



## 2025 Combined Camp

For ages 5-14

July 7-11, 2025

August 4-8, 2025

9:00am - 3:00pm



Our summer camp is designed for campers ages 5-14 and is an excellent way for new students to establish a solid foundation in Taekwon-do fundamentals, and for experienced martial artists to improve their minds and bodies. Emphasis will be placed on Taekwon-do instruction and age-appropriate physical conditioning. Campers will spend time all together and also separated into age-appropriate groups.

Activities will take place in our large, bright, air-conditioned space, as well as outdoors. A typical day at camp includes Taekwon-do lessons, games, and other Taekwon-do-related activities. Campers have a lunch hour which includes time for games.

Camp meets Monday through Friday, 9:00am-3:00pm. Campers can attend one or both weeks of camp. Doors will open starting at 8:45 if you wish to drop your child early. We will spend some time in the Taekwon-do school and some time outdoors in the park. Please arrive on time as some mornings we will be leaving the school to go to the park right away. All travel to parks or other outdoor sites will be by walking.



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## Camp Guidelines

- Participants must bring:
  - Snack, lunch and refillable water bottle
  - A towel to sit on
  - Campers will arrive in street clothes and will bring their belt and Taekwon-do uniform (dobok).
  - Campers will need to wear appropriate shoes for walking to the park and possibly for practice in the park
- Activities will take place both in the park outside and in our indoor facilities.
- Campers may join one or both weeks of camp.
- Campers will be walking to the park and possibly practicing outside in shoes, therefore flip flops or crocs are not allowed at camp. The shoes they wear need to be comfortable for walking and practice.
- Campers should arrive with sunblock applied, they can re-apply as needed.
- In case of rain we may still go outside so campers are welcome to bring a jacket or cap. Campers should keep in mind that white or light-colored shirts can become transparent when wet.
- Participants should be dropped off each day at Glen Ridge Taekwon-do between 8:45-9:00 am. Pick up will be at the same location at 3:00 pm.
- A parent or responsible adult will sign campers in and out each day.

If you have any questions please feel free to contact Master Giletti at [MasterGiletti@glenRidgeTKD.com](mailto:MasterGiletti@glenRidgeTKD.com)



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Camper's Name \_\_\_\_\_

Age & Birthdate \_\_\_\_\_ T-shirt size: \_\_\_\_\_

*Child Small, Medium, Large  
Adult Small, Medium, Large, XL, XXL, XXXL*

<input type="checkbox"/>	July 7-11, 2025	\$
<input type="checkbox"/>	August 4-8, 2025	\$

### Camp tuition

- \$400 for GlenRidgeTKD students whose membership is current
- \$425 for campers who are not current GlenRidgeTKD members or current members whose membership is lapsed or on Summer freeze.

Parent/Guardian's Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

Contact email: \_\_\_\_\_

*(email is our main method for non-emergency contact)*

In case parent is not available in an emergency, please provide another contact.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Relation: \_\_\_\_\_

In case we want to use balloons in camp is your child allergic to latex?    Yes    No

Please list any other information about your child that will ensure they have the best experience at this camp:



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**If your child needs rescue medication such as epinephrine or inhaler, or if they will be self-carrying medication, please let us know.** If you also have an allergy action plan or asthma action plan that will be very helpful for us to know when and if rescue medication is needed.

**PARENT/GUARDIAN'S AUTHORIZATION:** All information on this form is correct and complete to the best of my knowledge, and my child has my permission to engage in all activities as part of the day camp at Glen Ridge Taekwon-do (GlenRidgeTKD). Permission is granted to GlenRidgeTKD to use any photos or video in which my child may appear for the purpose of publicity. In the event of an emergency, I hereby give permission to the physician selected by GlenRidgeTKD to secure proper treatment for my child in the event that I cannot be reached. All reasonable care will be given to ensure camp participants a safe and healthy experience, however, Glen Ridge Taekwon-do and its staff and employees are not responsible for any illness or injury, accidental or intentional that occurs to the participant during any of GlenRidgeTKD summer camps. In case of injury, participant should submit to their personal insurance policy. For the health of all camp participants, please notify GlenRidgeTKD if your child has been exposed to any communicable diseases or has symptoms of COVID-19.

### **Camp cancellation policy**

In cases when a student can't attend camp, in order to receive a refund we must receive notification in writing by sending email to [info@glenRidgeTKD.com](mailto:info@glenRidgeTKD.com) before the camp session starts. Cancellation requests due to illness or accident prior to the camp session start date require a physician's written verification and upon receipt of verification, we will issue a full refund minus the deposit. \_\_\_\_\_ (*initial here to accept our cancellation policy*)

If camper is sick they must be free from fever, vomiting or diarrhea for 24 hours before attending camp. \_\_\_\_\_ (*initial here to accept our sick policy*)

I have read and understand these guidelines and agree to follow them.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Name (please print): \_\_\_\_\_