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## GKC Junior Summer Camp 2010 Information, Itinerary, and Gear List July 19-23, Daily, 9 am- 4 pm

Attached, please find the detailed itinerary for Junior Summer Camp. Hopefully, this will answer any questions you may have about the day camp. We've provided addresses where possible, and directions when necessary for the different venues; if you need a map, or more detailed information, please take a look at [mapquest.com](http://mapquest.com) or [google maps](http://google.com/maps) online for this information.

Sensei Jesse and Kirstin will be present for all events. Parent volunteers are needed and greatly appreciated for driving and supervision of specific events throughout the week (noted on following pages). If you volunteer, thank you! Please keep in mind the length of time indicated is approximate. There may be some waiting while one event finishes. If you have time constraints, please advise us of this when you volunteer so we can be mindful of your schedule. We will have a sign-up sheet at the dojo or you may email Kirstin with your available and preferred time(s). (Contact info below)

We will stick to the itinerary as closely as possible. However, all events are subject to change depending on weather, safety or other issues. We will communicate any changes as thoroughly and promptly as possible.

Please pay special attention to the drop off and pick up locations as they may change from day to day. Also, dropping off your students on time in the morning is much appreciated!

Early drop off and late pick up will be available for an additional fee. Please arrange with Sensei Jesse or Kirstin ahead of time if you need this service.

There will be a cooler available to store lunches, but no microwave or refrigerator, so please make sure your child's lunch does not require these items.

We are very excited about camp this year and hope to see many of you there! This is a great bonding time for the students, and we have a lot of fun together.

If you have any questions or concerns, please contact Kirstin at 206.383.3938 or [kirstin@gojukent.com](mailto:kirstin@gojukent.com).



# 2010 Junior Summer Camp Daily Itinerary

MONDAY, JULY 19	Gear Needed	Days' Activities
<p><b>Drop Off:</b> Soos Creek Trail Head, 9 am Directions: East Bound on Kent Kangley – Left onto 152nd Way S.E. – Go about 1/2 mile – Trail head parking on the right</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Backpack</li> <li><input type="checkbox"/> Water bottle</li> <li><input type="checkbox"/> Sunscreen</li> <li><input type="checkbox"/> Change of Clothes</li> <li><input type="checkbox"/> Towel</li> <li><input type="checkbox"/> Bike</li> <li><input type="checkbox"/> Bike Helmet <b>(REQUIRED)</b></li> <li><input type="checkbox"/> Swimsuit for lake swimming</li> <li><input type="checkbox"/> Super Soakers and/or squirt guns</li> <li><input type="checkbox"/> Water socks or flip flops (see note)</li> </ul>	<ul style="list-style-type: none"> <li>☺ Safety Brief</li> <li>☺ Round Trip Bike Ride on Trail</li> <li>☺ BBQ at Lake Meridian (see note below)</li> <li>☺ Water Games</li> <li>☺ Swimming in Lake Meridian (in area supervised by life guard)</li> </ul>
<p><b>Pick Up:</b> Lake Meridian Park, 4 pm Address: 14800 SE 272nd Street, Kent</p>		
<p><b>Parent Volunteers Needed:</b> ☺ 6 Adults needed for supervision during bike ride with small, age-specific groups. (Approximately 2 hours) ☺ 2 Adults with large-capacity vehicles needed to shuttle kids from bike ride stopping point to Lake Meridian (to avoid walking bikes along a busy stretch of 152<sup>nd</sup>) (45 min. max)</p>		
<p>Additional notes:</p> <ul style="list-style-type: none"> <li>🍏 <b>PLEASE CHECK YOUR BIKE PRIOR TO DROP OFF FOR ANY FLATS OR OTHER MAINTENANCE ISSUES</b></li> <li>🍏 NO LUNCH IS NECESSARY unless your child has dietary restrictions.</li> <li>🍏 For safety reasons, please make sure your child has something to protect feet even during swimming/water games.</li> <li>🍏 Please let us know if you prefer your child(ren) not swim in the lake.</li> <li>🍏 Crossing guards will supervise every crossing on Soos Creek Trail.</li> </ul>		

