



CAMP MPACT 2023 SUMMER ACTIVITY SCHEDULE

MON 7/31

Activity:

AGES: 4-7

LIBRARY

.....
PARK

AGES: 8+

Focus:

Kata

What to bring:

Uniform, Bagged Lunch,
Snacks, Water Bottle,
Sunblock, Tennis Shoes,
Camp T- Shirt!!

TUES 8/1

Activity:

AGES: 4-7

PARK

.....
**AQUATIC
CETER**

AGES: 8+

Focus:

Kali

What to bring:

Uniform, Bagged Lunch,
Snacks, Sun Block, Tennis
Shoes, Water Bottle,
Bathing Suit, Towel,
Camp T- Shirt!!

WED 8/2

Activity:

**\$2.00
MOVIE
TBA**

Focus:

Demo

What to bring:

Uniform, Bagged Lunch,
Snacks, Water Bottle,
Sunblock, Tennis Shoes,
Camp T- Shirt!!

THUR 8/3

Activity:

AGES: 4-7
**AQUATIC
CETER**

.....
PARK

AGES: 8+

Focus:

Sparring

What to bring:

Uniform, Bagged Lunch,
Snacks, Sun Block, Tennis
Shoes, Water Bottle,
Bathing Suit, Towel,
Camp T- Shirt!!

FRI 8/4

Activity:

**BLOCKBUSTER
MOVIE
"TMNT"**

Focus:

Self Defense

What to bring:

Uniform, Bagged Lunch,
Snacks, Water Bottle,
Sunblock, Tennis Shoes,
Camp T- Shirt!!

Achievements:

Camper of the week 4-7 :

NAME

Camper of the week 8+ :

NAME

****Activities are subject to
change depending on the
weather****

This is the tentative activity list for Camp Mpact 2023. These activities take place between lunch/snack time, quiet time, martial arts instruction, and daily games and crafts. Due to our schedule, students who are not at camp by 9am may miss the morning activity trip.

CAMP MPACT 2023 SUMMER ACTIVITY SCHEDULE



MON 7/24

Activity:

AGES: 4-7

LIBRARY

.....
PARK

AGES: 8+

Focus:

Kata

What to bring:

Uniform, Bagged Lunch,
Snacks, Water Bottle,
Sunblock, Tennis Shoes,
Camp T- Shirt!!

TUES 7/25

Activity:

AGES: 4-7

PARK

.....
**AQUATIC
CENTER**

AGES: 8+

Focus:

Kali

What to bring:

Uniform, Bagged Lunch,
Snacks, Sun Block,
Tennis Shoes, Water
Bottle, Bathing Suit,
Towel, **Camp T- Shirt!!**

WED 7/26

Activity:

**\$2.00
MOVIE
TBA**

Focus:

Demo

What to bring:

Uniform, Bagged Lunch,
Snacks, Water Bottle,
Sunblock, Tennis Shoes,
Camp T- Shirt!!

THUR 7/27

Activity:

AGES: 4-7
**AQUATIC
CENTER**

.....
LIBRARY

AGES: 8+

Focus:

Sparring

What to bring:

Uniform, Bagged Lunch,
Snacks, Sun Block,
Tennis Shoes, Water
Bottle, Bathing Suit,
Towel, **Camp T- Shirt!!**

FRI 7/28

Activity:

**FIELD
DAY**

Focus:

Self Defense

What to bring:

Uniform, Bagged Lunch,
Snacks, Water Bottle,
Sunblock, Tennis Shoes,
Bathing suit (clothes will get
wet),
Camp T- Shirt!!

Achievements:

Camper of the week 4-7 :

NAME

Camper of the week 8+ :

NAME

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CAMP MPACT 2023 SUMMER ACTIVITY SCHEDULE

MON 7/17

Activity:

AGES: 4-7

LIBRARY

.....
PARK

AGES: 8+

Focus:

Kata

What to bring:

Uniform, Bagged Lunch,
Snacks, Water Bottle,
Sunblock, Tennis Shoes,
Camp T- Shirt!!

