

# 2026 SUMMER ACTIVITY CAMPS

Early Registration Special Weekly Rate Paid Before May 1st!

## NOW ENROLLING



### SUMMER SPORTS CAMP DAY

ONE DAY: JUNE 5

Karate, Outside Play at the Park, Swimming, & Chess Weekly

### Fun in the Sun

WEEK 1: JUNE 8-12

### Child vs Wild Hike 1

WEEK 2: JUNE 15-19

### NERF ARENA

Life Sized Chess

WEEK 3: JUNE 22-26

### LET YOUR IMAGINATION FLY

And Fine Art Drawing

WEEK 4: JUNE 29 - JULY 2

Closed Friday, July 3rd - National Holiday

### Ninja/Spy Nerf Wars

WEEK 5: JULY 6-10

### Adventure Bound

Sword Battles  
Treasure Hunt

WEEK 6: JULY 13-17

### Navigating Nature Hike 2

WEEK 7: JULY 20-24

### STEAM WEEK

### Robotics

WEEK 8: JULY 27-31

### AWAY WE GO

WEEK 9: AUGUST 3-7

2 DAYS: AUGUST 10 & 11 - End of Summer Party & Sports Camp Days



*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 Friday, June 5th, 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, 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. Learn about gardening/landscaping and three 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



Tom Patrick's  
**KNOW & GO**



# SUMMER CAMP ACTIVITIES

**MARTIAL ARTS**  
at MANNA'S  
2 or 3 times weekly



**PLAY AT THE PARK**  
Outdoor Play/Lunch  
2 times per week



**SWIM AT THE POOL**  
Carmel Mt. - SD Pool  
2 times per week



**MOST WEDNESDAYS**  
**CHESS LESSONS**  
1 time per week



**Week 2 June 17th**  
**Local Hike 1**  
How to overcome



**Weeks 4, 6 and 9**  
**Kona Ice**  
Keeping it cool!



**Week 6 July 15th**  
**Adventure Bound**  
Planting and Growing



**July 22 & August 5**  
**Local Hikes 2 and 3**  
Learn our landscape



# SUMMER ACTIVITY CAMPS 2026

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, social interaction and summer fun. Summer camp days available from 9 AM to 6 PM.

**MARTIAL ARTS at MANNA'S**  
2 or 3 times weekly




**PLAY AT THE PARK**  
Outdoor Play/Lunch  
2 times per week



**SWIM AT THE POOL**  
Carmel Mt. - SD Pool  
2 times per week



**MOST WEDNESDAYS**  
**CHESS LESSONS**  
1 time per week



**Week 4, 6 and Week 9**  
**Kona Ice**  
Keeping it cool!




Going

**SUMMER SPORTS CAMP DAY**  
ONE DAY: JUNE 5



## SPORTS CAMP DAY JUNE 5, FRIDAY

- Full day of fun
- Making friends
- Martial arts class

\* This Sports Camp Day is at a special rate to all active MASP (Manna After School Program) participants who paid for the week of June 1.



Going

**FUN in the SUN**  
WEEK 1: JUNE 8-12



## WEEK 1: FUN IN THE SUN JUNE 8 - 12

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



Going

**Child vs Wild**  
WEEK 2: JUNE 15-19



## WEEK 2: CHILD VS. WILD JUNE 15 - 19

- Shelter building contest
- Building Traps
- What to do when encountering wildlife
- Local field trip **Hike 1** guided by Sr. Master Brandt  
*Wednesday Field Trip*



Going

**NERF ARENA**  
Life Sized Chess  
WEEK 3: JUNE 21-26



## WEEK 3: NERF ARENA JUNE 21 - 26

- Nerf battles and Nerf dodgeball
- Board breaking and the mechanics
- Special life sized chess fun event
- Fine art classes with Grandmaster



Going

**LET YOUR IMAGINATION FLY**  
and Fine Art Drawing  
WEEK 4: JUNE 29 - JULY 2



## WEEK 4: LET YOUR IMAGINATION FLY JUNE 29 - JULY 2 (Closed Friday, July 3rd, National Holiday)

- All sorts of games, make and play
- Park days with water fun
- Kona Ice at the Park
- America's Forefathers



# THE MOST FUN AT MANNA'S

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Going

## Ninja/Spy Nerf Wars



### WEEK 5: NINJA /SPY WEEK - NERF WARS JULY 6 - 10

- Laser tag, throwing Nerf stars & cardboard swords
- Nerf battles and Nerf dodgeball
- Puzzles, searches and codes
- Foam sword battles



Going



WEEK 6: JULY 13-17

### WEEK 6: ADVENTURE BOUND JULY 13 - 17

- Treasure Hunt
- How to avoid from being captured - safety class
- Making your own treasure map,
- Ship building, making a pirate ship and pirate hat  
*Wednesday Field Trip*



FIELD TRIP



Going



WEEK 7: JULY 20-24

### WEEK 7: NAVIGATING NATURE JULY 20 - 24

- Local plants identification
- What to do when encountering wildlife
- Local field trip **Hike2** guided by Sr. Master Brandt
- Field trip: Learning about water gardening and plants  
*Wednesday Field Trip*

FIELD TRIP



Going



Robotics

WEEK 8: JULY 27-31

### WEEK 8: S.T.E.A.M. WEEK JULY 27 - 31

- Science, Technology, Engineering, Art, Mathematics
- Championship Robotics Team interaction and participation
- Coke/Mentos experiment at the park
- Crystal growing, Gem world, Balloon rockets

STEAM WEEK

Robotics



Going



WEEK 9: AUGUST 3-7

### WEEK 9: AWAY WE GO AUGUST 3 - 7

- Local plants identification
- What to do when encountering wildlife
- Chill with Kona Ice at the park
- Local field trip Hike 3 guided by Sr. Master Brandt  
*Wednesday Field Trip*



FIELD TRIP



Going



2 DAYS: AUGUST 10 & 11

### 2 DAYS: END OF SUMMER PARTY - SPORTS CAMP DAYS AUGUST 10 & 11

- Pizza Party at the Park
- Sports games
- End of summer word games



\* This 1/2 Sports Camp Day is at a special rate to all active MASP (Manna After School Program) participants who are enrolled for the week of August 12th. With acceptance and admission into MASP.



