:00am Competition Class	Day Trip
Snack 11:00-11:15am	Snack 11:00-11:15am	Snack 11:00-11:15am	Snack 11:00-11:15am	Wild Water Kingdom
11:15-12:00pm Activity Booklets	11:15-12:00pm Outdoor Games	11:15-12:00pm Crafts	11:15-12:00pm Outdoor Relay Races	
12:00-1:00pm Lunch	12:00-1:00pm Lunch	12:00-1:00pm Lunch	12:00-1:00pm Potluck Party (everyone bring something to share)	
1:00-3:00pm Outdoor Sports Games	1:00-3:00pm Fire Station Tour	1:00-3:00pm Splash Pad	1:00-3:00pm Laser Tag	
3:00-3:15pm Snack	3:00-3:15pm Snack	3:00-3:15pm Snack	3:00-3:15pm Snack	
3:15-3:30 Clean up	3:15-3:30 Clean up	3:15-3:30 Clean up	3:15-3:30 Clean up	
3:30-4:00pm Pick Up	3:30-4:00pm Pick Up	3:30-4:00pm Pick Up	3:30-4:00pm Pick Up	

July 12-16 YOUTH ADVENTURE CAMP Ages 11-13

Monday	Tuesday	Wednesday	Thursday	Friday
Karate Class 9:30-11:00am Kata-Arakaki Unsu	Karate Class 9:30-11:00am Board Breaking	Leave for Camping @ Kinark Outdoor Centre	Team Building Activities @ Kinark	Swimming and Canoeing Arrive back at the dojo 4pm
Snack 11:00-11:15am	Snack 11:00-11:15am			
11:15-12:00pm Review Kata	11:15-12:00pm Outdoor Relay Races			
12:00-1:00pm Lunch	12:00-1:00pm Lunch			
1:00-3:00pm Outdoor Conditioning	1:00-3:00pm Pleiometrics/Pilates			
3:00-3:15pm Snack	3:00-3:15pm Snack			
3:15-3:30 Clean up	3:15-3:30 Clean up			
3:30-4:00pm Pick Up	3:30-4:00pm Pick Up			

Summer Karate Camp Week 3 (July 19-23)

Monday	Tuesday	Wednesday	Thursday	Friday
Karate Class 9:30-11:00am Kumite	Karate Class 9:30-11:00am Jiu Jitsu 1	Karate Class 9:30-11:00am Jiu Jitsu 2	Karate Class 9:30-11:00am Kumi Bo	Day Trip
Snack 11:00-11:15am	Snack 11:00-11:15am	Snack 11:00-11:15am	Snack 11:00-11:15am	Science Centre
11:15-12:00pm Soccer	11:15-12:00pm Pilates	11:15-12:00pm Tai Chi	11:15-12:00pm Outdoor Games	
12:00-1:00pm Lunch	12:00-1:00pm Lunch	12:00-1:00pm Lunch	12:00-1:00pm Asian Food Testing (bring \$2)	
1:00-3:00pm Indoor Team Sports	1:00-3:00pm Water Gun/Balloon Fight	1:00-3:00pm Laser Tag	1:00-3:00pm Movie Day	
3:00-3:15pm Snack	3:00-3:15pm Snack	3:00-3:15pm Snack	3:00-3:15pm Snack	
3:15-3:30 Clean up	3:15-3:30 Clean up	3:15-3:30 Clean up	3:15-3:30 Clean up	
3:30-4:00pm Pick Up	3:30-4:00pm Pick Up	3:30-4:00pm Pick Up	3:30-4:00pm Pick Up	

Summer Karate Camp Week 4 (July 26-30)

Monday	Tuesday	Wednesday	Thursday	Friday
Karate Class 9:30-11:00am Jiu Jitsu	Karate Class 9:30-11:00am Make your own kata	Karate Class 9:30-11:00am Weapons	Karate Class 9:30-11:00am Obstacle Course	Day Trip
Snack 11:00-11:15am	Snack 11:00-11:15am	Snack 11:00-11:15am	Snack 11:00-11:15am	Ontario Place
11:15-12:00pm Tai Chi	11:15-12:00pm Outdoor Games	11:15-12:00pm Crafts	11:15-12:00pm Indoor Games	
12:00-1:00pm Lunch	12:00-1:00pm Lunch	12:00-1:00pm Lunch	12:00-1:00pm Potluck party (bring something in for everyone to share)	
1:00-3:00pm Outdoor Sports Games	1:00-3:00pm Laser Tag	1:00-3:00pm Swimming	1:00-3:00pm AMA Olympics	
3:00-3:15pm Snack	3:00-3:15pm Snack	3:00-3:15pm Snack	3:00-3:15pm Snack	
3:15-3:30 Clean up	3:15-3:30 Clean up	3:15-3:30 Clean up	3:15-3:30 Clean up	
3:30-4:00pm Pick Up	3:30-4:00pm Pick Up	3:30-4:00pm Pick Up	3:30-4:00pm Pick Up	

Summer Karate Camp Week 5 (August 3-6)

