



## Peak Performance Summer Camp 2022 (Ages 5-12)

We invite you to peruse our summer camp offerings and apply today. Choose which weeks work with your summer schedule or join us for the whole summer at a heavily discounted rate. We do require a registration fee to hold your child's spot as space is limited!

Our summer camp consists of 12 weeks of fun, exploration, learning, art, mindfulness, growth, nature, play, yoga, community, and of course, taekwondo!

Each week we will be working with the tenets of taekwondo that we use on the mat. The first 4 weeks focus on using and building these tenets within ourselves. Weeks 5-8 shift to exploring these tenets in nature and the environment around us. The last 4 weeks of our summer camp season move these tenets out into our local community and the different groups to which we each belong.

### Here's a look at a typical camp day:

- 7:30-9:00 am Drop-off & Quiet Activities
- 9:00 am Morning Snack (we provide)
- 9:30-10:00 am Mindfulness Circle
- 10:00-11:00 am Park/Outside Free Play
- 11:00 am Lunch (you provide)
- 12:00-1:00 pm Art/Craft Project
- 1:00-3:00 pm Field Trip
- 3:30 pm Afternoon Snack (we provide)
- 4:00-4:45 pm Tiny Tigers Martial Arts/ Youth Project Based Learning
- 4:50-5:30 pm Tiny Tigers Free Choice / Youth Martial Arts
- 5:35-6:00 pm Pick-up & Free Choice for All



### Field trips

We get out of the dojang (gym) and into our community every day weather allows. In addition to our morning park visit, a daily field trip is planned. Below is a sampling of past field trips:

Butterfly House & Aquarium	The Washington Pavilion	Sky Zone	Downtown Library
Fruit of the Coop, LLC	Falls Park	Good Earth	
Swimming @ Sioux Falls Parks	Storyland Theater	605 Ninja	

Parents will be asked to provide a Sioux Falls park & rec card for our weekly swimming trips. We use the Brightwheel & Class Dojo Apps to communicate to parents/guardians as well as to take payment. The following waivers also need to be completed upon registration as we frequent these locations for our field trips:

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Sioux Falls park & rec card | <input type="checkbox"/> Photo/Video Release Waiver |  |
| <input type="checkbox"/> Brightwheel App             | <input type="checkbox"/> Class Dojo App             | <input type="checkbox"/> Fruit of the Coop, LLC    |
| <input type="checkbox"/> Transportation Waiver       | <input type="checkbox"/> 605 Ninja Waiver           | <input type="checkbox"/> Sky Zone (Digital) Waiver |

### Payment

There is a non-refundable registration fee of: \$99. This pays for your child's camp shirt, athletic bag, water bottle, taekwondo dobak/uniform, and FOB. \$25 of this is refunded to you when you return your FOB.

Payment is taken by debit, credit, or ACH the Friday before each camp week.

There are three payment structures to choose from below:



**Space is limited and only paid registration holds your child's spot.**

If your family is in need of child care assistance, apply directly through the state. If approved, they will reimburse you for any backdated payments.

Refunds are not accepted except for emergency circumstances.

## Schedule 2022

### **Tenets of Taekwondo & Me**

Week 1: May 31st - June 3rd (*No camp Monday, May 30th*)

Week 2: June 6th - June 10th

Week 3: June 13th - 17th

Week 4: June 20th - 24th

Theme: Courtesy for Self, Self-Integrity, Self-Perseverance, Self-Control & Indomitable Spirit

### **Tenets of Taekwondo in Nature**

Week 5: June 27th - July 1st

Week 6: July 5th - July 8th (*No camp Monday, July 4th*)

Week 7: July 11th - July 15th

Week 8: July 18th - July 22nd

Theme: Courtesy for Nature, Integrity in Nature, Perseverance in Nature, Self-Control & Indomitable Spirit in Nature

### **Tenets of Taekwondo in our Community**

Week 9: July 25th - July 29th

Week 10: August 1st - August 5th

Week 11: August 8th - 12th

Week 12: August 15th - 19th

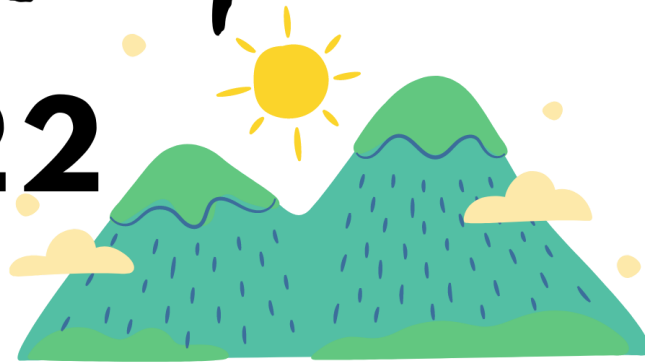
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Perseverance in the Community, Self-Control &  
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