

PROFORMANCE
COMBAT SPORTS CENTER

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Information Packet

Become A Champion This Summer

Martial Arts
**SUMMER
CAMP**

Ages 6+



This year PCS offers a variety of summer camps for students of every skill level. Your child will be taught by the very best



instructors in karate while having fun both indoors and outdoors with fellow campers. All camp weeks are from Monday — Friday, with half-day and full-day options.

SUMMER CAMP DATES

WEEK 1: July 06 — 10 WEEK 5: August 03 — 07
WEEK 2: July 13 — 17 WEEK 6: August 10 — 14
WEEK 3: July 20 — 24 WEEK 7: August 17 — 21
WEEK 4: July 27 — 31 **Dates subject to change**

Location: Proformance Combat Sports Center
87 Glen Rd, Yonkers New York 10704
(914) 294-0062

Times: *(Doors open 8am for early drop off)*

Full-Day: 9am — 4pm Half-Day: 9am — 12pm or 1pm — 4pm

NOTE: At the end of the last camp week, all campers and their family members are invited to join PCS at the Proformance Camp Team Dinner. The time and location will be given once a place is decided.

WHAT TO BRING EVERYDAY

-
- Snack
 - Breakfast & Lunch (*REFER TO BREAKFAST & LUNCH SECTION*)
 - Water bottle (Preferably a large water bottle)
 - Beach gear (swim suit, sandals, towel, sunblock, etc...) ****TBA**
 - Emergency medical products (Inhaler, EpiPen, etc...)
 - Change of clothes
 - Karate gi (uniform) and gear (sparring gloves, training shoes, etc... — if you do not have gear, it will be available for purchase at the dojo)
 - Camp T-Shirt, Shorts, and Sneakers (*No DRESSES, SKIRTS, or Slippers/Opened-Toed Shoes*)
 - A form of ID verifying residence in the Yonkers area
 - A notebook, pencil, and reading book for study time
 - Any medication (emergency or daily) that your child needs (*NOTE: We are not permitted to distribute this medication*)

BREAKFAST & LUNCH

Children will be escorted to the close and convenient facility of our choice which is involved in the FREE SUMMER BREAKFAST/LUNCH PROGRAM. A menu will be given out when it becomes available online detailing the times and food selections. On very hot/rainy days, and days in which we do our “Ice Cream Runs” / Pizza Parties, PCSC will ask for a \$5.00 donation per child to cover any costs to purchase lunch for that particular day. If your child does not like the selections provided for breakfast and lunch (or has allergies / specific dietary restrictions) they may bring their own breakfast and lunch. We have a microwave & refrigerator at your disposal.

SUMMER ACTIVITIES

Indoor: ****Subject to change due to current circumstances.****



- Karate
- Doge Ball
- Arts & Crafts
- Strength & Agility Exercises
- Interactive Team Building Exercises
- Bowling
- Movies
- Design Your Own Camp T-Shirt

Outdoors: ***Subject to change due to current circumstances.***

- Karate
- Track Field
- Strength & Agility Exercises
- Pool Time (ex. Saxon Woods)
- Ultimate Frisbee/Football
- "Ice Cream Run"
- Kick Ball
- Water Balloon Dodge Ball
- Interactive Team Building Exercises

***NOTE: Every Friday there will be a trip outside of the dojo. PCSC will notify all parents of any special trips (i.e. pool, movie theater, bowling, etc...) and the cost. All activity times and dates are subject to change depending on weather conditions, parental consent, etc... Parents will be required to drop their children off at the location for Field Trips (We will notify where and when). Any parents who wish to attend the trip with their child is welcome! ***

SUMMER CAMP MOCK SCHEDULE



MONDAY	TUESDAY	THURSDAY	WEDNESDAY	FRIDAY
8 – 8:45 AM DROP OFF	8 – 8:45 AM DROP OFF	8 – 8:45 AM DROP OFF	8 – 8:45 AM DROP OFF	8 – 8:45 AM DROP OFF
9 AM START Stretching and Warm-Ups	9 AM START Stretching and Warm-Ups	9 AM START Stretching and Warm-Ups	9 AM START Stretching and Warm-Ups	9 AM HEAD COUNT FOR TRIP
9:30 —10:45 AM ACTIVITY	9:30 —10:45 AM KARATE (Kata, Kihon, Kumite)	9:30 —10:45 AM ACTIVITY	9:30 —11:15 AM KARATE (Kata, Kihon, Kumite)	FIELD TRIP
11:00 — 12 PM KARATE	11 — 12 PM POOL	11:00 — 12 PM KARATE	11:30 —12 PM ACTIVITIES	
12 — 1 PM ICE CREAM RUN” LUNCH BREAK/ STUDY TIME	12 — 1 PM LUNCH BREAK/ STUDY TIME	12 — 1 PM ICE CREAM RUN” LUNCH BREAK/ STUDY TIME	12 — 1 PM PIZZA PARTY” LUNCH BREAK/STUDY TIME	12 — 1 PM LUNCH BREAK/ STUDY TIME
1:30 — 3:15 PM KARATE	1:30 — 3 PM ACTIVITY	1:30 — 3:15 PM KARATE	1:30 — 3 PM ACTIVITY	
3:15 — 4 PM ACTIVITY	3:15 — 4 PM KARATE	3:15 — 4 PM ACTIVITY	3:15 — 4 PM KARATE	3:15 — 4 PM KARATE / ACTIVITY
4 PM PICK UP	4 PM PICK UP	4 PM PICK UP	4 PM PICK UP	4 PM PICK UP



PRICING

WEEK 1 : \$225

WEEK 2 : \$225

WEEK 3 : \$225

WEEK 4 : \$225

WEEK 5: \$225

WEEK 6: \$225

WEEK 7: \$225

ALL CAMPS : \$1,425

If you attend all 7 camps, tuition for the month of July and August will not be charged.

If you attend more than 3 of the camps, you will receive a 20% discount on your tuition for the months of July and August.

If you attend less than 3 out of the 7 camps, you will still be required to pay the full tuition amount.

***Note: Payments are due in full the first day of the each camp week (those doing multiple weeks out of the 7 camps, payments are due on the first day of the 1st week). If you will be attending all 7 camps, payments can be made in full on the first day of the camp week, or in two installments (70% paid in the 1st week, and the remaining 30% by the end of the 2nd week). ***
