

2022 SUMMER ACTIVITY CAMPS

Manna's Martial Arts is an established school of learning which utilizes the martial arts as a vehicle to teach and aid in the development of education and summer fun.



**FRIDAY
JUNE 10**

NOW ENROLLING



**Fun in the Sun
in the Sun**

WEEK 1: JUNE 13-17



All Things Nerf Week

WEEK 2: JUNE 20-24



Child vs Wild

WEEK 3: JUNE 27 - July 1



**Martial Arts From
Around The World
and
Fine art drawing classes**

WEEK 4: JULY 5-8



CHESS & GAMES
GAMES WEEK/HUMAN CHESS
DESIGN & BUILD GAMES
WITH GRANDMASTER MANNA

WEEK 5: JULY 11-15



**Ninja/Spy
Nerf Wars**

WEEK 6: JULY 18-22



**Pirate Week
& Sword Battles
Treasures of Fun**

WEEK 7: JULY 25-29



FUN WITH SCIENCE
Robotics

WEEK 8: AUGUST 1-5



All Things Nerf Week

WEEK 9: AUGUST 8-12



End of Summer Party

2 DAYS: AUGUST 15 & 16

TAKE NOTE OF THESE IMPORTANT DATES
Summer Camp first day is Monday, June 13th
Summer Camp last day is Tuesday, August 16th

Our After School Program (MASP) is a CA Licensed Day Care
Poway Unified Schools Begins Wednesday, August 17th 2022

MANNA'S, 12285B World Trade Drive, San Diego CA 92128
858.487.6470 www.manna.us SummerCamp@manna.us



Manna's utilizes an amazing support staff of exceptional people.

Dear Studio Families,

Manna's has an incredible summer planned for all attending this year. We will be having theme weeks with a wide variety of activities where fun, focus and social development shine.

We will be starting with Fun in the Sun Week, having a barbecue on Friday, limbo contests, snow cones at the park, and beach ball kickball. Throughout the summer the students will be learning about the power of nature, having Nerf and water gun battles, enjoying cultures and music from around the world, improve our game of chess, going on treasure hunts, being a part of fun with science, and ending the summer with a party and games. Our amazing support staff have some great arts and crafts projects throughout the summer. Based on the safety and county guidelines we will continue to play at the park and pool twice a week. Making a trip to Ramona to learn about gardening/landscaping at our home and a local nature hike with Master Brandt while learning about our unique San Diego inland environment. Let us not forget that everyone will be enjoying their continued growth in their martial arts journey.

We are looking forward to having a great, fun, and educational summer. It has always been a pleasure to watch the growth and development of the students here at Manna's as they experience new exciting phenomena as well as making new friends. We look forward to sharing this upcoming summer with you and your family.

Sincerely,

Janet Manna

Daycare/Summer Camp Director

Senior Master Instructor

Voice: 858.487.6470

SummerCamp@manna.us



Weekly activities at Manna's includes:
 Martial Arts classes, a variety of Indoor Sports Activities, Arts and Crafts and Chess.
 Swim at the Pool* and go to the Park twice a week.

SUMMER FIELD TRIPS

***As our community opens weekly off campus activities may include:**
 Swimming at Fit and Outdoor play and lunch at Highland Ranch Park.

Week 3 June 29th

Local Hike
 With Sr. Master Brandt



FIELD TRIP



Week 9 August 10th
Discover Gardening
 at the Manna's *



SUMMER ACTIVITY CAMPS 2022



Going



START OF SUMMER SPORTS CAMP DAY

JUNE 10

- First day of summer making friends and having fun
- Pizza party



Going



WEEK 1: FUN IN THE SUN

JUNE 13 - 17

- Kick Ball, Sardines, Four Square
- Scavenger hunt
- Water balloon toss & Water gun fight
- Friday barbecue: burgers, veggie burgers & hot dogs



Going



WEEK 2: ALL THINGS NERF & NERF BATTLES

JUNE 20 - 24

- Nerf battles and Nerf dodgeball
- Water war at the park and chill with Kona Ice
- KONAICE at the park



NOT AVAIL.