# SUMMER ACTIVITY CAMPS 2026

**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 2026 WEEKLY ITINERARY\*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	RECREATION AND SPORTS ACTIVITY TIME, EVENTS CHANGE DAILY				
10:00 AM	SNACK TIME 	SNACK TIME <b>OUTDOOR RECREATION</b> 	SNACK TIME 	SNACK TIME <b>OUTDOOR RECREATION</b> 	SNACK TIME 
11:00 AM	<b>ARTS &amp; CRAFTS</b> 	<b>ARTS &amp; CRAFTS</b> 	<b>ARTS &amp; CRAFTS</b> 	<b>ARTS &amp; CRAFTS</b> 	<b>ARTS &amp; CRAFTS</b> 
NOON	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00 PM	<b>SWIMMING</b> 	<b>Highland Ranch Park</b> 	<b>Wednesday Field Trips</b> check dates 	<b>Highland Ranch Park</b> 	<b>SWIMMING</b> 
3:00 PM	SNACK TIME	SNACK TIME	SNACK TIME <b>CHESS</b> 	SNACK TIME	SNACK TIME
4:00 PM	RECREATION ACTIVITY TIME DIFFERENT DAILY				
5:00 PM	RECREATION ACTIVITY TIME DIFFERENT DAILY				
6:00 PM	RECREATION ACTIVITY TIME DIFFERENT DAILY				

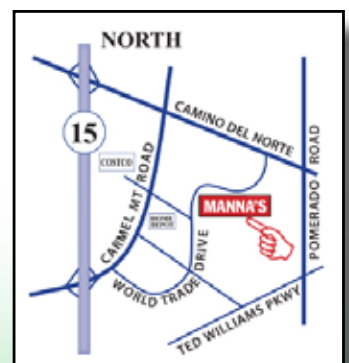
**MARTIAL ARTS CLASSES ARE AGE SPECIFIC CONSULT STUDIO SCHEDULE FOR AVAILABILITY**

**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 Hikes.**

**\*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 - 2026

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





# SUMMER ACTIVITY CAMPS 2026

Early Registration Special Weekly Rate Paid Before May 1st!

MANNA'S MEMBER

PARTICIPATING  
NON-MEMBER AT  
MANNA'S SUMMER  
ACTIVITY CAMP

Purchaser: \_\_\_\_\_  
First Last

Phone: (\_\_\_\_) \_\_\_\_\_ Print Email: \_\_\_\_\_

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

Participant: \_\_\_\_\_  
First Last Age Date of Birth

Early  
Registration  
Special

## WEEKLY RATE:

**\$300**

PARTICIPATING NON-MEMBER

Each additional family member a 10% Discount:

\* One Day Sports Camp (June 5th) rate:

\* End of Summer Party (Aug. 10 & 11) rate:

Non-Member: \$270.00

Non-Member: \$120.00

Non-Member: \$200.00

**\$240**

ACTIVE MEMBER

Member: \$216.00

Member: \$ 90.00

Member: \$170.00



\* Active MASP PAY \$50

\* Active MASP PAY \$95

To ensure your space and to schedule our staff appropriately for summer, full payment or a deposit of \$100 for each week is required. All final payments are required by the Thursday prior to the week of participation.

WEEKLY THEME (Weeks include lots of fun activities)	CAMP DATES	RESERVE THIS WEEK	FOR USE BY MANNA'S
* One Day - Sports Camp Day *	June 5 (1 day)	Sports Day <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Fun in the Sun	JUNE 8 - 12	WEEK 1 <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Child vs Wild/Hike 1	JUNE 15 - 19	WEEK 2 <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Nerf Arena	JUNE 22 - 26	WEEK 3 <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Let Your Imagination Fly	JUNE 29 - JULY 2	WEEK 4 <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Ninja/Spy - Nerf Wars	JULY 6 - 10	WEEK 5 <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Adventure Bound	JULY 13 - 17	WEEK 6 <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Navigating Nature/Hike 2	JULY 20 - 24	WEEK 7 <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
S.T.E.A.M. Week	JULY 27 - 31	WEEK 8 <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Away We Go	AUGUST 3 - 7	WEEK 9 <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
* End of Summer - Sports Camp Days *	AUGUST 10 & 11	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, 2026, 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 to \$1.50 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 \$68.51.

reg  h/m

Purchaser's Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

MANNA'S After School Program and the PUSD scheduled to start Wednesday, August 12, 2026

[www.Manna.US](http://www.Manna.US)

Pay online: [manna.us/summercamp](http://manna.us/summercamp)

Contact: [summercamp@Manna.us](mailto: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.

## 2026 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 \$.50 to \$1.50 per snack. Parent/Guardian will be notified at end of day. (Snack example: Snack – pretzels, ZBars, 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 \$68.51.

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

I 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/summercamp>

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 2026 Summer Camp.

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Questions or Email to: [SummerCamp@Manna.us](mailto:SummerCamp@Manna.us) [www.manna.us](http://www.manna.us)

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