



# 2014 Twin Dragon Summer Camp

151 Old County Road, Suite D • San Carlos, Ca 94070 • 650-591-1127



Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Jun 23-27	July 14-18	July 21-25	July 28- Aug 1	Aug 4-8	Aug 11-15

### A day in our camp will include:

- Warm Ups and Stretching
- Fun Conditioning Exercises
- Learning/Practicing Material for Student Advancement
- Games/Exercises to Improve Kicks and Blocks
- Weapons Training for Advanced Students
- Self Defense Exercises
- Fun Kung Fu Games, Arts/Crafts and Music and Movement activities
- Games and contests to help students earn points

**Mondays:** Martial Arts n Crafts Day! "Camp Twin Dragon" Shirt (\$10 material fee) Project. If you do more than 1 camp we will have other cool projects. Dragon CAMP Shirt required for our walking field trip to the park (Wed).

**Tuesdays:** Safety Day! Learn about being safe! Safety awareness. Self Defense.

**Wednesdays:** Walking Field Trip to Laureola Park! Martial arts fun games and races! (Half day campers: pick up at the park.)

**Thursdays:** Special Guest Experts and/or Special training activities

**Fridays:** Lunch Provided! Surprise Activity!

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Camps are designed to be attended for the full week; however, we will still accept individual day sign ups.

### Prices:

One full day of camp: \$65  
 Discount for a full week \$300 (\$25 savings)  
 Siblings receive \$10 off for full week sign up

After Care Available for Full day Campers  
 Only (3:00 -4:00) \$30 wk or \$8 day

Half Day Camp 9:00-12:00

One Half Day of camp: \$45  
 Discount for a full week: \$205 (\$20 savings)  
 Siblings receive \$10 off for full week sign up

**Snacks Provided!!**

**Lunch is provided on Fridays!!**

Please bring a backpack with:

- Bag Lunch (except Friday)
- Jacket
- One set of extra clothes
- Water Clothes for Wednesday Optional. There is a water play area at Laureola Park.

Please wear clothes you can run around in and wear running/walking shoes. No flip-flops!  
 Skirts/dresses allowed with shorts or legging. You are responsible for your stuff!!

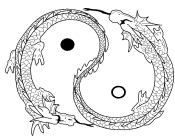
**Dress Code enforced.**

## FAQ:

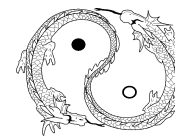
1. Who watches the campers?  
The instructors of Twin Dragon will be running the camps. We do not hire outside help. There will always be one administrator on site/field trip.
2. How many instructors watch/play with the campers?  
There will always be at least two instructors (18 yrs old +) with the campers at all times with additional interns/helpers plus an administrator.
3. Who can come to Twin Dragon Camp?  
Any student of Twin Dragon may attend camp; including Tiger Tots who are potty trained. We also welcome friends of Twin Dragon students to attend our fun camp.
4. How do I sign up?  
Fill out a registration form, pick out the sessions you would like and make a deposit to reserve your spot.
5. When should I sign up?  
As soon as possible!! Spaces will be limited to 15 students per session full time. Half Day Slots limited to 10.
6. Who do I ask for more information?  
You can email Sensei Rita at [senseirita@gmail.com](mailto:senseirita@gmail.com) or call the school at 650-591-1127.

### Sample Camp Schedule

8:45-9:15	Drop off/Welcoming Activities
9:15-9:45	Morning Stretch and Conditioning Exercises
9:45-10:30	Martial Arts Games for Award Points/Art Project/Special Activity or Guest
10:30-11:00	Morning Snack and Conversation
11:00-12:00	Kung Fu Training with our Black Belt instructors and our Junior Interns or Special Guest Expert
12:00-1:00	Lunch and Age Appropriate Movie/Show/Quiet Activity
1:00-2:00	Memory Game/Kung Fu Charades/Cont. Art Project
2:00-2:45	Special Training Activities: Bean Battle, Paper Ninja Stars and target practice, Special Ops Scavenger Hunt, Dojo Hide and Seek
2:45-3:00	Tea Time and Pick up
3:00-4:00	After Care Activities



# 2014 Twin Dragon Summer Camp Registration Form



## Each Child Requires A Separate Registration Form

Child's Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Sex    M    F    AGE   

Home Address: \_\_\_\_\_ Apt. \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ Are you a Twin Dragon Student? :    rank   

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Work # \_\_\_\_\_ Emergency # \_\_\_\_\_

Work # \_\_\_\_\_ Emergency # \_\_\_\_\_

Email: \_\_\_\_\_

Email: \_\_\_\_\_

### Camp Payment/Cancellation /Transfer Policy

\*I understand that camp deposits are required to hold our spot and are **non-refundable**. The deposits for programs are as follows: \$75 per week. **Payment is due two weeks before the start of the camp session.**

\*I understand my registration may be cancelled if the balance is not paid two weeks before the start of each camp

\* Camp Cancellations must be made in writing 1 week prior to the start of the program. You will receive a credit toward future services minus the deposit. Or you may transfer payment to another camp session this 2014 season.

\* By signing up for the program indicated below, I understand and accept the above policies and I am responsible for payment. X \_\_\_\_\_

Parent/Guardian Signature

Fill in the session dates, check full or half day program and list the fees for the total amount due.

Week# and session Date(s)	√ Full week Full Days 9:00-3:00	√ Full week Half Days 9:00-12:00	1 day(s) only Half/Full	After Care 3:00-4:00	Subtotal	Add \$10 material fee	Full week Sibling Discount	Total

subtotal		
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Deposit Amount		
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Balance Due		
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Deposit _____ Photo release _____ Emergency Form turned in _____ Paid Balance _____	Office use: Signed waiver _____ Material fee _____
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Material Fee \$10
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