## 2022 Kung Fu Fall Break Camp

Kung Fu Camp is a fast and fun-filled skill building sessions. The emphasis are on building flexibility, strength, corrdination, agility, and confidence.



## 6 yrs-old & up · Limit to 20 kids

Time	Activity	
8:30-9am	Arrival Time & Game	
9am-12pm	Dragon/Lion Dance, Kung Fu, Sparring Board Jumping, Kick Boxing, stretching etc	
12-1pm	Lunch & Break	
1 - 4pm	Outdoor activity in Park, Kung Fu, Sparring Board Jumping, Kick Boxing, stretching etc	
4-4:30pm	Craft & Art	

Date: Nov 21 - Nov 23, 2022 Time: 8:30am-4:30pm

Students can stay in the studio and wait for pick up until 6pm

Price: \$90/day (include lunch)

School T-Shirt: \$20 (if you register for 1 or 2 days)

Promotion

Sibling Discount: 20% off (apply to second child)

New student: Free school registration fee (Value:\$50)

Free uniform set if you register for all 3 days (Value:\$75)

Current student: Free school T-shirt if you register for all 3 days (Value:\$20)

## Lunch Menus

Mon	Tue	Wed
21-Nov	22-Nov	23-Nov
A. Cheese Pizza w/ Pepsi	A. Orange Chicken /Rice	A. Chicken Tenden w/ French Fries
B. Pepperoni Pizza w/ Pepsi	B. Pork Fried Rice	B. Combination Chow Mein (Beef&Shrimp& chicken)
		C. Chicken Fried Rice
Provided by Little Caears	Provided by Orchild Pavillion Café	





Email: KungFuMasterYan@gmail.com Call: (415) 832-0118 1532 Webster St. Alameda, CA 94501 · www.internationalchiinstitute.com