

2024 SUMMER ACTIVITY CAMPS

Manna's Martial Arts is an established school of learning which uses martial arts as a vehicle to teach and aid in the development of children in the San Diego area.

NOW ENROLLING



SUMMER SPORTS CAMP DAY



ONE DAY: JUNE 7

Fun in the Sun



WEEK 1: JUNE 10-14

All Things Nerf Week



WEEK 2: JUNE 17-21

Child vs Wild



WEEK 3: JUNE 24-28

The World of Karate

Zooming in to You and Fine art drawing classes



WEEK 4: JULY 1-3, 5

Shark Week



WEEK 5: JULY 8-12

Ninja/Spy Nerf Wars



WEEK 6: JULY 15-19

Child vs Wild



WEEK 7: JULY 22-26

Pirate Week

& Sword Battles Treasures of Fun



WEEK 8: JULY 29-AUGUST 2

FUN WITH SCIENCE

Robotics



WEEK 9: AUGUST 5-9

All Things Nerf Week



WEEK 10: AUGUST 12-16

End of Summer Party



2 DAYS: AUGUST 19 & 20



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 a Sports camp Day on June 7th, 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, taking a bite out of the ocean, going on treasure hunts, learning about drawing and watercoloring, 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 learn about gardening/landscaping and two local nature hikes 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.
 *Swimming may not be available due to county repairs at pool.

Week 3 June 26th
 Week 7 July 24th

Local Hike
 With Sr. Master Brandt

FIELD TRIP

Week 9 August 14th
Discover Gardening



SUMMER ACTIVITY CAMPS 2024

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.



Going



SPORTS CAMP DAY

JUNE 7, FRIDAY

- Full day of fun
- Making friends

* This Sports Camp Day is included to all active MASP (Manna After School Program) participants who paid for the week of June 3rd.



Going



WEEK 1: FUN IN THE SUN

JUNE 10 - 14

- 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 17 - 21

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



Going



WEEK 3: CHILD VS. WILD

JUNE 24 - 28

- 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: THE WORLD OF KARATE & FINE ART

JULY 1 - 3, 5 (Closed July 4th, National Holiday)

- Different Masters/Grandmasters bring you their style
- Board breaking and the mechanics
- America's forefathers
- Fine art classes with Grandmaster



Going



WEEK 6: TAKE A BITE OUT OF THE OCEAN

JULY 8 - 12

- History of prehistoric sharks, anatomy
- Why sharks attack
- Park days with water fun
- Special chess fun event



THE MOST FUN AT MANNA'S

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.

Going

Ninja/Spy
Nerf Wars



WEEK 6: JULY 15-19

WEEK 6: NINJA /SPY WEEK - NERF WARS

JULY 15 - 19

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



Going



WEEK 7: JULY 22-26

WEEK 7: CHILD VS. WILD

JULY 22 - 26

- 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 8: JULY 29 - AUG 2

WEEK 8: PIRATE WEEK - SWORD BATTLES

JULY 29 - AUGUST 2

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



Going



WEEK 9: AUG 5-9

WEEK 9: FUN WITH SCIENCE WEEK

AUGUST 5 - 9

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

Robotics

Going



WEEK 10: AUGUST 12-16

WEEK 10: ALL THINGS NERF & GARDENING

AUGUST 12 - 16

- Nerf battles and Nerf dodgeball
- Water war at the park and chill with Kona Ice
- Field trip: Learning about water gardening and plants
Wednesday Field Trip



FIELD TRIP



Going



2 DAYS: AUGUST 19 & 20

2 DAYS: END OF SUMMER PARTY

AUGUST 19 & 20

- Pizza Party
- Sports games
- End of summer word games



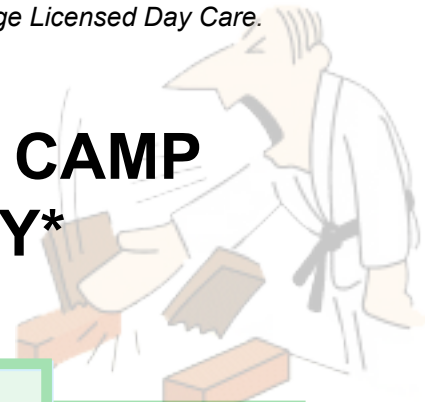
* Full week payment will include the first 3 days of MASP (Manna's After School Program), August 21, 22 & 23rd - upon acceptance and admission into MASP.

SUMMER ACTIVITY CAMPS 2024

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.



