



FRIENDS & FAMILY



"The highlight of my summer is Tae Kwon Do Camp!!"
-- Camper attending for 10 years.



KANG'S BLACK BELT ACADEMY

TAE KWON DO CAMP AT CAPITAL CAMPS



AUGUST 12 - 16, 2019

**Ages:
6 - 15 Years Old**

Capital Camps

Camp is located in a gorgeous 267-acre facility in the beautiful Catoclin Mountains of Waynesboro, PA, one hour from Washington, DC and Baltimore.

Daily Activities

Every day centers around Martial Arts Training. Other activities include: swimming, time at the lake, ropes course and climbing wall, games, camp fires, movie nights, and more.



Food

- Child-friendly, family style menu, lots of choices
- Glatt-Kosher
- Dietary needs can often be accommodated – just let us know and we will do our best.

Transportation

Counselor supervised transportation provided, to and from Olney, MD.

Staff

Kang's Black Belt Academy instructors oversee programs. Senior Instructors are "hands on" with campers 24/7.

Fees

\$800.00
Fees include transportation, lodging, food, beverage and all camp activities.

How to Register: *Registration Deadline:* June 1, 2019

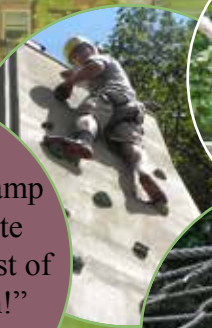
For Registration Packet Please call Kang's at 301-570-1106

or email: kang.s.lempert@gmail.com.

(Please note: Registration for Tae Kwon Do Camp is separate from other Capital Camps programs and can only be done through Kang's Black Belt Academy.)



"Camp is a stepping stone for independence for the kids."
-- Parent of three campers



"It's all about camp activities, karate training, and most of all summer fun!"
-- Camper/Counselor

