



高师父功夫禅学院

Shaolin Kung Fu Chan Academy



《Kung Fu Summer Camp》

Summer camp activities will be different every week, kung fu, Chinese, math, chess, Rubik's cube, magic, acrobatics, face changing, cooking, flower arrangement, tea, dragon dance, lion dance, painting, outdoor. The summer camp has these activities, every day is Chinese , math , kung fu , archery , outdoor, every week there will be a day of special activities, such as tea art, make dumplings.

Summer Camp Schedule

9:00am - 9:20am

Free Activity Time

• Welcome the children and provide a relaxed environment for play and interaction, helping them get to know each other and settle into the camp.

9:20am - 10:20am

Kung Fu Class (Session 1)

• Learn basic skills: leg techniques, strength training, and body coordination.
• Introduction to the fundamentals of Shaolin Kung Fu, experiencing the charm of Chinese martial arts.

10:20am - 10:30am

Break Time

• Relax, hydrate, and prepare for the next session.

10:30am - 11:30am

Chinese Language Class

• Learn Chinese characters, recite classic poems, and discuss their meanings.
• Engage in interactive activities to spark interest in Chinese language and culture.

11:30am - 12:30pm

Lunch Time

• Enjoy a nutritious and delicious lunch while sharing a pleasant mealtime experience.

12:30pm - 1:00pm

Rest Time

• Take a short break to recharge energy for the afternoon activities.

1:00pm - 2:00pm

Outdoor Activities

• Play in the park, connect with nature, and participate in team games to improve physical fitness and teamwork.

2:00pm - 3:00pm

Kung Fu Class (Session 2)

• Practice Shaolin Kung Fu routines, basic weapon techniques, and fundamental skills in sparring.
• Enhance martial arts skills, improve flexibility, and build confidence.

3:00pm - 4:00pm

Snack Time

• Enjoy healthy and tasty snacks, relax, and recharge.

4:00 pm - 5:00pm

Specialized Courses (Different Themes Each Day)

• Monday: Fun Math Class – Engage in games and activities to boost logical thinking and problem-solving skills.

• Tuesday: Rubik's Cube Challenge – Learn techniques to solve the Rubik's Cube, improving focus and hand-eye coordination.

• Wednesday: Creative Painting – Unleash creativity and experience the joy of art through drawing and painting.

• Thursday: Archery Basics – Learn safe archery techniques, enhancing focus and coordination.

• Friday: Chess – Develop strategic thinking and logical reasoning through chess.

Date&Weeks: 6/15-8/28

9:00am-5:00pm

One week \$550

Special Activity Arrangements

• One day each week will be dedicated to a special themed activity, such as dragon dance, lion dance, culinary experiences, or acrobatics performances. These diverse activities allow children to broaden their horizons and experience the joy of learning in a dynamic and engaging environment.

• Every Friday afternoon, a mini showcase performance will be held to present the students' achievements from the week. This helps build confidence and a strong sense of accomplishment. Summer Camp Kung Fu Level Certificates will also be awarded.



WeChat



website

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