

# SUMMER CAMP



**A FUN & ENRICHING CAMP KIDS LOVE...**

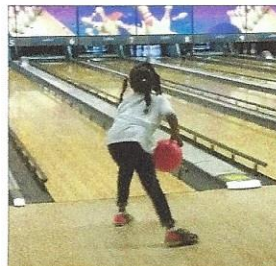
## **PLUS THE BENEFITS OF MARTIAL ARTS**

Our Martial Arts Summer Camp offers Martial Arts instruction combined with all the exciting activities of a traditional Summer Camp. Our Camp includes field trips, constructive games, arts and crafts, kid's movies and, of course, Martial Arts training for over 80 kids each summer.

We make it easy for parents to give their child two activities for the price of one - a convenient summer camp and exciting Martial Arts lessons.

We offer convenient early drop off and extended pick-up hours, at no extra charge. In addition, our professional staff is dedicated to providing a safe and fun camp experience for all our campers.

- ✓ Field Trips Daily
- ✓ Lunch Provided
- ✓ Structured Program - Field Trips, Games, Arts & Crafts, Science Fun, & Martial Arts
- ✓ Martial Arts Classes & Benefits - Confidence, Discipline & Focus
- ✓ Spacious Facilities with dedicated Activity Areas and a separate Martial Arts Room
- ✓ Dedicated & Professional Staff
- ✓ Drop off Starting at 7am & Pick-up Until 6:30pm



**Our Summer Camp provides children with an unforgettable summer & lifelong memories!**



# First Coast Taekwondo Summer Camp

We are glad to announce that we will be offering our summer camp program for an twentieth year. Our camp includes field trips daily and is **now providing a kid-friendly lunch daily**. Our summer camp program will be first available for full time campers due to the **limited number of spots available** this summer. As always, summer camp will fill up fast **noting there was a waiting list last year**. To reserve your spot, please register your child as soon as possible.

Below are the fees for our summer camp and a sample lunch menu:

## Summer Camp Weekly Tuition (includes Field Trips & Lunch)

Auto Bank Draft	Auto Credit Card	Pay in person
\$149 (2nd child \$140)	\$154 (2nd child \$145)	\$159 (2nd child \$150)

**Save money by setting up automatic payment.** Auto payments save us time and money on billing. Also, the transaction fees on bank drafts are much cheaper than credit cards fees. Setting up auto payment saves us money and allows us to pass the savings on to you.

## Sample Lunch Menu

(Drink and Side Item also provided)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Hamburger	Hot Dogs	Ham or Turkey Sub	Tacos	Pizza	Raviolis	Nachos	PB& J

There is a one-time **registration fee per family** of:

	Reg. Fee Per Family
1st 25 Campers to Register	FREE
Registered by 4/15/19	\$20
Registered by 5/15/19	\$35
Registered after 5/30/19	\$50

We are requiring the registration fee as a **non-refundable** registration fee to reserve a spot in our summer camp. Unfortunately, we cannot reserve any spots without this fee and summer camp paperwork completed.

The summer camp paperwork can be completed online via an electronic form available on our website at <http://firstcoasttaekwondo.com/socialsite/summer-camp>.

Attached is the exciting **Field Trip Calendar** and Summer Camp information that is also available at [www.firstcoasttaekwondo.com](http://www.firstcoasttaekwondo.com). We hope you can join us this summer.

If you are not interested in our summer camp, but would like your child(ren) to continue in our Taekwondo program or would like to continue in the Kickin' Kids program this fall, please speak with the front desk and ask about our Summer Classes Special Rate for After School Program Students.

Please do not hesitate to contact the front desk with any questions.

