



SHAOLIN KUNG FU & TAI CHI

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Chinese Folk Arts

Every week is a different subject of Chinese Folk Arts

- - Learn a foreign language - Chinese (Confucianism Classic) Introduction to arts.
- - Chinese Weiqi(Go).Chinese Shadow Play,Kite Making, Polymer Clay Lantern Making

Benefits of kungfu camp: Improves concentration and focus - Enhances confidence & self-awareness.- Increase energy, strength and lose weight - Play games and Chinese go(wei qi) - Great environment.- Bring your own school book improve the knowledge for the after care.

Full Day 8:30am - 5:00pm Half Day 8:30am -12:30pm 12:30 - 5:00pm

Time	Mon	Tue	Wed	Thu	Fir
8:30-9:00am	Drop off	Drop off	Drop off	Drop off	Drop off
9:00-9:20am	Meditation	Meditation	Meditation	Meditation	Meditation
9:20-10:30am	Kung Fu	Chinese Culture	Chinese Culture	Chinese Culture	Kung Fu
10:30-10:50am	Break	Break	Break	Break	Break
10:50-12:00am	Kung Fu	Kung Fu	Kung Fu	Kung Fu	Kung Fu
12:00-1:50pm Lunch Break Free Activity Every week is a different subject of Chinese culture					
1:50-3:00pm	Chinese Culture	Kung Fu	Kung Fu	Kung Fu	Chinese Culture
3:00-3:20pm	Break	Break	Break	Break	Games
3:20-4:30pm	Kung Fu	Kung Fu	Kung Fu	Kung Fu	
4:30-5:00pm	Game Time	Game Time	Game Time	Game Time	

每周不同的中国传统文化主题

中文、皮影、围棋、剪纸灯笼制作、泥塑手工、专业标准的中文教程- 经验丰富的专业老师。-还有游戏、围棋、跳绳、毽子 自带家庭作业给予辅导等课外活动。

功夫夏令营的好处: - 提高集中力, 突出重点增强自信和自我意识锻炼意志增加体能和减肥。