

Inspire New Year Camp Schedule 2024

Drop-off: 7:45-9:00am

Pick-up: 3:00pm

Theme of the week: Goal Setting for the new year. **Martial Arts Training Curriculum: Self-Defense + Kicks**

	Monday	Tuesday	Wednesday	Thursday	Friday
Drop Off: 7:45-9:00am	No Camp	Dojo C: Check In, Flex Time, Creative building activities, Coloring, Games			
9:00-9:20am		Dojo B: Orientation/Rules/Theme of the day Divide into two or three groups based on age and get color coded wristbands: Tigers/Dragons/Ninjas			
9:20-10:00am 2 Groups rotate after 20 min. 3 Groups rotate after 13 min.		3 groups only Dojo A: Martial Art Warmups Dojo B: Martial Arts: wrist release Dojo C: Creative building Activities/what am I	3 groups only Dojo A: Martial Art Warmups Dojo B: Karate ball/Bowling Dojo C: Arts/Crafts/coloring challenge	3 groups only Dojo A: Martial Art Warmups Dojo B: Movie Star Drill/Focus Game Dojo C: Creative Building Activities/build challenge	3 groups only Dojo A: Martial Art Warmups Dojo B: Relay Races Dojo C: Arts/Crafts/Riddles
10:00-11:00am 2 Groups rotate after 30 min. 3 Groups rotate after 20 min.		3 groups only Dojo A: Parachute Games Dojo B: Limbo/Jumping challenge Dojo C: Snack	3 groups only Dojo A: Martial Arts: Flying side kicks Dojo B: Karate Bowling/Blindfold Bowling Dojo C: Snack	3 groups only Dojo A: Pop up front kicks/flying side kick Dojo B: Crabwalk soccer, Karate baseball Dojo C: Snack	Movie: We project it on the wall in Dojo C. Snack: we provide Popcorn See camp Director for which movie we will be playing.
11:00-12:00pm 2 Groups rotate after 30 min. 3 Groups rotate after 20 min.		3 groups only Dojo A: Balloon Drills Dojo B: Martial Arts Training Dojo C: Paper airplane workshop	3 groups only Dojo A: Obstacle course Dojo B: Martial Arts Training: Wrist release + blocks Dojo C: Creative Building Activities	3 groups only Dojo A: Ninja Games Dojo B: Martial Arts: Jab, cross, elbow, knee Dojo C: Creative Building Activities	
12:00-1:00pm 2 Groups rotate after 30 min. 3 Groups rotate after 20 min.		3 groups only Dojo A: Obstacle Course relay races Dojo B: Martial Arts: front and side kicks Dojo C: Lunch	3 groups only Dojo A: Balance Drills Dojo B: Martial Arts Training Dojo C: Lunch	3 groups only Dojo A: Obstacle Course relay races Dojo B: Martial Arts Training: turn back kicks Dojo C: Lunch	3 groups only Dojo A: Back Tag/Flag Tag Dojo B: Karate ball Dojo C: Lunch
1:00-2:00pm 2 Groups rotate after 30 min. 3 Groups rotate after 20 min.		3 groups only Dojo A: Flag tag Dojo B: Karate ball/Pinball Dojo C: Arts/Crafts	3 groups only Dojo A: Martial Art Games Dojo B: Nerf Battle Dojo C: Creative buiding	3 groups only Dojo A: Karate ball/Pinball Dojo B: Parachute Games Dojo C: Board Games	3 groups only Dojo A: Martial Art Games Dojo B: Martial Arts Training: strikes and kicks combos Dojo C: Mario Kart Competition.
2:00-2:50pm 2 Groups rotate after 25 min. 3 Groups rotate after 16 min.		3 groups only Dojo A: Karate Bowling Dojo B: Martial Arts: Board Breaking Practice = Hands Dojo C: Snack, Decorate Boards	3 groups only Dojo A: Karate Ball Dojo B: Martial Arts Training: Pop up front kick Dojo C: Snack	3 groups only Dojo A: Karate Bowling Dojo B: Martial Arts – Board Breaking Practice = Feet Dojo C: Snack/ Decorate Boards	3 groups only Dojo A: Classic Games Dojo B: Pop up front kick/Flying side kick Dojo C: Snack/Mario Kart
2:50-3:00pm		Dojo A, B and C: Finale: Martial Arts techniques Wednesday and Friday/Tuesday and Thursday Board Breaking!			
3:00pm		Pick Up in Dojo A, B, C			
Bring Daily - Bag Lunch (we provide snacks 2 times a day and pizza on Friday) - Water bottle - Mask are optional		Bring Tuesday - Bag lunch - Water bottle - Mask are optional	Bring Wednesday - Bag lunch - Water bottle - Mask are optional	Bring Thursday - Bag lunch - Water bottle - Mask are optional	Bring Friday - We provide lunch = Pizza! - Water bottle - Mask are optional