TUESDAY, JULY 20	Gear Needed	Days' Activities
<p><b>Drop Off:</b> Dojo, 9 am Address: 207 1<sup>st</sup> Avenue South, Kent</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Backpack</li> <li><input type="checkbox"/> Water bottle</li> <li><input type="checkbox"/> Sunscreen</li> <li><input type="checkbox"/> Lunch</li> </ul>	<ul style="list-style-type: none"> <li>☺ Demonstration Prep (For Friday's Arbor Village Trip)</li> <li>☺ Craft activity-Basic Survival Kits</li> <li>☺ Safety &amp; Basic 1st Aid Training</li> </ul>
<p><b>Pick Up:</b> Dojo</p>		
<p><b>Parent Volunteers Needed:</b> ☺ 2 Adults needed for assistance with craft</p>		

**Emergency Numbers:**  
**Jesse's Cell: 206.356.2974**  
**Kirstin's Cell: 206.383.3938**

WEDNESDAY, JULY 21	Gear Needed	Days' Activities
<b>Drop Off:</b> Dojo, 9 am Address: 207 1 <sup>st</sup> Avenue South, Kent	<input type="checkbox"/> Backpack <input type="checkbox"/> Water bottle <input type="checkbox"/> Sunscreen <input type="checkbox"/> Lunch <input type="checkbox"/> Change of Clothes <input type="checkbox"/> Gi and Sparring Gear <input type="checkbox"/> Lawn chair or blanket to sit on <input type="checkbox"/> Running shoes <input type="checkbox"/> Towel	☺ Demonstration Prep (For Friday's Arbor Village Trip) ☺ Ground Work Practice ☺ Stretching ☺ Lunch at Kent Plaza ☺ Wednesdays in the Park: Roberto the Magnificent ☺ Team Games: Scavenger Hunt, Horse Shoe Toss
<b>Pick Up:</b> Burlington Green Park, 4 pm Address: West Meeker Street and Railroad Avenue North, Kent, 98032--Look for the white gazebo next to the train tracks 1 block NE of the dojo.		
<b>Parent Volunteers Needed:</b> ☺ Adults needed for supervision while walking to and at Kent Town Square Plaza & at Burlington Green Park (Approximately 3 hours)		

🍏 Please have your child(ren) wear shorts and t-shirts rather than swimsuits for the water games.

THURSDAY, JULY 22	Gear Needed	Days' Activities
<b>Drop Off:</b> Sensei's House Address: 26111 Woodland Way S. Kent, Wa. 98030	<input type="checkbox"/> Backpack <input type="checkbox"/> Water bottle <input type="checkbox"/> Good walking shoes <input type="checkbox"/> Light jacket if needed <input type="checkbox"/> Personal Items (brush, etc. for after swimming) <input type="checkbox"/> Lunch <input type="checkbox"/> Change of Clothes <input type="checkbox"/> Swimsuit <input type="checkbox"/> Towel <input type="checkbox"/> Water socks	☺ Field Games in the park behind Sensei's house ☺ Demonstration Prep (For Friday's Arbor Village Trip) ☺ Lunch ☺ Swimming and Tennis
<b>Pick Up:</b> Kent Swim & Tennis Club Address: 25821 Woodland Way South Kent, WA 98030-6365 (Near Sensei's House)		
<b>Parent Volunteers Needed:</b> ☺ None, unless you want to be there!		

FRIDAY, JULY 23	Gear Needed	Days' Activities
<b>Drop Off:</b> Arbor Village, 9 am Address: 24121 116th Avenue SE Kent, 98030	<input type="checkbox"/> Backpack <input type="checkbox"/> Water bottle <input type="checkbox"/> Sunscreen <input type="checkbox"/> Lunch <input type="checkbox"/> Change of Clothes <input type="checkbox"/> Gi	☺ Community service: Karate demonstration, board games & visiting at Arbor Village Retirement Home ☺ Lunch ☺ Movie ☺ Shirt signings ☺ Good-byes and bow out
<b>Pick Up:</b> Dojo, 4 pm Address: 207 1 <sup>st</sup> Avenue South, Kent		
<b>Parent Volunteers Needed:</b> ☺ Adults needed for supervision while at retirement home and transportation from retirement facility to dojo. (Approximately 3 hours) ☺ Adults needed for supervision during movie and during walk back to the dojo (Approximately 2.5 hours)		

🍏 We'll provide the movie ticket, treats and a bottle of water for each child during the movie.