



UMS TAE KWON DO

2024 Children's Spring Camp

DISCIPLINE – RESPECT – RESPONSIBILITY – CONFIDENCE – MOTIVATION

Date & Time:

Monday – Friday March 25th – March 29th

Time: 8:30am – 5pm

Late pick up available (\$8 per hour)

Details:

1. Must be ages 5-12 years old
2. Bring lunch and snack, water
3. Improve yourself and have fun!
4. Chuck E. Cheese field trip on Tuesday, \$40 fee, lunch and transportation provided

Rates include:

Taekwondo classes, Discipline, Breaking Board Exercise, Discipline, Local Parks and sports

Space is limited!!

For registration or questions: umsKICK.com
umsmartialarts@gmail.com or 703-914-1110

Prices:

| | | | |
|---|----------------|-------|--|
| | 1 Day | \$75 | |
| | 5 days (M – F) | \$329 | |
| \$10 Discount for additional family members | | | |
| \$10 Registration Free Registration for UMS member Field Trip to Chuck E Cheese | | | |



2024 UMS Spring Camp Schedule

Mon.

| | |
|----------|--|
| 8:30 am | Drop off campers between 7:30am - 9:45 am Quiet Games & Activities |
| 9:50am | Taekwondo Camp Begins! Line up on the mat & take attendance. Taekwondo training – Kicking, Hand Techniques, obstacle course with targets.... |
| 11:30 am | Lunch and rest; supervised free time |
| 1:00 pm | Taekwondo games, Dodge ball, Taekwondo home Rules, Obstacle course Lay Meditation... |
| 3:20 pm | Practice organizes responsible, Clean up, Snack time |
| 3:45 pm | Taekwondo Camp Ends: Quiet activities, movie or quiet games until parents pick-up 4pm |

Thu.

| | |
|----------|---|
| 8:30 am | Drop off campers between 7:30am - 9:15 am Quiet Games & Activities |
| 9:50 am | Taekwondo Camp Begins! Taekwondo practice – Movie style sparring, Combination kicking, Board Breaking Techniques |
| 11:30 am | Lunch and rest; supervised free time |
| 12:50 pm | Go to the park and Taekwondo outside training – Running jump side kick, Obstacle course our side, Sports and play ground |
| 3:15 pm | Practice organizes responsible, Clean up, Snack time |
| 3:45 pm | Taekwondo Camp Ends: Quiet activities, movie or quiet games until parents pick up 4pm |

Tue.

| | |
|----------|--|
| 8:30 am | Drop off campers between 7:30am - 9:15 am Quiet Games & Activities |
| 9:50 am | Taekwondo Camp Begins! Taekwondo practice – Physical Fitness Training Sprints, Jumps, Ropes, and more! Free Promise Sparring with Combination Kicks |
| 10:15 am | Go over field trip rules |
| 10:40 pm | Chuck E. Cheese (We will have lunch there ☺) |
| 2:30 pm | Return from field trip – Take rest. Taekwondo home rules and Meditation |
| 3:20 pm | Practice organizes responsible, Clean up, Snack time |
| 3:45 pm | Taekwondo Camp Ends: Quiet activities, movie or quiet games until parents pick-up 4pm |

Fri.

| | |
|----------|--|
| 8:30 am | Drop off campers between 7:30am - 9:15 am Quiet Games & Activities |
| 9:50 am | Taekwondo Camp Begins! Taekwondo practice – Physical Fitness Training Sprints, Jumps, Ropes, and more! Free Promise Sparring with Combination Kicks |
| 11:30 am | Lunch time and supervise break |
| 12:50 pm | Taekwondo breaking board practice. Spider kick, Spider punch & double kicksLava focus training. |
| 2:30 pm | Return from field trip – Take rest. Taekwondo home rules and Meditation |
| 3:20 pm | Practice organizes responsible, Clean up, Snack time |
| 3:45 pm | Taekwondo Camp Ends: Quiet activities, movie or quiet games until parents pick-up 4pm |

Wed.

| | |
|----------|--|
| 8:30 am | Drop off campers between 7:30am - 9:15 am Quiet Games & Activities |
| 9:50 am | Taekwondo Camp Begins! Line up on the mat & take attendance. Taekwondo practice – Advanced Kicking Techniques Review board breaking techniques No Contact Sparring |
| 11:30 am | Lunch time, supervised free time |
| 1:00 pm | Go to Park & sports & Games, play ground |
| 2:45 pm | Return from field trip, Meditation, Taekwondo home rule |
| 3:15 pm | Practice organizes responsible, Clean up, Snack time |
| 3:45 pm | Taekwondo Camp Ends: Quiet activities, movie or quiet games until parents pick-up 4pm |