Monday	Tuesday	Wednesday	Thursday	Friday
Dojo closed for Civic Holiday	Karate Class 9:30-11:00am Competition Basics	Karate Class 9:30-11:00am Self Defense	Karate Class 9:30-11:00am Circuit Training	Day Trip
	Snack 11:00-11:15am	Snack 11:00-11:15am	Snack 11:00-11:15am	African Lion Safari
	11:15-12:00pm Outdoor Sports Games	11:15-12:00pm Indoor Games	11:15-12:00pm Water Gun/Balloon Fight	
	12:00-1:00pm Lunch	12:00-1:00pm Lunch	12:00-1:00pm Chinese Food Bring \$2	Please Arrive @ 8:45 am
	1:00-3:00pm Fire Station Tour	1:00-3:00pm Scavenger Hunt	1:00-3:00pm Movie Day	
	3:00-3:15pm Snack 3:15-3:30 Clean up	3:00-3:15pm Snack 3:15-3:30 Clean up	3:00-3:15pm Snack 3:15-3:30 Clean up	
	3:30-4:00pm Pick Up	3:30-4:00pm Pick Up	3:30-4:00pm Pick Up	3:30-4:00pm Pick Up

Summer Karate Camp Week 6 (August 9-13)

Monday	Tuesday	Wednesday	Thursday	Friday
Karate Class 9:30-11:00am Self Defense	Karate Class 9:30-11:00am Jiu Jitsu	Karate Class 9:30-11:00am Basics	Karate Class 9:30-11:00am Obstacle Course	Day Trip
Snack 11:00-11:15am	Snack 11:00-11:15am	Snack 11:00-11:15am	Snack 11:00-11:15am	Wild Water Kingdom
11:15-12:00pm Crafts	11:15-12:00pm Tai Chi	11:15-12:00pm Activity Booklets	11:15-12:00pm Outdoor Games	
12:00-1:00pm Lunch	12:00-1:00pm Lunch	12:00-1:00pm Lunch	12:00-1:00pm Potluck Party Day	
1:00-3:00pm Indoor Games	1:00-3:00pm Outdoor Games @ Lake Aquitaine	1:00-3:00pm Swimming	1:00-3:00pm Laser Tag	
3:00-3:15pm Snack 3:15-3:30 Clean up	3:00-3:15pm Snack 3:15-3:30 Clean up	3:00-3:15pm Snack 3:15-3:30 Clean up	3:00-3:15pm Snack 3:15-3:30 Clean up	
3:30-4:00pm Pick Up	3:30-4:00pm Pick Up	3:30-4:00pm Pick Up	3:30-4:00pm Pick Up	

Summer Karate Camp Week 7 (August 16-20)

Monday	Tuesday	Wednesday	Thursday	Friday
Karate Class 9:30-11:00am Basics	Karate Class 9:30-11:00am Self Defense	Karate Class 9:30-11:00am Jiu Jitsu	Karate Class 9:30-11:00am Competition Class	Day Trip
Snack 11:00-11:15am	Snack 11:00-11:15am	Snack 11:00-11:15am	Snack 11:00-11:15am	Reptilia
11:15-12:00pm Activity Booklets	11:15-12:00pm Crafts	11:15-12:00pm Indoor Games	11:15-12:00pm Outdoor Games	
12:00-1:00pm Lunch	12:00-1:00pm Lunch	12:00-1:00pm Lunch	12:00-1:00pm Pizza Day <small>Bring \$2 for 2 slices of pizza</small>	
1:00-3:00pm Outdoor Games @ Lake Aquitaine	1:00-3:00pm Water Gun/Balloon Fight	1:00-3:00pm Swimming	1:00-3:00pm Movie Day	
3:00-3:15pm Snack 3:15-3:30 Clean up	3:00-3:15pm Snack 3:15-3:30 Clean up	3:00-3:15pm Snack 3:15-3:30 Clean up	3:00-3:15pm Snack 3:15-3:30 Clean up	
3:30-4:00pm Pick Up	3:30-4:00pm Pick Up	3:30-4:00pm Pick Up	3:30-4:00pm Pick Up	

Summer Karate Camp Week 8 (August 23-27)

Monday	Tuesday	Wednesday	Thursday	Friday
Karate Class 9:30-11:00am	Karate Class 9:30-11:00am	Karate Class 9:30-11:00am	Karate Class 9:30-11:00am	Zoo
Snack 11:00-11:15am	Snack 11:00-11:15am	Snack 11:00-11:15am	Snack 11:00-11:15am	
11:15-12:00pm Outdoor Games	11:15-12:00pm Trivia Challenge	11:15-12:00pm Crafts	11:15-12:00pm Outdoor Games	
12:00-1:00pm Lunch	12:00-1:00pm Lunch	12:00-1:00pm Lunch	12:00-1:00pm Lunch	
1:00-3:00pm Laser Tag	1:00-3:00pm Splash Pad	1:00-3:00pm Games @ Lake Aquitaine	1:00-3:00pm Laser Tag	
3:00-3:15pm Snack 3:15-3:30 Clean up	3:00-3:15pm Snack 3:15-3:30 Clean up	3:00-3:15pm Snack 3:15-3:30 Clean up	3:00-3:15pm Snack 3:15-3:30 Clean up	
3:30-4:00pm Pick Up	3:30-4:00pm Pick Up	3:30-4:00pm Pick Up	3:30-4:00pm Pick Up	

PLEASE REFRAIN FROM BRINGING PEANUTS AND NUT PRODUCTS TO CAMP

NOTE: SCHEDULE SUBJECT TO CHANGE DUE TO WEATHER CONDITIONS AND BOOKING AVAILABILITY