Going



WEEK 3: CHILD VS. WILD

JUNE 27 - JULY 1

- Shelter building contest
- Local plants identification
- What to do when encountering wild life
- Local field trip hike guided by Sr. Master Brandt
Wednesday Field Trip



FIELD TRIP



Going



WEEK 4: WORLD KARATE, BREAKING & FINE ART

JULY 5 - 8 (Closed July 4th, National Holiday)

- Presenting Martial Arts From Countries and Cultures
- Board breaking and the mechanics
- Instructors stories from afar
- Create your own martial art
- Fine art classes with Grandmaster



Going



WEEK 5: CHESS/GAMES WEEK/HUMAN CHESS

JULY 11 - 15

- Learn to play chess, openings, tools and tournaments
- Advanced lessons with Grandmaster Manna
- Making chess helmets and HUMAN CHESS GAME
- Creating your own board game
- Designing and making the Ahzah board game



THE MOST FUN AT MANNA'S

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Going

Ninja/Spy Nerf Wars



WEEK 6: NINJA /SPY WEEK - NERF WARS JULY 18 - 22

- Laser tag, throwing nerf stars & sword art
- Nerf battles and Nerf dodgeball
- Puzzles, searches and codes
- Gadgets, magic and fun
- Famous spies and ninjas



Going



WEEK 7: PIRATE WEEK - SWORD BATTLES JULY 25 - 29

- Treasure Hunt
- Cartography, making your own treasure map.
- Foam sword battles
- Ship building, making a pirate ship and Pirate hat
- How to avoid from being captured - safety class



Going



WEEK 8: FUN WITH SCIENCE WEEK AUGUST 1 - 5

- Championship Robotics Team Presentation and sharing
- Coke/Mentos experiment at the park
- Crystal growing, Gem world
- Balloon rockets

Robotics



Going



WEEK 9: ALL THINGS NERF & NERF BATTLES AUGUST 8 - 12

- Nerf battles and Nerf dodgeball
- Water war at the park and chill with Kona Ice
- Field trip: Learning about water conservation, gardening and pvc drip. A trip to the Manna's



FIELD TRIP



Going



DAYS: END OF SUMMER PARTY AUGUST 15 & 16

- Pizza Party
- Kona Ice Truck
- Sports games



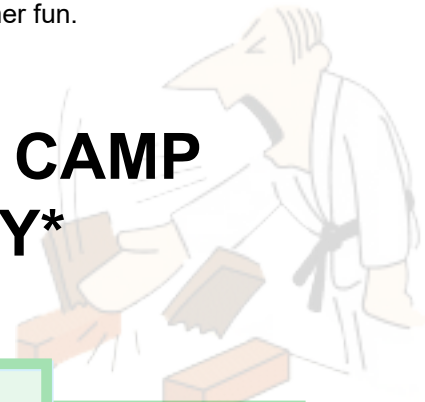
This week will include August 18, 19 & 20th - 3 days of Manna's After School Program upon acceptance into program

SUMMER ACTIVITY CAMPS 2022

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MANNA'S SUMMER SPORTS CAMP 2022 WEEKLY ITINERARY*



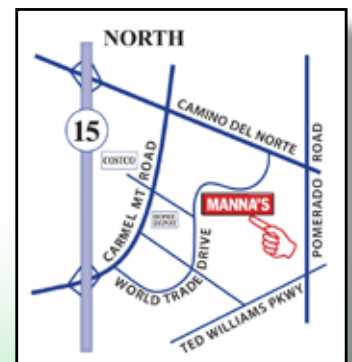
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 AM					
8:00 AM	RECREATION AND SPORTS ACTIVITY TIME, EVENTS CHANGE DAILY				
9:00 AM	SNACK TIME	SNACK TIME	SNACK TIME	SNACK TIME	SNACK TIME
10:00 AM	CLASS	OUTDOOR RECREATION	CLASS	OUTDOOR RECREATION	CLASS
11:00 AM	ARTS & CRAFTS		ARTS & CRAFTS		ARTS & CRAFTS
NOON					
1:00 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	SWIMMING	Highland Ranch Park	CHESS	Highland Ranch Park	SWIMMING
3:00 PM					
4:00 PM	SNACK TIME	SNACK TIME	SNACK TIME	SNACK TIME	SNACK TIME
5:00 PM	MARTIAL ARTS CLASSES ARE AGE SPECIFIC CONSULT STUDIO SCHEDULE FOR AVAILABILITY				
6:00 PM	RECREATION ACTIVITY TIME DIFFERENT DAILY				