Sincerely,

Isabel Ford

Program Director

**PS - Don't forget to tell your friends about our Summer Camp!**



# SUMMER

# JUNE 2019

## SUMMER CAMP FIELD TRIP SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>WEEKLY ACTIVITIES</b> SCIENCE FUN: Make play dough, slime, ice cream, soda explosion & more ARTS & CRAFTS: Flower Pots, Clay, Sun Catchers, spoon bugs & more GAMES: Basketball, Soccer, Limbo, Bingo, Scavenger Hunt, Jump Sack Race & more SPECIAL TREATS: Snow Cones, Cotton Candy, Nachos, Ice Cream Sundae & More						
 <b>2</b> <b>PARK-WATER</b> <b>NERF GAMES</b> (Remember sunglasses)	 <b>3</b> <b>PARK-WATER</b> <b>NERF GAMES</b> (Remember sunglasses)	<b>4</b> CICI'S PIZZA	<b>5</b> <b>1 Hour Unlimited</b> <b>Arcade Video Games</b> @ Cassatt Fun Center (Clay County Last Day of School)	<b>6</b> <b>JUMP ZONE</b> Bazooka Battle Zone indoor inflatables, slides & obstacle courses	<b>7</b> <b>SWIMMING</b> (Remember bathing suit & towel)	<b>8</b>  <b>THE CATTY SHACK RANCH</b> <b>WILDLIFE SANCTUARY</b> <b>WWW.CATTYSHACK.ORG</b>
 <b>9</b> <b>PARK-WATER</b> <b>GUNS DAY</b> (Remember towel)	<b>10</b> <b>PARK-WATER</b> <b>GUNS DAY</b> (Remember towel)	<b>11</b> <b>JUMP STREET</b> INDOOR TRAMPELINE PARK	<b>12</b> <b>Movies @</b> Regal Avenues or Carmike Flemming Island	<b>13</b> <b>CATTY SHACK</b> <b>RANCH</b> (Lions, Tigers & more)	<b>14</b> <b>SWIMMING</b> (Remember bathing suit & towel)	<b>22</b>  <b>Conner's</b> <b>A-Maize-Ing Acres</b> <b>4000 Florida</b> <b>Alachua County</b>
 <b>16</b> <b>PARK-CAR WASH</b> <b>SPONGE GAMES</b> (ex. HOT POTATO) (Remember towel)	<b>23</b> <b>PARK-WATER</b> <b>BALLON DAY</b> (Remember towel)	<b>18</b> <b>CONNER'S</b> <b>AMAZING</b> <b>ACRES FARM</b> (Hay Ride, Cow Train,	<b>19</b> <b>Movies @</b> Regal Avenues or Carmike Flemming Island	<b>20</b> <b>SLINKEE'S</b> (Remember Socks) Obstacles, Inflatables, Spaceball Trampoline, XBOX Kinect Games & more)	<b>21</b> <b>SWIMMING</b> (Remember bathing suit & towel)	<b>29</b> 
 <b>23</b> <b>PARK-WATER</b> <b>BALLON DAY</b> (Remember towel)	<b>24</b> <b>PARK-WATER</b> <b>BALLON DAY</b> (Remember towel)	<b>25</b> <b>BOWLING</b> (Remember socks)	<b>26</b> <b>Movies @</b> Regal Avenues or Carmike Flemming Island	<b>27</b> <b>St. Mary's</b> <b>Aquatic Center</b> Lazy River, Water Slide & Splash Mountain	<b>28</b> <b>SWIMMING</b> (Remember bathing suit & towel)	



## DAILY MARTIAL ARTS GAMES

JUMP PADS, PUSH OFF, 4 SQUARES  
CAPTURE THE INSTRUCTOR



\*Subject to change without notice. Check weekly field trip reminders sent via e-mail and available at the front desk. \*If your child is not a strong swimmer, please send a swim vest for swimming field trips. \*Arrive by 8:45am as we leave for most field trips at 9am.





