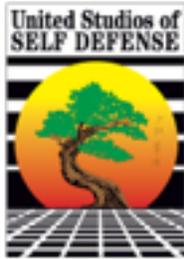


Summer Camp



USSD HMB DOJO
80 Cabrillo Highway N,
Suite C
Half Moon Bay, Ca
94019
650-712-8891
www.ussdhmb.com
hmbussd@gmail.com

PLEASE CIRCLE:

WEEK 1: June 19-23 WEEK 3: July 31-Aug 4

WEEK 2: June 26-30 WEEK 4: Aug 7-11

Camp is for Ages 5-13

Time: 8am-1pm

Fee: \$400 for 1 week

or

\$1,500 for all 4 weeks (\$375 per week)

Summer Camp-Self Defense-Shaolin Kempo-Martial Arts-Gymnastics-Discipline

Our United Studios of Self Defense summer camp is about martial arts, fun, and fitness. We have compiled a week of activities that will fuel the mind and body. Not only will your child be able to experience the martial arts, they will be exposed to activities that promote good health, wellness, and safety. Listed are the daily activities and the location of those activities. The sports portion of our program includes basketball, soccer, football, baseball, karate, and relay games. The summer camp programs include dance, arts and crafts, karaoke, indoor games, weekly disco parties, preparation of weekly concerts and shows prepared by the children. Please be advised, on beach days, campers are not allowed in the water.

Monday's Theme: Dojo Day Gym Games

**7:30 – 8:00 – Drop off at: 80 Cabrillo Hwy N, Ste C
Half Moon Bay, Ca**

8:00 – 8:15 – Recess/playtime

8:15 – 11:15 – Activities of the day/Games

11:30 – 12:00 – Lunch

12:00 – 12:15 – Recess/playtime

12:15 – 12:55 – Last Activity of the day

**1:00 – Pick up at Dojo: 80 Cabrillo Hwy N, Ste C,
Half Moon Bay**

Required Materials: Bagged lunch, Comfortable clothing, bottle of water.

Tuesday's Theme: Wacky Sport Wednesday

7:30 – 8:00 – Drop off at Dojo: 80 Cabrillo Hwy N, Ste C, Half Moon Bay, Ca

8:00 – 8:15 – Recess/playtime

8:15 – 11:15 – Activities of the day/Games

11:30 – 12:00 – Lunch

12:00 – 12:15 – Recess/playtime

12:15 – 12:55 – Last Activity of the day

1:00 – Pick up at Dojo: 80 Cabrillo Hwy N, Ste C, Half Moon Bay, Ca

United Studios of
Self Defense