

*American Top Team Longwood's
2010 Summer Camp Daily Schedule
June 9th - August 13th*

7:45 AM – 9:30AM: Parent Drop-OFF

8:00 AM – 11:00 AM: Indoor Free Time/Outdoor Activities

1. Indoor (Board Games, Video Games, Movies)
2. Outdoor (Sports, Parks, Playgrounds)

*11:00 AM – 11:45 AM: Specialized Martial Arts Clinic (Wed, Thu and Fri)

12:00 PM: Lunch Time (Please provide a lunch for your child or \$5 for a Happy Meal)

1:15 PM: Daily Indoor Exercise/Art Projects/Field Trips

1. Mat Time (Kids Olympics, Team Nerf, Martial Arts Mini-Tournaments)
2. Field Trips (Movies, Bowling)
3. Weekly Art Projects

3:00 PM: Snack Time (Please provide a snack for your child or \$2 for a snack)

4:00PM: Beginners Martial Arts Classes

5:00PM: Intermediate Martial Arts Classes

5:00PM – 6:15PM: Parent Pickup

*American Top Team Orlando's
2010 Summer Camp Martial Arts Clinics*

June 10 – 11

Martial Arts Clinic Focus: Introduction, History of Martial Arts

June 14 – 18

Martial Arts Clinic Focus: Boxing/Muay Thai Kickboxing

June 21-25

Martial Arts Clinic Focus: Brazilian Jiu-Jitsu/Judo/Wrestling

June 28-July 2

Martial Arts Clinic Focus: Bully Proofing/Self Defense

July 5-July 9

Martial Arts Clinic Focus: Boxing/Muay Thai Kickboxing

July 12-16

Martial Arts Clinic Focus: Brazilian Jiu-Jitsu/Judo/Wrestling

July 19-23

Martial Arts Clinic Focus: Bully Proofing/Self Defense

July 26-30

Martial Arts Clinic Focus: Boxing/Muay Thai Kickboxing

August 2-6

Martial Arts Clinic Focus: Brazilian Jiu-Jitsu/Judo/Wrestling

August 9-13

Martial Arts Clinic Focus: Bully Proofing/Self Defense