



Master Tony Kook's North Shore Taekwondo Inc.



Summer Camp Applications

We are pleased to announce our Summer Day Camp programs for 2010.

There will be 5 camps offered for students of all belts aged 7 – 16yrs (6yr old participants may be eligible with instructor approval) this year:

Camp 1: Monday, July 12th – Friday, July 16th

Camp 2: Monday, July 19th – Friday, July 23rd

Camp 3: Monday, July 26th – Friday, July 30th

Camp 4: Monday, August 9th – Friday, August 13th

Camp 5: Monday, August 23rd – Friday, August 27th

The camps will run out of the Taekwondo school from 9am to 3:15pm daily. The cost of each camp is \$275 + gst (payments received before July 1st will not be subject to the HST, all payments received after July 1st will be subject to the 12% HST).

Master Kook and our Black Belt instructors are the head instructors for the camps. As we expect all camps to be fully booked, we will also be hiring assistants to help provide your child with a safe and fun environment at all times.

Each day will offer a mixture of Taekwondo instruction and fun activities. Students will have the opportunity to practice their required elements each day, which means that by the end of the week, they will have had the equivalent of 4 weeks of regular training! Some of the extra curricular activities include swimming, laser tag, bowling, outdoor mini olympics, and rock climbing at the Edge. There will also be self defense lessons taught by the instructors focusing on how to effectively deal with bullies (bully buster system).

*As part of our ongoing safety awareness at North Shore Taekwondo, we ask all parents to adhere to a **NUT FREE Policy** throughout the camp. Parents must indicate clearly if their child has a nut allergy on the application form.

Participants must bring their Taekwondo uniform each day of the camp. A camp t-shirt will also be provided. Please refer to the Summer Camp brochure for a complete list of 'what to bring'.

A maximum of 24 students has been set for all camps. If you have any questions, please call us at 604-986-5558. Space is limited, register soon!

2900 Lonsdale Ave, North Van, B.C. V7N 4H9 Tel: 604-986-5558 Fax: 604-986-5277

www.northshorettaekwondo.com



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Summer Camp Itinerary

***subject to change depending on weather conditions.**

Monday

9:00 – 11:30am Introduction, Taekwondo training, focus drills, games
11:30 – 12:00pm Lunch Break
12:00 – 3:15pm Outdoor excursion: Edge rock climbing

Tuesday

9:00 – 11:30am Taekwondo training, focus drills, Taekwondo theory
11:30 – 12:00pm Lunch Break
12:00 – 3:15pm Outdoor excursion: Outdoor games / arts & crafts

Wednesday

9:00 – 11:30am Taekwondo training, focus drills, Taekwondo theory
11:30 – 12:00pm Lunch Break
12:00 – 3:15pm Outdoor excursion: Swimming

Thursday

9:00 – 11:30am Taekwondo training, focus drills, games
11:30 – 12:00pm Lunch Break
12:00 – 3:15pm Outdoor excursion: Bowling

Friday

9:00 – 11:30am Taekwondo training, focus drills,
Self Defense training (bully buster)
11:30 – 12:00pm Lunch Break
12:00 – 3:15pm Outdoor excursion: Laser Tag

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Summer Camp Application Form

For Camps (Please circle)

Cost for each camp:

\$275 + gst (hst after July 1st) per camp

July 12th – 16th

July 19th – 23rd

July 26th – 30th

Aug 9th – 13th

Aug 23rd – 27th

Students Name: _____ Birthdate: _____

Address: _____

Home Phone: _____ Work Phone: _____

Parent / Guardian Name: _____

Emergency Contact Name & Phone: _____

Medical conditions / allergies: _____

B.C. Health Card Number: _____

In this agreement the word "I" means the student, or if the student is a minor, the indicated parent or guardian. The word "seller" means North Shore Taekwondo, instructors, and/or employees.

I hereby consent my child/ward to participate in the Taekwondo camp, and it is understood and agreed that the seller shall not be held liable for any damages or injuries from the camp's activities.

Name(parent/guardian): _____

Signature: _____

Date: _____

payment must be submitted together with application

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