

KOKUSHIKAI JUDO CAMP

SCHEDULE OF ACTIVITIES

Wednesday 8/18/2010

Hour	
6:30 AM	Morning Exercise Kasper-- Maroon , Meet in Front of Dining Hall for Run Celita-- Yellow/White/Black , Meet Next to Hall B Angelica-- Blue/Orange , Meet at Swimming Pool Red/Green/Purple/Orange/Blue -- Your Choice
8:00 AM	Breakfast, Buffet Style--8:00 AM Sharp
9:00 AM	EVERYONE-- Hall A-- Morning Bow-in Assignments will be made for all Halls
10:30PM	
12:00 PM	Lunch, Family Style--12 pm Sharp
1:30 PM	Calligraphy (Art Center)-- Red 1:30/Green 2:15 Climbing (Ropes Course)-- Orange 1:30/Orange 2:15 Yoga (Hall B)-- Black/White/Yellow
2:30 PM	GracieJujitsu (Hall C)-- Open Kata (Hall A)-- Open to Adult Campers
3:30 AM	Afternoon Instructional Matsumura/Hall A-1-- Blue/Orange Ogasawara/Hall A-2 -- Yellow/White Adiv/Hall B-1 -- Purple/Green Yoshinaga/Hall B-2 -- Red Sonja/Hall C-- Maroon
5:00 PM	
5:45 PM	Dinner, Family Style--5:45pm Sharp
7:15 PM	EVERYONE-- Hall B Evening Warmup & Workout Rondori (Early Dismissal for Children)
9:00 PM	Evening Bow-Out
9PM	Evening Activities Magic Show (Hall C) starts 9:30PM Swimming Pool (9:15PM-9:45PM) Game Room & Canteen--Close 10:30PM
10:30 PM	

Swimming Pool Hours: 6:30 AM-7:30 AM (Adult Swim); 2PM-5PM (Open); 9:15-9:45 (Open)

Yoga: 6:30 AM to 7:30 AM (Open -- Hall C); 1:30PM-2:30PM for

Canteen Hours: 12:30PM-3:30PM; 9PM - 10:30PM

Health Center:

Massage Therapy: See Sign up Sheet at Massage House