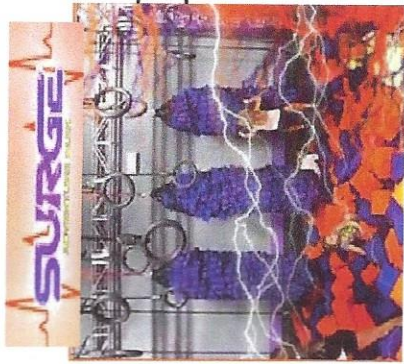
# JULY 2019

## SUMMER CAMP FIELD TRIP SCHEDULE

Mon	Tue	Wed	Thu	Fri	Sat
 <b>1</b> <b>PARK-SLIP-N-SLIDE</b> (Remember bathing suit & towel)	<b>2</b> <b>SURGE</b> ADVENTURE PARK (INDOOR TRAMPELINE PARK)	<b>3</b> <b>Movies @</b> Regal Avenues or Carmike Flemming Island	<b>4</b> <b>CLOSED for 4th of July</b>	<b>5</b> <b>SWIMMING</b> (Remember bathing suit & towel)	
<b>7</b> 	<b>8</b> <b>PARK-SPRINKLERS</b> (Remember bathing suit & towel)	<b>9</b> <b>RIPLEY'S BELIEVE IT OR NOT</b>	<b>10</b> <b>Movies @</b> Regal Avenues or Carmike Flemming Island	<b>12</b> <b>SWIMMING</b> (Remember bathing suit & towel)	<b>13</b> 
<b>14</b> 	<b>15</b> <b>PARK-WATER BALLON DAY</b> (Remember towel)	<b>16</b> <b>St. Mary's Aquatic Center</b> Lazy River, Water Slide & Splash Mountain Playground	<b>17</b> <b>Movies @</b> Regal Avenues or Carmike Flemming Island	<b>19</b> <b>SWIMMING</b> (Remember bathing suit & towel)	<b>20</b> 
<b>21</b> 	<b>22</b> <b>PARK-WATER RELAY DAY</b> (Remember towel)	<b>23</b> <b>BOWLING</b> (Remember socks)	<b>24</b> <b>Movies @</b> Regal Avenues or Carmike Flemming Island	<b>26</b> <b>SWIMMING</b> (Remember bathing suit & towel)	<b>JUMP PADS, PUSH OFF, 4 SQUARES CAPTURE THE INSTRUCTOR &amp; MUCH MORE</b>
<b>28</b> 	<b>29</b> <b>PARK-WATER GUNS DAY</b> (Remember towel)	<b>30</b> <b>SLINKEE'S</b> (Remember Socks) Obstacles, Inflatables, Spaceball Trampoline, XBOXKinect Games & more)	<b>31</b> <b>Movies @</b> Regal Avenues or Carmike Flemming Island	<b>WEEKLY ACTIVITIES</b> SCIENCE FUN: Make play dough, slime, ice cream, soda explosion & more ARTS & CRAFTS: Flower Pots, Clay, Sun Catchers, spoon bugs & more GAMES: Basketball, Soccer, Limbo, Bingo, Scavenger Hunt, Jump Sack Race & more SPECIAL TREATS: Snow Cones, Cotton Candy, Nachos, Ice Cream Sundaes & More	

\*Subject to change without notice. Check weekly field trip reminders sent via e-mail and available at the front desk. \*If your child is not a strong swimmer, please send a swim vest for swimming field trips. \*Arrive by 8:45am as we leave for most field trips at 9am.





# AUGUST 2019

## SUMMER CAMP FIELD TRIP SCHEDULE

Mon	Tue	Wed	Thu	Fri	Sat
<b>WEEKLY ACTIVITIES</b>  SCIENCE FUN: Make play dough, slime, ice cream, soda explosion & more ARTS & CRAFTS: Flower Pots, Clay, Sun Catchers, spoon bugs & more GAMES: Basketball, Soccer, Limbo, Bingo, Scavenger Hunt, Jump Sack Race & more SPECIAL TREATS: Snow Cones, Cotton Candy, Nachos, Ice Cream Sundaes & More			<b>St. Mary's Aquatic Center</b> Lazy River, Water Slide & Splash Mountain Playgroup	<b>SWIMMING</b> (Remember bathing suit & towel)	
<b>PARK-SLIP-N-SLIDE</b> (Remember bathing suit & towel)	<b>SURGE ADVENTURE PARK</b> (INDOOR TRAMPELINE PARK)	<b>HANDS ON REPTILE PROGRAM</b> (Lots of special guests... snakes, alligator ect)	<b>SLINKEE'S</b> (Remember Socks) Obstacles, Inflatables, Spaceball Trampoline, XBOX Kinect Games & more)	<b>SWIMMING</b> (Remember bathing suit & towel)	
<b>1 Hour Unlimited Arcade Video Games</b> @ Cassatt Fun Center Duval County 1st Day of School	Clay County 1st Day of School	<b>DAILY MARTIAL ARTS GAMES</b> JUMP PADS, PUSH OFF, 4 SQUARES CAPTURE THE INSTRUCTOR, & MUCH MORE			
<b>18</b>	<b>25</b>	<b>26</b>	<b>28</b>	<b>30</b>	<b>31</b>

\*Subject to change without notice. Check weekly field trip reminders sent via e-mail and available at the front desk. \*If your child is not a strong swimmer, please send a swim vest for swimming field trips. \*Arrive by 8:45am as we leave for most field trips at 9am.



## SUMMER CAMP REMINDERS

Below are some important reminders about our summer camp. Please take a moment to review these reminders. If you have any questions, please contact us at [fctfrontdesk@hotmail.com](mailto:fctfrontdesk@hotmail.com) or 778-2348.

