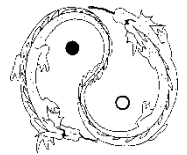


# 2018 Twin Dragon Summer Camp

151 Old County Road, Suite D • San Carlos, Ca 94070 • 650-591-1127



Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
June 18-22	June 25-29	July 9-13	July 16-20	Jul/Aug 7/30-8/3	August 6-10

### A day in our camp will include:

- Warm Ups and Stretching
- Fun Conditioning Exercises
- Learning/Practicing Material for Student Advancement
- Games/Exercises to Improve Kicks and Blocks
- Weapons Training for Advanced Students
- Self Defense Exercises
- Fun Kung Fu Games, Arts/Crafts and Music and Movement activities
- Games and contests to help students earn points

**Mondays:** Martial Arts n Crafts Day! "Camp Twin Dragon" Art Projects-T-shirts, tote bags... If you do more than 1 camp we will have other cool projects. Dragon CAMP Shirt required for our walking field trip to the park (Wed).

**Tuesdays:** Safety Day! Learn about being safe! Safety awareness. Self Defense.

**Wednesdays:** Walking Field Trip to Laureola Park (weather permitting)! Martial arts fun games and races! (Half day campers: pick up at the park.) **Wear your TDA Camp Shirt!**

**Thursdays:** Special Guest Experts and/or Special training activities

**Fridays:** Surprise Activity!

\*\*\*\*\*

Camps are designed to be attended for the full week; however, we will still accept individual day sign ups.

### Prices:

Full Day Camp 8:30-3:00

One full day of camp: \$70

Discount for a full week ~~\$350~~ **\$325**

Siblings receive \$5 off for full week sign up

After Care Available for Full day Campers  
(3:00 -4:00pm) \$45 wk or \$10 day

Half Day Camp 8:30-12:00

One Half Day of camp: \$55

Discount for a full week: ~~\$275~~ **\$250**

Siblings receive \$5 off for full week sign up

**Snacks Provided!!**

Please bring a backpack with:

- Bag Lunch
- Jacket
- One set of extra clothes

Please wear clothes you can run around in and running/walking shoes. No flip-flops! Skirts/dresses allowed with shorts or legging. You are responsible for your stuff!!

**Dress Code enforced.**

# Twin Dragon Camp FAQ:

1. Who watches the campers?

The instructors of Twin Dragon will be running the camps. We do not subcontract our camps to other organizations. There will always be one administrator on site and on field trip to the park (summer camp only).

2. How many instructors watch/play with the campers?

There will always be at least two instructors (18 yrs old +) with the campers at all times with additional interns/helpers plus an administrator.

3. Who can come to Twin Dragon Camp?

You do not need to be a member of Twin Dragon to attend, but children must be 5 years old to attend. Students of Twin Dragon may attend camp; including Tiger Tots (3-5yrs) who are potty trained.

4. What should my camper bring?

Backpack with 1 change of clothes, lite jacket or sweater. Full Day campers will need to bring a lunch.

Note: Twin Dragon provides a healthy snack around 10:30am and 2:30pm. Campers are welcome to bring their own snacks. Please alert Instructors if a child has a food allergy.

5. What should my camper wear?

Campers should wear comfortable exercise clothes (t-shirt, sweatpants). Shoes are not allowed on the Mat but Campers can wear socks with **bottom grips**. Skirts/dresses are allowed with shorts or legging. **No Flip Flops!**

6. Who do I ask for more information?

You can email Sensei Rita at [senseirita@gmail.com](mailto:senseirita@gmail.com) or call the school at 650-591-1127.

## Sample Camp Schedule

8:30-9:00	Drop off/Welcoming Activities/Free Play on Mat
9:00-9:45	Gathering Circle, Morning Stretch and Conditioning Exercises
9:45-10:45	Martial Arts Games for Award Points/Art Project/Special Activity or Guest
10:45-11:00	Morning Snack and Conversation
11:00-12:00	Kung Fu Training with our Black Belt instructors and our Junior Interns or Special Guest Expert
12:00-1:00	Lunch and Age Appropriate Show/Quiet Activity
1:00-2:00	Memory Game/Kung Fu Charades/Continue w/Art Project
2:00-2:45	Special Training Activities: Bean Battle, Paper Ninja Stars & target practice, Special Ops Scavenger Hunt, Dojo Hide and Seek...
2:45-3:00	Tea Time and Pick up
3:00-4:00	After Care Activities



# 2018 Twin Dragon Summer Camp Registration Form



## Each Child Requires Separate Registration Form

Child's Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Sex   M   F    AGE   

Home Address: \_\_\_\_\_ Apt. \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ Are you a Twin Dragon Student? :    rank   

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Work # \_\_\_\_\_ Emergency # \_\_\_\_\_

Work # \_\_\_\_\_ Emergency # \_\_\_\_\_

Email: \_\_\_\_\_

Email: \_\_\_\_\_

### Camp Payment/Cancellation /Transfer Policy

\*I understand that camp deposits are required to hold our spot and are **non-refundable and non-transferable**. The deposits for programs are as follows: \$100 per week. **Payment is due two weeks before the start of the camp session.**

\*I understand my registration may be cancelled if the balance is not paid two weeks before the start of each camp.