Abiding by the safety needs and requirements we look forward to the opportunity to add field trips to like or similar to the following: Wednesday Field Trips may include Gardening/Landscaping at the Manna's and Outdoor Nature Hike w/ Master Brandt.

SUMMER SPORTS CAMP IS MANAGED AND PUT ON BY MANNA'S MARTIAL ARTS, INC. THIS SCHEDULE IS FOR OVERALL PLANNING AND IS SUBJECT TO CHANGE, WITHOUT NOTICE, TO FIT THE NEEDS OF THE SUMMER CAMP MEMBERS, COUNTY REQUIREMENTS AND STAFF.

ALL INFORMATION ON THIS SHEET IS PRIVATE TO
MANNA'S MEMBERS AND GUESTS ONLY - 2022

MANNA'S MARTIAL ARTS, INC.
12285B World Trade Drive, San Diego, CA 92128
(858) 487-6470 www.Manna.US SummerCamp@manna.us





SUMMER ACTIVITY CAMPS 2022

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- MANNA'S MEMBER
 PARTICIPATING NON-MEMBER AT MANNA'S SUMMER ACTIVITY CAMP

Purchaser: _____
First Last

Phone: (_____) _____ **Email:** _____

All Camp participants are subject to approval (Minimum age of 5)

Participant: _____
First Last

WEEKLY RATE: **\$185** **\$230** **\$50**
MEMBER PARTICIPATING NON-MEMBER DEPOSIT PER WEEK

10% Discount for each additional family member: Member: \$166.50 Non-Member: \$207

Reservations are needed to ensure your space and to schedule our staff appropriately for summer.

Online registration at: <https://manna.us/summercamp/index.html>

There is a one day Start of Summer Sports Day available on June 10th Member Rate: \$80, Non-Member Rate: \$90

WEEKLY THEME <small>(Weeks include lots of fun activities)</small>	CAMP DATES	RESERVE THIS WEEK	FOR USE BY MANNA'S	
Fun in the Sun	JUNE 13 - 17	WEEK 1	<input type="checkbox"/>	<input type="checkbox"/>
All Things Nerf & Nerf Battles	JUNE 20 - 24	WEEK 2	<input type="checkbox"/>	<input type="checkbox"/>
Child vs Wild	JUNE 27 - JULY 1	WEEK 3	<input type="checkbox"/>	<input type="checkbox"/>
Karate World/Breaking/Fine Art	JULY 5 - 8	WEEK 4	<input type="checkbox"/>	<input type="checkbox"/>
Chess/Board Games	JULY 11 - 15	WEEK 5	<input type="checkbox"/>	<input type="checkbox"/>
Ninja/Spy Week/Nerf Wars	JULY 18 - 22	WEEK 6	<input type="checkbox"/>	<input type="checkbox"/>
Pirate Week/Sword Battles	JULY 25 - 29	WEEK 7	<input type="checkbox"/>	<input type="checkbox"/>
Fun With Science/Robotics	AUG. 1 - 5	WEEK 8	<input type="checkbox"/>	<input type="checkbox"/>
All Things Nerf & Nerf Battles	AUG. 8 - 12	WEEK 9	<input type="checkbox"/>	<input type="checkbox"/>
End of Summer Party	AUG. 15 & 16	2 DAY	<input type="checkbox"/>	<input type="checkbox"/>

RESERVE YOUR SPOT AND WEEKS _____ x \$50 = _____
Number of weeks Deposit amount

Space in the Summer Activities Camps are limited and I understand that all reservation fees/deposits are non-refundable. Adjustments to reservations may be made prior to June 1st, 2022, after this date deposit fees are forfeited. Program availability is provided on a first come basis. Weekly Fees are based on use of one (1) to five (5) days in each week. Upon meeting safety requirements selected field trips may have additional participation fees required.