- We frequently **communicate via e-mail**. You should have received e-mail reminders about summer camp prior to your child's first day. If you have not received any, please inform the front desk or e-mail [fctfrontdesk@hotmail.com](mailto:fctfrontdesk@hotmail.com).
- **Drop off your child by 8:45am**. (We leave for many of the field trips at 9am). Parents must walk their child into the building to sign him/her in every morning. **If you arrive after we leave for the field trip**, you will need to meet us at the field trip location to drop off your child as nobody stays at First Coast Taekwondo during the field trips. **We cannot wait for late campers. We leave at 9am sharp on days we have field trips to the movies, St. Augustine and St. Marys. Late campers will have to meet us at the field trip.**
- **The Summer Camp Teachers do not accept payments in the morning as their focus is attending to the children**. However, payments can be left in our payment box in the morning, made at the front desk in the afternoon or online. We accept Visa, Mastercard and check payments online. Online payments can be made on our website at [www.firstcoasttaekwondo.com](http://www.firstcoasttaekwondo.com); the Yellow Paypal "BUY Now" payment link is at the bottom of the home page and registration page of our website. Note, if you are accessing our website from your mobile device, the payment link is temporarily down and you will need to select the desktop version. Or you can pay via paypal by entering the following email or phone number: [fctfrontdesk@hotmail.com](mailto:fctfrontdesk@hotmail.com) or 904-778-2348 (you cannot utilize the FCT Cell # with paypal payments).
- **Field Trip Reminders & Lunch Menu** will be e-mailed each week. Please review as this weekly correspondence contains important information.
- Lunch is provided to our campers. However, we request parents sign their child up for lunch each day by filling out the order form by the sign in/out book. This allows us to have an accurate count of the lunches needed and reduce waste.
- Afternoon Snack is provided during summer camp. If your child would like an additional snack in the afternoon, please pack a snack for them daily. (Occasionally we do provide a snack when it is part of an activity – ex. Painted popcorn and No-Bake Cinnamon Rolls).
- Vending Machine – Parents may purchase items for their child(ren) in the morning from the vending machine. Campers will not be allowed to make purchases without their parents as to ensure the parents approve of the child's selection from the vending machine. Please note we cannot provide change for the vending machine.
- If your child(ren) prefers, a bagged lunch may be packed for camp. No microwave lunches are allowed.



## SUMMER CAMP REMINDERS CONTINUED

- Campers may bring a small travel size pillow and blanket that fits in a small bag for movie time.
- On **Water Days and Swimming Days**, remember to wear a bathing suit and bring a towel and change of clothes in a bag.
  - If your child **cannot swim or is a weak swimmer, please provide him/her with a swim vest**. Students are able to learn how to swim with a swim vest. In addition, the swim vest allows our novice swimmers to fully enjoy the pool.
  - If your child needs sun block, please put it on them prior to dropping them off.
- Your child may bring game boys and other games in a bag to summer camp. Please put your child's name on his games and game player. Remember, it's your child's responsibility to keep up with his or her belongings and will only be allowed to play them during designated times.
  - Children are not allowed to connect on their electronic games or use headphones.
  - Electronic games may not be shared.
  - Cell Phones (without service) used solely for their games. Students may not access the internet, text or make calls. (Students may utilize the school phone if necessary).
- Please put your child's name on all items he/she brings to summer camp. Also, all items should be brought in a bag.
- Students are not allowed to use cell phones and ipods for calls, texts or internet. Students may utilize the school phone if necessary.
- New students will get their uniform the first few days and their class schedules will be distributed within a few days of their start date.
- If a student has sparring gear, he/she may participate in sparring class on Fridays. (There is no additional cost)
- If you need to **reach us during a field trip, please TEXT (preferable) or call 703-6313 or email FCTfrontdesk@hotmail.com**. (This is the number to the cell phone we have while on field trips) Please remember it may take time to respond. (The phone will not be answered while driving.) If we do not answer, please send a text message. Text message is the preferred contact method during field trips. This is a company phone is only checked and answered during business hours.
- We have an **open door policy**. If you would like to speak with one of the Summer Camp Teachers, please let us know. Just remember, if you require more than a few minutes, we can arrange a phone call or meeting as the teacher's focus is attending to the children during camp hours.

If you have any **questions or comments**, please contact us at 778-2348 or [fctfrontdesk@hotmail.com](mailto:fctfrontdesk@hotmail.com).