

Ambassador's Day

July 10 & 24, August 7

Chop Into Summer camp

T & T Karate

Bring

- Medication (Epi-pens, rescue inhalers, etc)
- karate pants
- belt
- comfy shorts
- running shoes & extra socks
- and a change of clothes

You may also want sunscreen and sunglasses. We provide water and two snacks; but please send a packed lunch with your child.

Run-through of a typical day:

- Day begins at 8:00am, promptly, with meditation and a warm up. Please arrive on time. Lateness is not okay, and we will not wait.
- First off at 8:30am, 2-hour run outside in Haviland Middle School's athletic fields
- Snack after the run
- Strength training & flexibility work
- Science projects or chess practice
- Lunch at 12:00pm
- More strength & flexibility training
- Martial arts training
- Outdoor game like soccer or basketball at 2:00pm
- Art projects
- Clean-up school & pack up stuff before parent pick-up at 5:00pm

This is the typical schedule, however we may do other things, add things, switch things around.

If you have any questions or concerns, please speak to Bu Sah Bo Nim Teuschler or Miss Sarina. Or, talk to one of our campers!!

Waiver/ permission slip due the Thursday before.

(845) 233-5731

tntkarate@optonline.net