Purchaser's Signature: _____ **Date:** ____/____/____

Fees not included: Snacks 50 cents each Lunchable \$15 Any Belt Tests Fees
 Each Participating Non-Member will be required to purchase a mesh bag and approved protective headgear..... \$63.73

MANNA'S After School Program and the PUSD scheduled to start Wednesday, Aug 17

www.Manna.US

Make payable to: Manna's **Questions or Email to: SummerCamp@Manna.us**

Manna's Martial Arts, Inc. 12285B World Trade Drive, San Diego, CA 92128 **(858) 487-6470**

CUT ON DOTTED LINE AND SUBMIT THIS FORM TO RESERVE AND REGISTER



SUMMER ACTIVITY CAMPS

Manna's Martial Arts is an established school of learning which utilizes the martial arts as a vehicle to teach and aid in the development of education and a California School Age licensed Day Care.

2022 SUMMER CAMP PERMISSION SLIP

I parent and/or guardian of _____, give my permission to Manna's Martial Arts, Inc. (hereby known as Manna's) for the following, please initial each:

Initial Here

Permission for my child to be transported by a Manna's Inc. or approved van or shuttle service to and from Manna's for Field Trips. Field trips may or may not have an additional fee to participate. (Selection of van and or shuttle service is at the approval of Manna's.)

Initial Here

Lunch will be provided by parents and/or guardian and will be sent with the camp participant at drop off. No microwavable foods. In the event that Manna's provides a meal there will be a \$15.00 charge.

Initial Here

When snacks are not provided by parent or guardian Manna's will provide two snacks per day at a cost of \$1.00 per day. \$.50 per snack. Parent/Guardian will be notified at end of day. (Snack example: Snack – pretzels, cheese crackers or fruit snacks.)

Initial Here

All Manna's Summer Camp participants are required to purchase an approved Century P2 head gear and approved mesh bag w/name area at a cost of \$63.73.

Initial Here

Belt level and rank testing may occur during the Summer Camp at Manna's, an additional fee for this service would be as follows (Please consult Manna's/TEMAS Member's Handbook for details. available online at www.manna.us).
Tiny Tiger/Little Dragon Manna's Level Testing: \$35.00/Dragon TEMAS Rank Testing: \$50.00
A portion of the fee may be waived for previous experience.

Initial Here

Upon advancement of rank to 9th Gup level member agrees to purchase approved sparring gear. Consisting of gloves, boots and shin guards. Male participant will also purchase a cup and supporter. Cost average \$130.00, gear lasts average 3 to 4 years.

Initial Here

Manna's is not responsible for any or all items left at the facility. Lost and found is provided. Bags and storage area for equipment are provided as an organizational service only.

Initial Here

Attendees are not allowed to bring, electronics, toys, games, books or other items. Items brought to Manna's will hold items until pickup. No phones are allowed due to privacy and safety concerns.

Initial Here

Parents/Guardians are required to supply ample sun screen for outdoor activities for their child. If sun screen is not supplied a \$2 per day/use charge will be applied.

Initial Here

Agree to sign out my child/children each day in attendance. New members must supply signed copies of Manna's Consent to Treat and Release forms to Manna's prior to camp. <http://www.manna.us/camp/>

Initial Here

Manna's reserves the right to adjust the Manna's Summer Activity Camp Weekly Itinerary without notice.

Initial Here

This authorization will remain in effect during my child's enrollment in Manna's programs.

Parent or Guardian Signature: _____ Date: ____ / ____ / ____

Questions or Email to: SummerCamp@Manna.us

Update: 2022/06/15

Manna's Martial Arts, 12285B World Trade Drive, San Diego, CA 92128 (858) 487-6470