

# DYNAMIC TAEKWONDO

## MARCH BREAK CAMPS

The March break camps have finally arrived and we have arranged a very interesting and fun filled camp for everyone.

Dynamic Taekwondo March Break Camps strives to offer young people exciting Taekwondo training and other learning opportunities.

We concentrate on participation, discipline, cooperation and fun!

Our camp will include Taekwondo classes for all ages and all levels. The class will be a perfect introduction for children who have never taken a martial arts class before.

Also, it will be great for the students who are more advanced and eager to improve themselves for their next grading. We will be hosting field trips to nearest attractions. Students will be awarded a certificate upon completion of the camp.



## Our Staff

The cornerstone of our camps is the quality of our care-giving. The Directors of our Camps include Taekwondo black belt masters and instructors, and certified early childhood education teachers, as well as university students, all of whom bring their knowledge, creativity and expertise to the programming of camp.



Our camp staffs participate in mandatory training workshops and are First Aid certified. This effective and successful ongoing training program enables our directors and counsellors to respond to the individual needs of all our campers. We manage camper to staff ratios to ensure excellent supervision in a safe and secure setting. All Dynamic Taekwondo March Break camp employees strive to be excellent communicators and love working with children.

## Our unique Taekwondo March Break Camp helps children attain

- Unshakeable, Self-Confidence
- Improved Grades
- Respect for Others
- Leadership Skills
- Increased Attention Span
- Better Coordination
- Lifelong Goal Setting Skills
- March break is not the time to let the progress made throughout the school year slip away.



# March Break Camp Schedule

*\* Please note this is a general draft. Schedule and field trip change may occur.*

*\* Field trip place will be noticed.*

TIME	MON	TUE	WED	THURS	FRI
8:30 am	DROP OFF				
9:00 am	Introduction/ Warm ups				
9:30 am	Warming up & Stretching	Self-Defense	Warming up & Stretching	Bully Proofing	Warming up & Stretching
10:15 am	Morning Snack (Bring your own snacks)				
10:30 am	Poomsae Training	Arts & Crafts	Board Break Training	Arts & Crafts	Mini Olympic
11:15 am		Lunch (Bring your own lunch)		Lunch (Bring your own lunch)	
12:00 pm	Lunch (Bring your own lunch)	Prepare for Field Trip	Lunch (Bring your own lunch)	Prepare for Field Trip	Movie & Pizza Time
12:30 pm		Field Trip "LASER QUEST"	Board Break Tournament	Field Trip "KIDS SPORTS"	
1:45 pm	Group Games		Group Games		Group Games
3:00 pm	Break/ Snacks				
3:45 pm	Meditation/ Training Journal				
4:00 pm	PICK UP				

## **Snow Days or Extreme Cold**

Inclement weather that may affect the safety of our campers during the day, field trips can be cancelled due to extreme cold or snow storm.

## **Pictures of Your Camper**

Throughout the camp, pictures or video are taken of camp activities and campers. These photos may be used for future promotional materials, including the camp brochure and advertisements. By registering you have given consent for your camper's photo to be taken. If you DO NOT wish to have your camper's photo taken, please notify the Camp Office in writing prior to your camper's arrival at camp.

## **Money from Home**

We are NOT responsible for the way that a camper spends their money while at camp. Parents are expected to provide guidelines for their campers and monitor what they are bringing to camp. Campers are not allowed to buy snacks and other food while field trips.

## **Personal Belongings of Value**

Dynamic Taekwondo is NOT responsible for lost or stolen items. Please DO NOT send your camper with any items of value, including cell phones, music devices, jewellery, gaming devices, trading cards, etc.

**Cell phones:** we strongly recommend that your camper does not bring a cell phone to camp. If a cell phone is brought to camp, it is expected to be turned off and in their backpack. Campers are not allowed to use phones for recreational purposes. If you need to get a message to your camper during the day, please contact to Dynamic Taekwondo (905-277-5425).

## Daily Camp Checklist

What your camper needs to bring to camp:

- ✓ Water bottle
- ✓ Nut Free Lunch
- ✓ Nut Free Snacks
- ✓ Extra drinks for snack and break times
- ✓ Snow or cold weather wear (incl. gloves, hat)
- ✓ Extra change of clothes (in case of spills or sweat)
- ✓ Taekwondo uniform (for members)  
or comfortable clothes (for non- members)
- ✓ Dynamic Taekwondo Camp T-shirt.



### Lunches from Home

Lunches from home will be collected each morning and these lunches will be refrigerated. Lunch bags should be labeled with the camper's name.

**DO NOT PACK PEANUT OR NUT PRODUCTS IN YOUR CAMPER'S SNACK OR LUNCH!**



### Snacks

Please send with your camper a morning and an afternoon snack which includes a drink. Please do not pack the camper's morning snack in the lunch bag as it is not accessible until the lunch period.

## Drinks

The children will have a lot of exercise and games including taekwondo classes. Please prepare enough water bottles and other drinks. We do not have a water fountain at Dynamic Taekwondo.



## Medical Information Form

Campers with any medical or special conditions must complete in detail the Medical Information at the time of registration. If anything changes, please notify us immediately to update your child's medical or behavioural information.

## Medications at Camp

Special arrangements must be made for medication dispensing at camp. Parents or primary caregivers must bring the medication to office and complete our Prescription Medication Form. This form gives us permission to administer the medication and complete directions and dosage information. All medication must come in the original prescription packaging with the pharmacist's directions. We will not accept medication in other containers. All medication will be kept in a safe and locked location. Our Health Care Supervisor will administer all medication and keep accurate records of the time and dosage given.

## Allergies

Due to an increasing number of life threatening food allergies, we advise parents not to send peanut butter or peanut/nut products in their children's lunches or snacks. All campers who requiring epi-pens must bring a minimum of 2 epi-pens that can be carried in a waist pack every day, and we recommend children with asthma bring 2 inhalers every day.

## **Refunds & Cancellations**

**PLEASE NOTE THAT ALL CANCELLATIONS AND CHANGES ARE SUBJECT TO THE POLICIES BELOW, WITHOUT EXCEPTION.**

- All cancellations must be made in writing (i.e. e-mail(info@canadatkd.com) or letter) to the Dynamic Taekwondo Office.
- Refunds, \$25.00 administrative charge per child/per week, will be issued for all camp session cancellations up to 2 weeks prior to the first day of a camp session.
- Refunds, if you cancel the camps 1 week prior to the first day of camp session, 50% of camp fees will be issued.
- Refunds for medical reasons are available only upon presentation of a doctor's certificate to Dynamic Taekwondo Office.
- Pro-rated refunds are NOT available for days absent, or other services not fully utilized. The full camp's fees are due and payable if a child is registered and attends any part of a session.

## **Transfer Policy**

- All transfer requests must be made in writing (i.e. e-mail (info@canadatkd.com) or letter to the Dynamic Taekwondo Office)
- **All transfers will be subject to a mandatory \$25.00 administrative charge for each transfer for each child.**
- Requests for transfers will be accepted up to 2 weeks prior to the first day of a camp session, provided there is sufficient room in the preferred camp session.