MANNA'S SUMMER SPORTS CAMP 2024 WEEKLY ITINERARY*



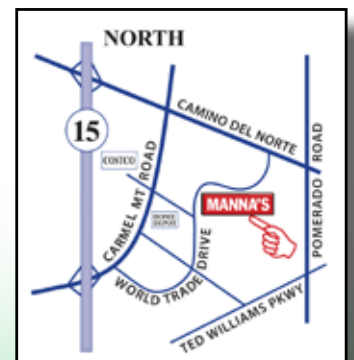
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 AM					
8:00 AM	RECREATION AND SPORTS ACTIVITY TIME, EVENTS CHANGE DAILY				
9:00 AM	SNACK TIME	SNACK TIME	SNACK TIME	SNACK TIME	SNACK TIME
10:00 AM	CLASS	OUTDOOR RECREATION	CLASS	OUTDOOR RECREATION	CLASS
11:00 AM	ARTS & CRAFTS		ARTS & CRAFTS		ARTS & CRAFTS
NOON					
1:00 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	SWIMMING	Highland Ranch Park	Wednesday Field Trips check dates	Highland Ranch Park	SWIMMING
3:00 PM	SNACK TIME	SNACK TIME	SNACK TIME	SNACK TIME	SNACK TIME
4:00 PM			CHESS		
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, 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 ONLY - 2024

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 2024

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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 by participation date)

Participant: _____
First Last Age Date of Birth

WEEKLY RATE: \$315 \$255 \$100

	<small>PARTICIPATING NON-MEMBER</small>	<small>ACTIVE MEMBER</small>	<small>DEPOSIT PER WEEK</small>
10% Discount for each additional family member:	Non-Member: \$283.50	Member: \$229.50	
* Sports Camp Day (June 7th) rate:	Non-Member: \$ 95.00	Member: \$ 70.00	* Included at no charge for active MASP
* End of Summer Party (Aug. 19 & 20) rate:	Non-Member: \$210.00	Member: \$190.00	* Paying Weekly Rate includes 3 day MASP

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

WEEKLY THEME (Weeks include lots of fun activities)	CAMP DATES	RESERVE THIS WEEK	FOR USE BY MANNA'S
* Sports Camp Day *Included active MASP	June 7 (1 day)	Sports Day <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Fun in the Sun	JUNE 10 - 14	WEEK 1 <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
All Things Nerf & Nerf Battles	JUNE 17 - 21	WEEK 2 <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Child vs Wild	JUNE 24 - 28	WEEK 3 <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Karate World/Breaking/Fine Art	JULY 1 - 3 & 5	WEEK 4 <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Chess/Board Games/Nerf	JULY 8 - 12	WEEK 5 <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Ninja/Spy Week/Nerf Wars	JULY 15 - 19	WEEK 6 <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Child vs Wild	JULY 22 - 26	WEEK 7 <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Pirate Week/Sword Battles	JULY 29 - AUG. 2	WEEK 8 <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Fun With Science/Robotics	AUG. 5 - 9	WEEK 9 <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
All Things Nerf & Nerf Battles	AUG. 12 - 16	WEEK 10 <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
* End of Summer Party * see page 5	AUG. 19 & 20	2 DAY <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>

RESERVE YOUR SPOT AND WEEKS _____ x \$100 = _____
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 (dates of weeks) to reservations may be made prior to June 1st, 2024, after this date deposit fees are forfeited. Program availability is provided on a first come basis. Weekly Fees are based on use of one to five days in each week. Upon meeting safety requirements selected field trips may have additional participation fees required.

Fees not included: Snacks 50 cents each Lunchable \$25 each Any advancement belt tests fees

Each participating Non-Member of Manna's Martial Arts is required to pay a per summer registration fee of \$40 and have Manna's approved helmet and mesh bag at a cost of \$63.73.

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

MANNA'S After School Program and the PUSD scheduled to start Wednesday, August 21, 2024

www.Manna.US

Pay online: manna.us/summercamp Contact: 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

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2024 SUMMER CAMP PERMISSION SLIP

Initials Below
Are Required

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. In the event that Manna's provides a meal there will be a \$25.00 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 have or purchase approved P2 head gear and approved mesh bag 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 TEMAS Member's Handbook for details. <https://www.manna.us/manual.html>):
Tiny Tiger/Little Dragon Manna's Level Testing: \$40.00/Dragon TEMAS Rank Testing: \$60.00
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 \$145.00, 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. Group dressing and changing room are supplied by biological gender only. Any and all pajama clothing is not permitted.

Initial Here

Parents/Guardians are required to supply ample sun screen for outdoor activities for their child. If sun screen is not supplied a \$5 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 www.manna.us

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