



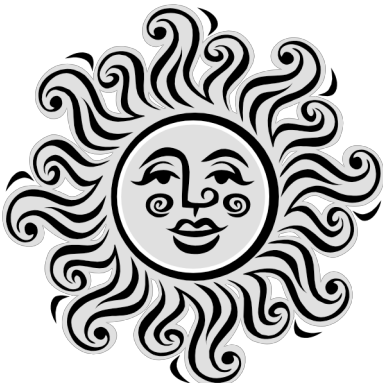
INDOOR CAMP - TYPICAL DAILY SCHEDULE:

Hours of Operation: 7:00 AM – 6:00 PM

Daily:

7:00 – 9:10am	Drop off: free play, board games, card games, etc.
9:10 – 10:00am (m-w-f)	Calisthenics, basic karate, relays, lead follow games, hot potato, belts puzzles etc.
9:10 – 10:00am (t-t)	Wheels
10:00 – 10:10	Snack break
10:10 – 11am	Station - “The Attacker” – sword play, tonfa, staff, nunchaku
11am – 12pm (m-w-f)	Tumbling Mon -Rolls & cartwheels, Wed - head stands Fri - Back flips
11am – 12pm (t-t)	Sparring – Rhythm spar, target spar & butt kicking contest!
Noon – 12:30	Lunch (supervised) - Free play
12:30 – 1pm	Mon - release from chokes, Wed - rear grabs, Fri - wrist grabs
12:30 – 1pm	Tue - Board breaking Thur - Board breaking
1pm – 2pm	Station – “Stealth Warrior” – Ninja weapons
2pm – 2:50	Demonstration practice
3pm – 3:45	Tues- Thur Water Sports (no swimming)
3pm – 3:45	Mon – Wed – Fri Weapons making
4:00 – 6pm	Parent Pick up: free play, board games, card games, etc

Note: Campers who want to participate in water play (no swimming) must bring a swimsuit and a towel. Goggles, earplugs, etc. – are optional. Water play is conducted on a grassy area.



Graduation Celebration!!!

Parents are invited to attend the awards ceremony on Friday @ 3pm (no weapons made). It's our way of thanking our little Ninjas for a job well done! **Hope to see you there!** ☺

