



International Chi Institute

January 30, 2026 Kung Fu Camp

Daily Activity	
Time	Activity
8:30-9am	Arrival Time
9am-12pm	Dragon/Lion Dance, Kung Fu, Sparring Board Jumping, Self-Defense, Kick Boxing, stretching, etc.
12-12:30pm	Lunch
12:30-1pm	Pick-up & Arrival Time
1 - 2:45pm	Outdoor activity in a park
3-4pm	Kung Fu, Sparring Board Jumping, stretching, etc.
4-4:30pm	Art / Craft Activity
Before 6pm (For free)	Campers can stay in the studio until 6pm to wait for pick up

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

6 yrs-old & up / Class size limit: 30

Date
January 30, 2026 (Friday)

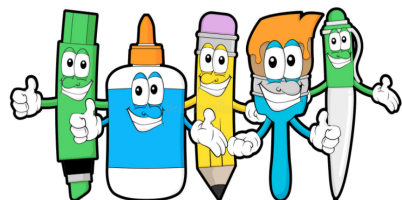
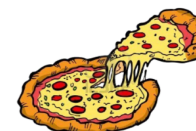
Cost: \$110/day (Pizza Lunches are included)

- Sibling Discount: 20% off for 2nd & 3rd kid

New Student Registration Fee: Waive

Special Bonus:

A school T-shirt (value \$20) is free for new students in this camp



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