

Inspire Camp Schedule 2021

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

Pick-up: 3:00pm

Martial Arts Theme of the week: Muay Thai strikes and kicks

	Monday	Tuesday	Wednesday
Drop Off: 7:45-9:00am	Dojo A: Check In, Flex Time, Creative building activities, Coloring, etc.		
9:00-9:20am	Divide into Two separate groups for the day and head into either Dojo B or C. Dojo B+C: Orientation/Rules/Theme of the day/Martial Arts warm ups		
9:20-10:00am Groups rotate after 20 min.	Dojo B: Relay races Dojo C: Creative building Activities	Dojo B: Martial Arts: Obstacle super-course Dojo C: Creative building Activities	Dojo B: Karate Ball/Pinball
10:00-11:00am Groups rotate after 30 min.	Dojo B: Parachute Games Dojo C: Snack/Coloring	Dojo B: Limbo/Jumping challenge Dojo C: Snack/What am I	Movie day in Pajamas! 10am Snack
11:00-12:00pm Groups rotate after 30 min.	Dojo B: Martial Arts: Obstacle course races Dojo C: Paper Airplane Workshop	Dojo B: Flying Side Kicks, Relay Races Dojo C: Color masks	
12:00-1:00pm Groups rotate after 30 min.	Dojo B: Karate Bowling/Koala Dojo C: Lunch/Riddles	Dojo B: Obstacle course Races Dojo C: Lunch/Coloring	Dojo B: Nerf Battle Dojo C: Pizza lunch
1:00-2:00pm Groups rotate after 30 min.	Dojo B: Nerf Target Practice/Games Dojo C: Creative Building Activities	Dojo B: Karate ball/Pinball Dojo C: Board Games	Dojo B: Muay Thai Dojo C: Turkey Hands (craft)
2:00-2:50pm Groups rotate after 25 min.	Dojo B: Martial arts: Front Kick/Pop up Front Kick Dojo C: Snack/Riddles	Dojo B: Martial Arts: Muay Thai strikes Dojo C: Snack/Art	Dojo B: Karate bowling/Koala Dojo C: Snack/Art
2:50-3:00pm	Epic Obstacle Course with martial arts challenge daily finale!!		
3:00pm	Pick Up in Dojo B and C		
Bring Daily - Bag Lunch (we provide snacks 2 times a day and pizza on Wednesday) - Water bottle - Mask	Bring Monday - Bag lunch - Water bottle - Mask	Bring Tuesday - Bag lunch - Water bottle - Mask	Bring Wednesday - Pajamas - Water bottle - Mask

