

2019 DYNAMIC TAEKWONDO

MARCH CAMP SCHEDULE (MARCH 11- MARCH 15)

	MON	TUE	WED	THU	FRI
8:30 ~ 9	FREE TIME				
9 ~ 9:15	MAKING BANNER	BULLY PROOFING	STRANGER DAGER	MIND SET WORK SHEETS	WATCHING OLYMPIC GAMES
9:15 ~ 9:30	ORIENTATION				MAKING OLYMPIC BANNER
9:30~10:15	TKD CLASS (GENERAL EXERCISES)				
10:15~10:30	SNACK				
10:30~10:45	QUIET TIME / READING TIME				
10:45~12	TKD CLASS POOMSAE	ARTS & CRAFTS PICTURE FRAME	TKD CLASS BOARD BREAKING	ARTS & CRAFTS	OLYMPIC GAMES
12~12:30	LUNCH	LUNCH	LUNCH	LUNCH	PIZZA LUNCH
12:30~12:45	QUIET TIME	FIELD TRIP READY	QUIET TIME	FIELD TRIP READY	QUIET TIME
12:45~1:30	DICIPLINE EDUCATION	FIELD TRIP LASER QUEST	BOARD BREAKING COMPETITION	FIELD TRIP KIDS SPORTS	OLYMPIC GAMES (TEAM MATCH)
1:30~2			TKD CLASS		BREAK TIME
2~3	POOMSAE COMPETITION		PHYSICAL TRAINING		
3~3:15	SNACK				CEREMONY
3:15~3:45	CAMP JOURNAL				
3:45~4	READY TO GO				
4:15 ~ 6:15	MARCH CAMP EXTRA CARE (REGISTRATION REQUIRED)				

REGULAR CLASSES ARE ON AS SCHEDULED