TUES 7/18

**SIX
FLAGS**

WED 7/19

Activity:

AGES: 4-7

PARK

.....
**WHEELS
SKATING
RINK**

AGES: 8+

Focus:

Demo

What to bring:

Uniform, Bagged Lunch,
Snacks, Water Bottle,
Sunblock, Tennis Shoes,
Camp T- Shirt!!

THUR 7/20

Activity:

AGES: 4-7

PARK

.....
LIBRARY

AGES: 8+

Focus:

Sparring

What to bring:

Uniform, Bagged Lunch,
Snacks, Sun Block, Tennis
Shoes, Water Bottle,
Bathing Suit, Towel,
Camp T- Shirt!!

FRI 7/21

Activity:

AGES: 4-7

**WHEELS
SKATING RINK**

.....
PARK

AGES: 8+

Focus:

Self Defense

What to bring:

Uniform, Bagged Lunch,
Snacks, Water Bottle,
Sunblock, Tennis Shoes,
Camp T- Shirt!!

Achievements:

Camper of the week 4-7 :

NAME

Camper of the week 8+ :

NAME

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This is the tentative activity list for Camp Mpact 2023. These activities take place between lunch/snack time, quiet time, martial arts instruction, and daily games and crafts. Due to our schedule, students who are not at camp by 9am may miss the morning activity trip.

CAMP MPACT 2023 SUMMER ACTIVITY SCHEDULE



MON 7/10

Activity:

AGES: 4-7

LIBRARY

.....
PARK

AGES: 8+

Focus:

Kata

What to bring:

Uniform, Bagged Lunch,
Snacks, Water Bottle,
Sunblock, Tennis Shoes,
Camp T- Shirt!!

TUES 7/11

Activity:

AGES: 4-7

PARK

.....
**MINI GOLF
ARUNDEL**

AGES: 8+

Focus:

Kali

What to bring:

Uniform, Bagged Lunch,
Snacks, Sun Block, Tennis
Shoes, Water Bottle,
Bathing Suit, Towel,
Camp T- Shirt!!

WED 7/12

Activity:

**WHEELS
SKATING
RINK**

Focus:

Demo

What to bring:

Uniform, Bagged Lunch,
Snacks, Water Bottle,
Sunblock, Tennis Shoes,
Camp T- Shirt!!

THUR 7/13

Activity:

AGES: 4-7

**MINI GOLF
ARUNDEL**

.....
PARK

AGES: 8+

Focus:

Sparring

What to bring:

Uniform, Bagged Lunch,
Snacks, Sun Block, Tennis
Shoes, Water Bottle,
Bathing Suit, Towel,
Camp T- Shirt!!

FRI 7/14

Activity:

**SIX
FLAGS**

Focus:

Self Defense

What to bring:

Uniform, Bagged Lunch,
Snacks, Water Bottle,
Sunblock, Tennis Shoes,
Camp T- Shirt!!

Achievements:

Camper of the week 4-7 :

NAME

Camper of the week 8+ :

NAME

****Activities are subject to
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weather****

This is the tentative activity list for Camp Mpack 2023. These activities take place between lunch/snack time, quiet time, martial arts instruction, and daily games and crafts. Due to our schedule, students who are not at camp by 9am may miss the morning activity trip.



CAMP MPACT 2023 SUMMER ACTIVITY SCHEDULE

MON 7/3

Activity:

AGES: 4-7

LIBRARY

.....
PARK

AGES: 8+

Focus:

Kata

What to bring:

Uniform, Bagged Lunch,
Snacks, Water Bottle,
Sunblock, Tennis Shoes,
Camp T- Shirt!!

