



2026 Twin Dragon Summer Camp

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



Session 1	Session 2	Session 3	Session 4	Session 5
June 15-19	June 22-26	July 06-10	July 20-24	Aug 03-07

A day in our camp will include:

- Warm Ups and Stretching
- Fun Conditioning Exercises
- Learning/Practicing Dragon Fist Martial Arts
- Formal age appropriate martial arts classes
- Games/Exercises to Improve Kicks and Blocks
- Obstacle Course & Weapons Training
- Self Defense Techniques/Exercises
- Fun Kung Fu Games, Arts/Crafts and Music and Movement activities
- Games/contests so students can earn prizes

Mondays: Martial Arts n Crafts Day! Art Projects: Warrior masks, origami art, secret stuff...

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

Wednesdays: Themed Obstacle Course Training: Karate, Kung Fu Animals, Ninja Warrior

Thursdays: Special Guest Experts and/or Special training activities

Fridays: Surprise Activity or Camper's choice of activities

Session 1: June 15-19 (1 Week)	Twin Dragon Kung Fu/Karate I
Session 2: June 22-26 (1 Week)	Ninjas! Explore your inner Ninja Warrior!
Session 3: July 06-10 (1 Week)	Jedi Training Academy! (Back by popular demand)
Session 4: July 20-24 (1 Week)	Twin Dragon Kung Fu/Karate II
Session 5: Aug 03-07 (1 Week)	Ninjas and Samurais!

Camps session are for 1 week: Monday-Friday

Full Day Camp Available Only 8:30am-3:00pm

Costs: \$400 Credit C: \$414

After Care Available 3:00-4:00

\$65 week or \$15 day

Credit C: \$67.28 or \$15.53

You will need a backpack with:

- Bag Lunch
- 2 snacks
- Water bottle
- One set of extra clothes, light jacket

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 are two dedicated Instructors (18 yrs +) with the campers at all times.

2. 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.

3. What should my camper bring?

Backpack with 1 change of clothes, lite jacket or sweater. A bag lunch(no warm-ups), water bottle, and at least 2 snacks in a separate snack bag.

Note: Please alert Instructors if a child has a food allergy.

4. What should my camper wear?

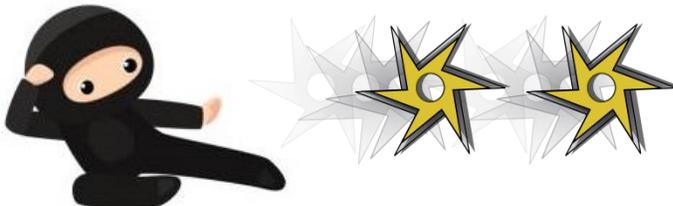
Campers should wear comfortable exercise clothes (t-shirt, sweatpants). Shoes are not allowed on the Mat but Campers can wear socks. Skirts/dresses are allowed with shorts or legging. **No Flip Flops!**

5. Who do I ask for more information?

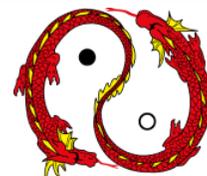
You can email Sensei Rita at senseirita@gmail.com or call the school at 650-591-1127.

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
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, Obstacle course...
2:45-3:00	Tea Time and Pick up
3:00-4:00	After Care Activities



2026 Twin Dragon Summer Camp Registration Form



Each Child must have a Separate Registration Form

Child's Name: _____ Birthdate: _____ Age: _____

Home Address: _____ City: _____ State: CA Zip: _____

Contact Phone: _____ Work Phone: _____

Are you/were you a Twin Dragon Student? : _____ rank _____ Been to TDA Camp before? _____

Parent/Guardian Name: _____ Parent/Guardian Name: _____

Emergency # _____ Emergency # _____

Email: _____ Email: _____

Camp Payments/Cancellation/Transfer Policy

To Reserve your spot in Camp, you must submit this registration form with a **\$100 non-refundable deposit for each camp session** or Pay-in-Full. Payment options: check or cash preferred. Payment by Credit Card: add 3.5% fee.

