

SUNCOAST TAEKWONDO & YOGA **SUMMER CAMP 2018**



Join Us for a Small Group Summer Camp Experience!

Two – 4 week camps • Ages 5–10



Camp A: June 4 – June 29
Camp B: July 9 – Aug 3

\$150/week 1st camper – additional family members receive 20% discount
Time: Mon – Fri 8am – 6pm
Ages: 5–10
Please pack a lunch

Limited space – 10 kids per camp
One week deposit to hold space

WEEKLY ACTIVITIES INCLUDE:

- 45 – minute daily TaeKwonDo class
- Yoga
- Obstacle courses
- Plyometric
- Skill building games
- Arts & crafts
- Story time
- Games
- Movies
- Visits to local parks
- And more!



Caring experienced staff includes:

State Certified PE teacher, TaeKwonDo black belts, experienced yoga instructor, and personal trainers.

Martial Arts teaches:

Confidence, discipline, respect, self-defense, safety, and anti-bullying techniques

Yoga, Obstacle courses, and Plyometric teach:

Coordination, flexibility, balance, strength, speed, and agility



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