



Phoenix Taekwondo Academy Summer Break Camp
800 Industrial Ave Suite 17
Ottawa Ontario, K1G 4B8
613-749-KICK
masters@ottawataekwondo.com
www.ottawataekwondo.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30	Indoor Game	Indoor Game	Indoor Game	Indoor Game	Indoor Game
9:30	Snack \ Rest Arts and Crafts	Snack \ Rest Arts and Crafts	Taekwondo Training Jujitsu	Arts and Crafts Snack \ Rest	Taekwondo Training Sparring
10:30	Taekwondo Training	Taekwondo Training Yoga	Snack \ Rest Movie	Taekwondo Training	Snack \ Rest
11:30	Lunch	Lunch	Lunch	Lunch	Pretest
12:30	Games at the park	Museum	Major Week Activity	Games at the park	Pizza Buffet Lunch
2:30	Taekwondo Training			Taekwondo Training	Movie (1:30)
3:30	Nunchuks			Taekwondo Training	Board breaks
4:30 5:00 (Pick up)	Indoor Game	Indoor Game	Indoor Game	Indoor Game	Indoor Game