\* Camp Cancellations must be made in writing 1 week prior to the start of the program. You will receive a credit toward future services minus the non-refundable deposit. Or you may transfer to another camp session this 2018 season, if space is available.

\* By signing up for the program indicated below, I understand and accept the above policies and I am responsible for payment. X \_\_\_\_\_

Parent/Guardian Signature

Fill in the session dates, check full or half day program and list the fees for the total amount due.

Week# and session Date(s)	√ Full week Full Days 9:00-3:00	√ Full week Half Days 9:00-12:00	Individual day(s) signup Half or Full	After Care 3:00-4:00	Subtotal	**Add Material fee \$10/\$5	Sibling Discount-full week signups only	Total

subtotal		
Deposit Amount		
Balance Due		

Office use:  
 Deposit \_\_\_\_\_ Signed waiver \_\_\_\_\_  
 Photo release \_\_\_\_\_ Material fee \_\_\_\_\_  
 Emergency Form turned in \_\_\_\_\_  
 Paid Balance \_\_\_\_\_

**\*\*Material fee is \$10 per week.**  
  
**Sign ups for 2-3 days add \$5 material fee**



# Twin Dragon Summer Camp

## Confidential Health Information, Emergency Contact and Consent Form



**All Camp participants must submit the following at the time of registration:**  
Completed registration form and health information form

**Camper's Name:** First: \_\_\_\_\_ Last: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Home Phone: \_\_\_\_\_ Birthday: / / \_\_\_\_\_ Age: \_\_\_\_\_

**Parent/Guardian 1:** \_\_\_\_\_ Address: \_\_\_\_\_

Work phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Home phone \_\_\_\_\_

**Parent/Guardian 1:** \_\_\_\_\_ Address: \_\_\_\_\_

Work phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Home phone \_\_\_\_\_

**EMERGENCY CONTACTS WITH PERSONS AUTHORIZED TO PICK UP PARTICIPANT**

In case of an emergency, we always try to contact the parent/guardian first. In the event the parent/guardian cannot be reached we will call down the emergency contact list. No adults other than those listed as the parent/guardian or those listed below will be able to pick up your child from our program without a legibly written, dated and signed note from the parent/guardian.

*Picture ID required for pick-up.*

Name: \_\_\_\_\_ Cell # \_\_\_\_\_ Alternate # \_\_\_\_\_ Relationship \_\_\_\_\_

Name: \_\_\_\_\_ Cell # \_\_\_\_\_ Alternate # \_\_\_\_\_ Relationship \_\_\_\_\_

Name: \_\_\_\_\_ Cell # \_\_\_\_\_ Alternate # \_\_\_\_\_ Relationship \_\_\_\_\_

Name: \_\_\_\_\_ Cell # \_\_\_\_\_ Alternate # \_\_\_\_\_ Relationship \_\_\_\_\_

**MEDICAL CAREGIVERS**

Family Physician: \_\_\_\_\_ Doctor's Phone # \_\_\_\_\_

Doctor's Address \_\_\_\_\_

Family Dentist: \_\_\_\_\_ Dentist Phone# \_\_\_\_\_

Doctor's Address \_\_\_\_\_

Medical Insurance Company \_\_\_\_\_ Policy # \_\_\_\_\_

**Immunization History (include dates)**

Tetanus Booster: \_\_\_\_\_ Tuberculin (TB) Test: \_\_\_\_\_ MMR: \_\_\_\_\_ DPT: \_\_\_\_\_

**Allergies:** \_\_\_\_\_

**Food Allergies/Dietary Restrictions:** \_\_\_\_\_

**Photo Release:** I hereby consent to and authorize the use and reproduction by TDA, its agents/employees the use of photographs/video taken of my child during camp for use in printed material and electronic forms of media without compensation to me and agree that all material shall constitute TDA property, solely and completely. \_\_\_\_\_ Initials

**Medical Release:** This health history is correct, so far as I know, and the person herein has permission to engage in all program activities. I understand and agree that TDA assumes no financial obligations for such medical treatment, but, in the case that I cannot be reached for an emergency, I hereby give permission to the physician/medical facility selected by TDA to provide emergency treatment for my child. \_\_\_\_\_ Initials

**I agree to and understand** that the participants must follow and abide by the rules and regulations set by TDA for the health, safety, and welfare of all the children. Children may not leave the property or established boundaries without staff permission.

- If my child will not be attending the program, I will call TDA by 8:30 am and notify staff.
- I will sign my child in and out each day. \_\_\_\_\_initial

**PARENT/GUARDIAN SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

