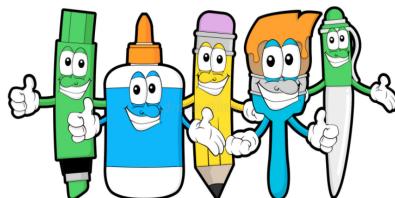




# International Chi Institute

## 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<br>(For free) | Campers can stay in the studio<br>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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