

Master Baez Winter Camp 2016 Sample Schedule of Activities

- ▶ 7:30 a.m. - 9:00 a.m. - Arrival
- ▶ 9:00 a.m. - 9:30 a.m. - Behavior Chart and Camp Rules for the Day. Morning Chat on Life Skills and Values:
 - **Monday - Patience**
 - **Tuesday - Focus**
 - **Wednesday - Confidence**
 - **Thursday - Courage**
 - **Friday - Positive Attitude**
- ▶ 9:30 a.m. - 10:00 a.m. - Martial Arts Fun Drills
- ▶ 10:00 a.m. - 10:30 a.m. - Snack Time (Students Must Bring Their Own Snacks)
- ▶ 10:30 a.m. - 11:30 a.m. - Tae Kwon Do Training (Mon. Wed. and Fri. Full Uniform Required. Tues. and Thurs. Camp T-shirt, Belt and Martial Arts Pants Required)
- ▶ 11:30 a.m. - 12:00 p.m. - Martial Arts Fun Drills
- ▶ 12:00 p.m. - 1:00 p.m. - Lunch (Students Must Bring Their Own Lunch or \$5 for one slice of Pizza and a Soft Drink)
- ▶ 1:00 p.m. - 1:30 p.m. - Relaxation Time / Martial Arts Free Choice
- ▶ 1:30 p.m. - 2:00 p.m. - Afternoon Chat on Life Skills and Values:
 - **Monday - Respect**
 - **Tuesday - Honesty**
 - **Wednesday - Organization**
 - **Thursday - Gratitude**
 - **Friday - Cooperation**
- ▶ 2:00 p.m. - 3:00 p.m. Tae Kwon Do Training (Mon. Wed. and Fri. Full Uniform Required. Tues. and Thurs. Camp T-shirt, Belt and Martial Arts Pants Required)
- ▶ 3:00 p.m. - 4:00 p.m. - Martial Arts Fun Drills
- ▶ 4:00 p.m. - 4:30 p.m. - Snack Time (Students Must Bring Their Own Snacks)
- ▶ 4:30 p.m. - 6:30 p.m. - Martial Arts Free Choice / Movie Time and Student Pick Up

Note: Field Trips are on Tuesday and/or Thursday. Students must wear the official Summer Camp 2016 T-shirt to be allowed on the Field Trips.