

Inspire Spring Camp Schedule 2023

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

Pick-up: 3:00-3:15pm

Martial Arts Training Curriculum: Philippine Martial arts, Jump Kicks: pop up front, flying side.

	Monday	Tuesday	Wednesday	Thursday	Friday
Drop Off: 7:45-9:00am	Dojo A/B: Check In, Flex Time, Creative building activities, Coloring, Games				
9:00-9:30am	Dojo B: Orientation/Rules/Theme of the day/Warm ups Divide into two groups based on age: Tigers/Dragons				
9:30-10:00am Groups rotate after 15 min.	Dojo B: Relay races Dojo C: Arts/Crafts	Dojo B: Martial Arts Training Dojo C: Creative building Activities	Dojo B: Karate ball/Bowling Dojo C: Arts/Crafts	Dojo B: Movie Star Drill/Focus Game Dojo C: Creative Building Activities	Dojo B: Martial Arts Training Dojo C: Arts/Crafts
10:00-11:00am Groups rotate after 30 min.	Dojo B: Parachute Games Dojo C: Snack	Dojo B: Limbo/Jumping challenge Dojo C: Snack	Dojo B: Karate Bowling/Blindfold Bowling Dojo C: Snack	Dojo B: Martial Arts Training Dojo C: Snack	Movie: We project it on our wall and serve popcorn for the snack. 10-12pm Movie: TBD If you would like to request one please talk to the camp Director.
11:00-12:00pm Groups rotate after 30 min.	Dojo B: Martial Arts Training Dojo C: Paper Airplane Workshop	Dojo B: Martial Arts Training Dojo C: Board Games, Uno	Dojo B: Martial Arts Training Dojo C: Creative Building Activities	Dojo B: Crabwalk Soccer/Karate Base Dojo C: Creative Building Activities	
12:00-1:00pm Groups rotate after 30 min.	Dojo B: Karate Bowling/Koala Dojo C: Lunch	Dojo B: Obstacle course Races Dojo C: Lunch	Dojo B: Martial Arts Training Dojo C: Lunch	Dojo B: Martial Arts Training Dojo C: Lunch	Dojo A: karate ball/ baseball Dojo C: Lunch
1:00-2:00pm Groups rotate after 30 min.	Dojo B: Nerf Target Practice Dojo C: Creative Building Activities	Dojo B: Karate ball/Pinball Dojo C: Arts/Crafts	Dojo B: Nerf Battle Dojo C: Rock Painting	Dojo B: Karate Ball/Pinball Dojo C: Board Games	Dojo B: Parachute Games Dojo C: Mario Kart Competition.
2:00-2:50pm Groups rotate after 25 min.	Dojo B: Martial Arts Training Dojo C: Snack	Dojo B: Martial Arts: Board Breaking Practice Dojo C: Snack, Decorate Boards	Dojo B: Martial Arts Training Dojo C: Snack	Dojo B: Martial Arts – Board Breaking Practice = Feet Dojo C: Snack/ Decorate Boards	Dojo B: Obstacle Couse Races Dojo C: Snack
2:50-3:00pm	Dojo A, B and C: Finale: Martial Arts techniques MWF/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	Bring Monday - Bag lunch - 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