

## Summer Camp Schedule (subject to change)

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday
8 – 9		Free Time: Reading/Videos/Drawing				
9:05 – 9:20		Welcome : Group Division, attendance, rules, schedule of the day,/Game				
9:20 – 9 :45		Name game icebreakers	Fitness/gymnastics	Fitness/gymnastics	Fitness/gymnastics	Fitness/gymnastics
9 :45 – 10:15		Tae Kwondo/Brazilian Jiu-Jitsu				
10:15 – 10:30		Snack				
10:30 – 11 :45		JUDO	JUDO	KARATE/JUDO	JUDO	JUDO/SAMBO
1:1:45– 12:30		Lunch at Park with playstructure and wading pool			Milano Pizza Day	
12:30– 1:15		Outdoor Activity (Soccer, Basketball,Baseball, Swimming)/Indoor Games/Dance/Rope Climbing/Tug of War etc				
1:15 – 2:00		Option A: Arts & Crafts Option B: Organized sport	Language Training/Origami	Outing	Option A: Arts & Crafts Option B: Organized sport	Splash Pad/Talent show/Skits
1:30 – 2:30		Olympic Judo	KARATE	Outing	Iaido/Kendo/Weapons	
2:30 – 2:45		Snack <i>Make sure the snacks do not have nuts</i>				
2:45 – 3:45		JU-JUTSU/SELF DEFENCE	Muay Thai Kickboxing/Boxing	Sumo, Wrestling	Music	Suishi Making
3:45 – 4		Tidy up Time				
4 – 5:30		Free Time				