TUES 7/4

CLOSED

WED 7/5

Activity:

**\$2.00
MOVIE
TBA**

Focus:

Demo

What to bring:

Uniform, Bagged Lunch,
Snacks, Water Bottle,
Sunblock, Tennis Shoes,
Camp T- Shirt!!

THUR 7/6

Activity:

AGES: 4-7

**PARK
.....
LIBRARY**

AGES: 8+

Focus:

Sparring

What to bring:

Uniform, Bagged Lunch,
Snacks, Sun Block, Tennis
Shoes, Water Bottle,
Bathing Suit, Towel,
Camp T- Shirt!!

FRI 7/7

Activity:

**FORT
MCHENRY**

Focus:

Self Defense

What to bring:

Uniform, Bagged Lunch,
Snacks, Water Bottle,
Sunblock, Tennis Shoes,
Camp T- Shirt!!

Achievements:

Camper of the week 4-7 :

NAME

Camper of the week 8+ :

NAME

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CAMP MPACT 2023 SUMMER ACTIVITY SCHEDULE

MON 6/26

Activity:

AGES: 4-7

LIBRARY

.....
PARK

AGES: 8+

Focus:

Kata

What to bring:

Uniform, Bagged Lunch,
Snacks, Water Bottle,
Sunblock, Tennis Shoes,
Camp T- Shirt!!

TUES 6/27

Activity:

AGES: 4-7

PARK

.....
LIBRARY

AGES: 8+

Focus:

Kali

What to bring:

Uniform, Bagged Lunch,
Snacks, Sun Block, Tennis
Shoes, Water Bottle,
Bathing Suit, Towel,
Camp T- Shirt!!

WED 6/28

Activity:

**\$2.00
MOVIE
TBA**

Focus:

Demo

What to bring:

Uniform, Bagged Lunch,
Snacks, Water Bottle,
Sunblock, Tennis Shoes,
Camp T- Shirt!!

THUR 6/29

Activity:

AGES: 4-7

LIBRARY

.....
PARK

AGES: 8+

Focus:

Sparring

What to bring:

Uniform, Bagged Lunch,
Snacks, Sun Block, Tennis
Shoes, Water Bottle,
Bathing Suit, Towel,
Camp T- Shirt!!

FRI 6/30

Activity:

**SIX
FLAGS**

Focus:

Self Defense

What to bring:

Uniform, Bagged Lunch,
Snacks, Water Bottle,
Sunblock, Tennis Shoes,
Camp T- Shirt!!

Achievements:

Camper of the week 4-7 :

NAME

Camper of the week 8+ :

NAME

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CAMP MPACT 2023 SUMMER ACTIVITY SCHEDULE



MON 6/19

CLOSED

TUES 6/20

Activity:

AGES: 4-7

PARK

.....

**AQUATIC
CETER**

AGES: 8+

Focus:

Kali

What to bring:

Uniform, Bagged Lunch,
Snacks, Sun Block, Tennis
Shoes, Water Bottle,
Bathing Suit, Towel,
Camp T- Shirt!!

WED 6/21

Activity:

**\$2.00
MOVIE
TBA**

Focus:

Demo

What to bring:

Uniform, Bagged Lunch,
Snacks, Water Bottle,
Sunblock, Tennis Shoes,
Camp T- Shirt!!

THUR 6/22

Activity:

AGES: 4-7
**AQUATIC
CETER**

.....

PARK

AGES: 8+

Focus:

Sparring

What to bring:

Uniform, Bagged Lunch,
Snacks, Sun Block, Tennis
Shoes, Water Bottle,
Bathing Suit, Towel,
Camp T- Shirt!!

FRI 6/23

Activity:

**BLOCKBUSTER
MOVIE
"ELEMENTAL"**

Focus:

Self Defense

What to bring:

Uniform, Bagged Lunch,
Snacks, Water Bottle,
Sunblock, Tennis Shoes,
Camp T- Shirt!!

Achievements:

Camper of the week 4-7 :

NAME

Camper of the week 8+ :

NAME

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