Full Camp Payment is due 2 weeks before Camp start date.

- Camp deposits are required to guarantee camp reservation and are **non-refundable and non-transferable.**
- Camp cancellations by the participant must be made in writing 2 weeks before camp start. You will receive a refund minus the \$100 non-refundable deposit.
- No Refunds will be issued within two weeks of the camp start date.
- NO REFUNDS WILL BE ISSUED AFTER THE CAMP BEGINS.
- Transfer to another camp session is allowed if there is space available in the requested camp this 2026 season.

Fill in the session #, session dates and add aftercare if needed

Session #	Session Dates	\$400 ca/ck Credit C: \$414	Add Aftercare? \$65 wk or \$15 day Credit C: \$67.28 or \$15.53		Total

Payment options: check or cash preferred. **Payment by Credit Card: add 3.5% fee.**

Subtotal	
Deposit	
Balance Due	

Office use:

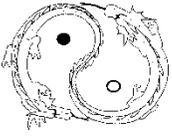
Deposit Paid _____ Standard Waiver _____

Health Waiver _____ Photo Release _____

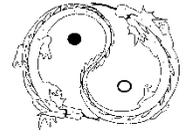
Emergency Form turned in _____

* By signing up for the program indicated, I understand and accept the listed TDA policies.
I fully agree that I am responsible for payment.

X _____
Parent/Guardian Signature



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:(if different from participant) _____

Work phone _____ Cell Phone _____ Home phone _____

Parent/Guardian 1: Address: :(if different from participant) _____

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 _____

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: _____

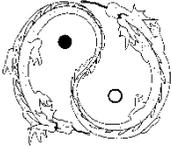
Photo Release: I hereby consent to and authorize the use and reproduction by TDA, its agents/employees the use of photographs/video taken of my child during camp for use in printed material and electronic forms of media without compensation to me and agree that all material shall constitute TDA property,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

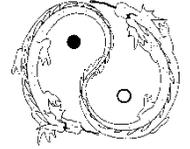
- If my child will not be attending the program, I will call TDA by 8:30 am and notify staff.
- I will sign my child in and out each day. _____initial

PARENT/GUARDIAN SIGNATURE _____ **DATE** _____



Twin Dragon Summer Camp

Release and Waiver of Liability and Indemnity Agreement



IN CONSIDERATION of being permitted to utilize the facilities, services and programs of Twin Dragon Kung Fu Academy, inc. (or for my children to so participate) for any purpose, including, but not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with Twin Dragon Kung Fu Academy, inc. . The undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will, inspect and carefully consider such premises and facilities or the affiliated program.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER TWIN DRAGON KUNG FU ACADEMY, inc., FOR ANY PURPOSE INCLUDING, BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY OFF-SITE PROGRAM AFFILIATED WITH TWIN DRAGON KUNG FU ACADEMY THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

1. THE UNDERSIGNED, ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE TWIN DRAGON KUNG FU ACADEMY, inc. its directors, officers, employees, and agents (hereinafter referred to as "releases") from all liability to the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releases or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with TWIN DRAGON KUNG FU ACADEMY, inc.

2. THE UNDERSIGNED, ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, REQUEST ADMITTANCE TO TWIN DRAGON KUNG FU ACADEMY inc., IN ORDER TO PARTICIPATE IN MARTIAL ARTS CLASSES AND RELATED BODY CONDITIONING ACTIVITIES. The undersigned is fully aware of the risks and danger involved in such activities and that unanticipated and unexpected danger may arise during such activities and assumes all risk of injury to person and property that may be sustained in connection with the activities in and about the premises.

THE UNDERSIGNED further expressly agrees that the foregoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

Print Name of Child in Program

Parent/Guardian Signature

Print Name of Parent/Guardian

Date