



Dear Guardian:

**2019**

Welcome to Family Taekwondo Plus Summer Camp! We are excited to have your child be a part of our exciting camp. Below are a few reminders to ensure summer time fun.

**Sign In / Information**

It is important that you sign your child in each day at the front counter.

Please check at the counter for information on testing, field trips and special events, or notices from team leaders. Also any injury or disciplinary report for your child will be at the summer camp desk.

**Drop Off / Pick Up**

Family Taekwondo Plus summer camp hours are Monday through Friday, 7:00 a.m. – 6:00 p.m. We will notify the emergency contact you have provided should your child remain at Family Taekwondo Plus after 7:00 p.m.

**Items to Bring**

Students must wear their camp T-shirt, tennis shoes and shorts every day. Your child will not be allowed to attend any field trip without a camp T-shirt.

Be sure to send your child's martial arts belt with their camp back packs everyday.

We require all students wear tennis shoes. Please remember to not wear sandals and to bring socks on skating days. Your child will not be allowed to attend skating without socks.

A water bottle and sunscreen are must have items for everyday of camp, especially on field trips. The team leaders will have back up sunscreen, but please send your child with some. There will be water containers taken on park days for refills, but send your child with a full bottle in the morning.

Your child needs to bring a lunch and two healthy snacks for a morning and afternoon snack each day. Please clearly label your child's lunch boxes. Please inform the staff of any dietary restrictions or food allergies that your child may have. **NO candy or soda.** We do **NOT** microwave or refrigerate any food here so please be sure to send an appropriate lunch for your child.

Additional T-shirts are available for purchase if you feel you need an extra. They are \$18.00 a shirt.

**Family Taekwondo Plus**

7831 Sunrise Blvd • Citrus Heights Ca 95610 • 916-725-3200



# 2019

### Pool Day Information

On pool days please have your child dress appropriately with their swimsuit underneath their clothing.

### NO Bikinis!!!

Bring towel and sunscreen. Please NO nose cover goggles or floating devices for your child, lifevests are ok.

To ensure proper re-dress, please pack an extra pair of underclothes. LABEL ALL of your child's belongings.

### Field Trip Fees

You can pay for field trips at the summer camp desk in the Mornings or Afternoons. You can pay for them on Monday for the entire week. Do NOT give your child money for a field trip.

### Sending Money with your child

The only time you will need to give your child money is on special field trips that have a concession area such as skating or bowling. We suggest putting the money in a plastic bag in the child lunch box or camp bag.

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# 2019

## Calendar - Changes in Schedule

You have received our 2019 field trip calendar already which tells you what field trips cost and how much they cost. In the event of weather adjustments or other unforeseen events, we may make changes in the scheduled plans. Notification will be sent out of changes as soon as we make them. Below is a tentative hour by hour schedule that can vary a little depending on field trip times.

## CAMP DAILY SCHEDULE

**Please be to school by 9 am ---field trip prep is important!**

7:00 to 9:00	Child drop off (in camp Uniform w/ back pack)
6:30 to 8:30	Quiet games and activities
8:30 to 9:00	Morning brain energizer and clean up time
9:00 to 9:30	Morning Snack
9:30 to 10:00	Field Trip Prep (break into teams & go over field trip rules and special events for the day)
10:00 to 11:30	Team Time
11:30 to 12:30	Lunch (Lunch times will be different on some days for certain teams)
9:30 to 3:00	Field Trip
3:00 to 4:15	Snack & Prepare for class
4:00 to 5:30	Martial Arts Class
5:30-6:00	Game time inside until picked up

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# 2019

## 2019 Summer Camp Dress Code

This year the Family Taekwondo Plus summer camp uniform is a T-shirt with Fam TKD Plus logo on it. It is important for all families to follow the dress code for this summer camp so that their child may participate fully in all camp activities.

### The Dress Code is as follows:

#### Camp Uniform

- T-Shirts **must be worn** every day of camp.
- Appropriate shorts/pants must be worn with camp T-Shirts.
  - **Boys:**
    - Must wear shorts that fit on the waist. If a belt is needed please provide one
    - *Mesh/Gym* shorts are a great material for shorts this summer. These can be found at Target, Wal-Mart or any sporting goods store for an inexpensive price.
    - All boys' shorts must be form-fitting. Please no baggy or over large shorts. It will not allow for the child to participate in all activities effectively.
  - **Girls:**
    - **NO SKIRTS.** This is an active camp full of many movement activities. Skirts will **not** be acceptable for games and class.
    - No shorts can be higher than 4 inches above the knee. Please use appropriate judgment.
- **All students:** may choose to wear their uniform (dobok) pant bottoms to camp or class if they want.
- **Shoes:**
  - Appropriate shoes for this camp include:
    - 
    - 
    - Tennis Shoes – EVERY DAY!!
  - No Heeleys – (unless wheels are removed before camp)



# 2019

## Camp Swim Wear

There are many styles of swimsuits available for people. Please understand this is a children's camp and we do not want our children revealing more than they need to.

- **Acceptable Boys Swimwear:**
  - Swim Trunks – that fit tightly on the waist
  - Swim Shirts – Great to keep Sun Burn away! (optional, but highly suggested)
- **Acceptable Girls Swim Wear:**
  - One Piece Swim suit
  - Tankinis – **NO BIKINIS**
  - Swim suit wraps and Skirts – Completely Optional
- **Unacceptable Girls Swimwear – These items will not be allowed at all.**
  - Bikinis
  - Basketball shorts

*\*\*Please note that if your child does not follow this dress code they will not be allowed to swim on swim day.*

## Electronics Policy

Due to today's advancing Technology, there are many games and gadgets that can entertain our children. Please understand this is an active camp, electronics are allowed but not all are necessary. Your child will have a minimum amount of time to play with electronics. FRIDAY'S are the only days your child will be allowed to play with their electronics. If your child does bring any electronics, PLEASE LABEL ALL ELECTRONICS AND GAMES. We do **NOT** give out our Wi-Fi password for the safety of your child. Family Taekwondo Plus will NOT be responsible for any lost, stolen or damaged electronics. If you do not feel as if your child will be responsible for their electronics, please do not send them! Please see below for any electronics that are NOT allowed. NO GAMES RATED TEEN OR MATURE - THIS IS A CHILDRENS CAMP!

- These devices are NOT allowed:
  - Portable DVD Players
  - Lap Tops

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**2019**

# ATTENTION!



## NO SODA AT CAMP PLEASE!

- Parents- Physical Fitness is one of the core principles of Family Taekwondo Plus philosophy. We ask your help in supporting a healthy lifestyle in your child. Please no soda at camp.
- We ask families to try these alternatives solutions.
  - Water
  - Gatorade/Powerade
  - Sobe 0 calorie life water
  - Capri Sun Roarin Waters
  - Other healthy drinks

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PLEASE FEEL FREE TO CONTACT US  
IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT OUR PROGRAM!!!

**Phone Number:** 916-725-3200

Email – [infofamtkdplus@gmail.com](mailto:infofamtkdplus@gmail.com)

Operations Hours: 7:00am-8:00pm

Summer Camp Hours: 7:00am-6:00pm

Office Hours: 9:00am-8:00pm

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