***Schedule is subject to change.**

*** Tue. – Chuck E Cheese include Lunch**



2024 UMS Spring Camp Registration Form

| | | | | |
|--|--------------------------------------|------------------------------|---|----------------|
| Guardian Name: | | Email: | | |
| Address: | | | | |
| H. Ph: | | W. Ph: | C. Ph: | |
| Emergency Contact Name: | | Relation to student: | | |
| Phone: | | | | |
| Student 1: | | Age: | Gender: M or F | |
| Student 2: | | Age: | Gender: M or F | |
| Student 3: | | Age: | Gender: M or F | |
| Any health conditions to be aware of? | | | | |
| Please Check the days attending <input checked="" type="checkbox"/> | | | | |
| <input type="checkbox"/> Mon | <input type="checkbox"/> Tue | <input type="checkbox"/> Wed | <input type="checkbox"/> Thu <input type="checkbox"/> Fri | |
| Pricing Reminders: | | | | |
| 1 day | | \$75 | Free Registration for UMS members | |
| 5 days (M – F) | | \$329 | Chuck E Cheese (Tuesday) - \$40 extra (include lunch & games) | |
| | | | \$10 - Discount for additional family members | |
| Total Amount Due: | Type | | Date | Initial |
| \$ | <input type="checkbox"/> Cash | | | |
| \$ | <input type="checkbox"/> Credit Card | | | |
| \$ | <input type="checkbox"/> Check # | | | |

Terms of Consent

Payment/Cancellation/Modification Policy: Registration payment reserves the camper(s) listed above space in the camp. All payments are non-refundable. Payment for the week secures the entire week, even if the camper(s) listed above do not attend the entire week. If payments are not received on time the camper(s) will not be allowed in the camp. Payments made on Monday for that week are charged a late penalty of \$25. If the camper(s) cannot attend due to physical reasons (ie. broken leg), a Doctor's note must be provided in order for payments to be applied toward future camps or memberships. A \$25 service fee made payable to UMS Martial Arts is charged for bounced checks. A \$30 service fee is charged for modification/cancellation of weeks (not for adding weeks in advance). Late pick up charges are as follows and \$5 for every 15 minute segment thereafter. Failure to make payments will result in referral to a collection agency.

Waiver and Release: I, as the child(ren)'s legal guardian, fully recognize that martial arts involves strenuous physical exercise and I am fully aware of the risks of injury and/or illness inherent in participation in any fitness or martial arts program, and I have taken all reasonable steps to determine, and hereby warrant, that my child(ren) is(are) in good health and physically capable of participating in the programs and courses of instruction offered by UMS Martial Arts. I understand and agree that all participation in any such fitness program or use of UMS Martial Arts' equipment or facilities on or off the premises, including field trips, shall be at our own risk.

I authorize the officers and personnel of UMS Martial Arts to transport my child(ren) to and from UMS Martial Arts in any event, and in the case of a medical emergency I authorize UMS Martial Arts and its officers and personnel to seek medical attention for the camper(s) mentioned above. I also authorize the attending physician to perform any emergency treatment that is deemed necessary. I hereby release, indemnify, and hold harmless UMS Martial Arts and its personnel from and against any and all claims, suits, demands, damages, costs and liabilities of any kind or any kind of nature, including attorney's fees and costs, for any injury, harm or fatalities of myself or my child(ren), or of any person(s) who become entitled to the use of the facilities of UMS Martial Arts by virtue of this agreement, or any third persons, which arise directly or indirectly out of or in virtue of our presence at UMS Martial Arts for any form of compensation or claim for any fatalities, harm or injuries sustained by our presence at UMS Martial Arts.

Loss/Damage/Theft of Property: I understand and agree that UMS Martial Arts and its personnel shall not be held responsible for any personal property which is damaged, lost or stolen in or around UMS Martial Arts or its facilities, or at any of UMS Martial Arts' off-premises events and field trips.

Photographic Equipment: I hereby authorize UMS Martial Arts personnel to photograph me or my child(ren) and to utilize such photographs for commercial purposes, including but not limited to the promotion and marketing of UMS Martial Arts, and I agree that I nor any party acting on my or my child(ren)'s behalf shall not be entitled to receive compensation as a result of such use.

Guardian Signature: _____ Date: _____

**By signing, you agree to the Terms of Consent outlined above*