



# 高师父功夫禅学院

## Shaolin Kung Fu Chan Academy

### 《功夫夏令营》

夏令营日期6/16-8/29  
9:00am-5:00pm

一周\$550

夏令营活动丰富多彩，涵盖功夫、中文、数学、象棋、魔方、魔术、杂技、变脸、厨艺、插花、茶艺、舞龙、舞狮、画画、手工及户外活动。每天固定安排中文、数学、功夫、射箭和户外活动，并设置每周一天的特别主题活动（如茶艺、插画课、厨艺课），让孩子们在玩中学习，在学中成长。

#### 每日安排

9:00am - 9:20am 自由活动

- 欢迎孩子们到来，提供轻松玩耍和互动时间，帮助他们相互认识，融入夏令营氛围。

9:20am - 10:20am 功夫课（第一节）

- 学习武术基本功，力量和身体协调性训练。

10:20am - 10:30am 休息时间

10:30am - 11:30am 中文课

- 学习汉字，朗诵经典诗歌。

11:30am - 12:30pm 午餐时间

- 享用健康营养的午餐。

12:30pm - 1:00pm 午休时间

1:00pm - 2:00pm 户外活动

- 参与团队游戏，接触大自然，锻炼体能和团队协作能力。

2:00pm - 3:00pm 功夫课（第二节）

- 练习少林拳法套路和兵器技巧，学习散打基础动作，增强自信心。

3:00pm - 3:20pm 零食时间

3:20pm - 4:30pm 特色课程（每日不同主题）

- 周一：数学趣味课堂

通过游戏和互动活动提升逻辑思维和解题能力。

- 周二：魔方挑战

学习魔方技巧，锻炼手眼协调能力和专注力。

- 周三：创意艺术课堂

包括绘画和手工制作，享受创作乐趣。

- 周四：传统文化体验

如茶艺学习、插画、舞狮、舞龙，体验中华传统文化。

- 周五：国际象棋与魔术表演

学习象棋，培养逻辑与专注力，同时体验魔术表演的趣味与魅力。

#### 特别活动安排

· 每周会有一天安排特别主题活动，如舞龙、舞狮、厨艺或杂技表演等，让孩子们体验全新的学习与乐趣。

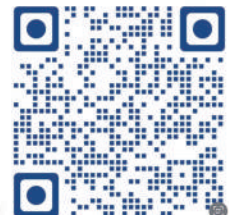
· 周五下午安排小型汇报表演，展示孩子们一周的学习成果，提升自信心与成就感。

#### 注：

· 时间表可根据实际情况灵活调整，确保孩子们能享受丰富多样的体验。



WeChat



website

Bellevue & Redmond Address:

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☎ 425-615-1078 网站: <https://shaolinkung-fuchanusa.com/>



# 高师父功夫禅学院

## Shaolin Kung Fu Chan Academy

### 《Kung Fu Summer Camp》

Date&Weeks: 6/16/2025-8/29/2025

9:00am-5:00pm

One week \$550

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)

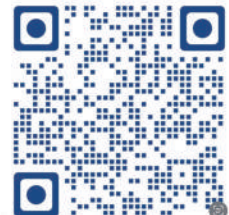
- Monday: Fun Math Class – Engage in games and activities to boost logical thinking and problem-solving skills.
- Tuesday: Rubik's Cube Challenge – Learn techniques to solve the Rubik's Cube, improving focus and hand-eye coordination.
- Wednesday: Creative Painting – Unleash creativity and experience 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.

#### Note:

The schedule may be adjusted as needed to ensure the children have a fun and enriching experience!



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