

dojang

SAMPLE 2008 KIDS CAMP ITINERARY

	MON	TUES	WED	THURS	FRI
AM 1	Sprint Time Trials	Martial Arts Class	Martial Arts Class	Martial Arts Class	Sprint Time Trial Finals
AM 2	Soft-style Martial Arts @ Jericho Park	Skimboarding @ Spanish Banks	Anthropology Museum @ UBC *Public Transit	Chaldecott Water Park	Chinatown Fieldtrip *Public Transit
Lunch Break	Lunch @ Park	Lunch @ Beach	Lunch @ UBC	Lunch @ Park	Lunch @ Chinatown
PM 1	Endowment Land Hike and Berry Picking	Sports Day @ Jericho Beach	UBC Pool	Soccer Game	Dr. SunYatSen Gardens
PM 2				Martial Arts Sparring	Martial Arts Trick Kicks

What to bring:

- Backpack
- Water Bottle
- Sunscreen & Hat
- Appropriate footwear (Running Shoes)
- Swimsuit and towel on Tuesday, Wednesday & Thursday
- Water gun on Thursday

Wear comfortable clothing that you can move in.

We will be exercising daily, so feel free to bring an extra set of clothing.