

# SUMMER CAMP 2018



15 Center Street, Ardsley, NY 10502 - www.UMACardsley.com - Phone: 914-479-5900 - umacardsley@gmail.com

## Reminders:

**Camp Hours:** 9:30a-4:30p

**Extended:** 7:30a-6:00p

**Pack a Lunch Everyday**

*\*No Peanuts Please*

**Camp Shirt on Wed/Fri:**

LAKE COMPOUNCE

LAKE WELCH

Any Field Trips

**Water Days:**

Bring Bathing Suit

Change of clothes

Towel

Sun Block (before camp also)

**Hiking Days**

Extra Water

Sneakers

Sun Block (before camp also)

**Uniforms**

Everyday except Wednesdays

JULY 2018	Monday	Tuesday	Wednesday	Thursday	Friday
	4	5	6	7	8
<b>Week 1</b> Breaking Techniques Break-a-board	<b>9</b> Team Day Training	<b>10</b> Outdoor Training Super Soaker	<b>11</b> FIELD TRIP** <b>LAKE COMPOUNCE</b>	<b>12</b> Hike Art & Crafts	<b>13</b> Field Trip Lake Welch
<b>Week 2</b> Self Defense Skills Stunt Fighting	<b>16</b> Team Day Training	<b>17</b> Outdoor Training Super Soaker	<b>18</b> FIELD TRIP** <b>LAKE COMPOUNCE</b>	<b>19</b> Hike Art & Crafts	<b>20</b> Field Trip UMAC Carmel
<b>Week 3</b> Target & Sparring Skills Olympics Week	<b>23</b> Team Day Training	<b>24</b> Outdoor Training Super Soaker	<b>25</b> FIELD TRIP** <b>LAKE COMPOUNCE</b>	<b>26</b> Hike Arts & Crafts	<b>27</b> Field Trip Lake Welch

AUGUST 2018	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 4</b> Breaking Techniques Break-a-board	<b>30</b> Team Day Training	<b>31</b> Outdoor Training Super Soaker	<b>1</b> FIELD TRIP** <b>LAKE COMPOUNCE</b>	<b>2</b> Hike Arts & Crafts	<b>3</b> Field Trip UMAC Carmel
<b>Week 5</b> Self Defense Skills Stunt Fighting	<b>6</b> Team Day Training	<b>7</b> Outdoor Training Super Soaker	<b>8</b> FIELD TRIP** <b>LAKE COMPOUNCE</b>	<b>9</b> Hike Art & Crafts	<b>10</b> Field Trip Lake Welch
<b>Week 6</b> Forms Week Creative Forms	<b>13</b> Team Day Training	<b>14</b> Outdoor Training Super Soaker	<b>15</b> FIELD TRIP** <b>LAKE COMPOUNCE</b>	<b>16</b> Hike Art & Crafts	<b>17</b> Field Trip UMAC Carmel
<b>Week 7</b> Target & Sparring Skills Olympics Week	<b>20</b> Team Day Training	<b>21</b> Outdoor Training Super Soaker	<b>22</b> FIELD TRIP** <b>LAKE COMPOUNCE</b>	<b>23</b> Hike Art & Crafts	<b>24</b> Field Trip TBD

\*\*SCHEDULE IS SUBJECT TO CHANGE\*\*