

# 2025 SUMMER ACTIVITY CAMPS

Manna's Martial Arts is an established school teaching martial arts as a vehicle to teach discipline, respect, and confidence.



# NOW ENROLLING



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

**SUMMER SPORTS CAMP DAY**  
 ONE DAY: JUNE 13

**Fun in the Sun**  
 in the SUN  
 WEEK 1: JUNE 16-20

**Child vs Wild Hike 1**  
 WEEK 2: JUNE 23-27

**PASSPORT TO FUN**  
 And Fine Art Drawing  
 WEEK 3: JUNE 30 - JULY 3  
 Closed Friday, July 4th - National Holiday

**Games Kids Play**  
 Things Nerf  
 Life Sized Chess  
 WEEK 4: JULY 7-11

**Ninja/Spy Nerf Wars**  
 Puzzles  
 WEEK 5: JULY 14-18

**Pirate Week**  
 Sword Battles  
 Treasure Hunt  
 WEEK 6: JULY 21-25

**Navigating Nature Hike 2**  
 WEEK 7: JULY 28-AUG. 1

**SCIENCE FUN**  
**Robotics**  
 WEEK 8: AUGUST 4-8

**Nerf Week**  
 WEEK 9: AUGUST 11-15

**End of Summer Party**  
**Sports Camp Days**  
 2 DAYS: AUGUST 18 & 19



*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 13th, 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

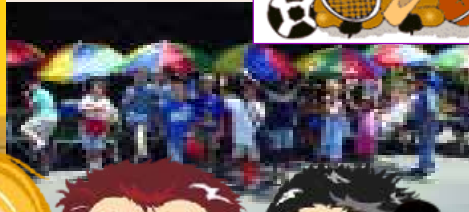
Senior Master Instructor

Voice: 858.487.6470

SummerCamp@manna.us



From *Parade'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



**WEDNESDAYS**  
**CHESS LESSONS**



**Week 2 June 25th**  
**Local Hike 1**  
How to overcome



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



**Week 7 July 30th**  
**Local Hike 2**  
Learn our landscape



**Week 9 August 13th**  
**Discover Gardening**  
Walter Anderson Nursery



# SUMMER ACTIVITY CAMPS 2025

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.


**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



**WEDNESDAYS CHESS LESSONS**



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




Going

**SUMMER SPORTS CAMP DAY**  
ONE DAY: JUNE 13



**SPORTS CAMP DAY**

**JUNE 13, 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 9th.



Going

**Fun in the Sun**  
WEEK 1: JUNE 16-20



**WEEK 1: FUN IN THE SUN**

**JUNE 16 - 20**

- 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 3: JUNE 24-28



**WEEK 2: CHILD VS. WILD**

**JUNE 23 - 27**

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

*Wednesday Field Trip*



**FIELD TRIP**



Going

**PASSPORT TO FUN and Fine Art Drawing**  
WEEK 3: JUNE 30- JULY 3



**WEEK 3: PASSPORT TO FUN & FINE ART**

**JUNE 30 - JULY 3 (Closed Friday, July 4th, National Holiday)**

- Different martial arts styles and tools
- Board breaking and the mechanics
- America's forefathers
- Fine art classes with Grandmaster



Going

**Games Kids Play**  
Things Nerf Life Sized Chess  
WEEK 4: JULY 7-11



**WEEK 4: GAMES KIDS PLAY**

**JULY 7 - 11**

- All sorts of games, make and play
- Park days with water fun
- Kona Ice at the Park
- Special life sized 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.



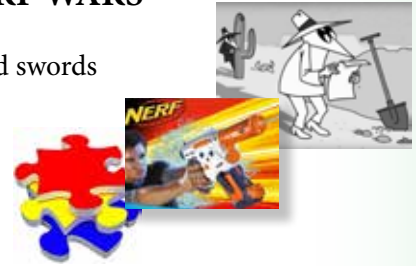
## Ninja/Spy Nerf Wars



WEEK 5: JULY 14-18

## WEEK 5: NINJA /SPY WEEK - NERF WARS JULY 14 - 18

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



WEEK 6: JULY 21 - 25

## WEEK 6: PIRATE WEEK - SWORD BATTLES JULY 21 - 25

- 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



WEEK 7: JULY 28-AUG. 1

## WEEK 7: NAVIGATING NATURE JULY 28 - AUGUST 1

- Local plants identification
- What to do when encountering wildlife
- Local field trip **HIKE 2** guided by Sr. Master Brandt  
*Wednesday Field Trip*



WEEK 8: AUGUST 4-8

## WEEK 8: SCIENCE FUN WITH ROBOTICS AUGUST 4 - 8

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

# Robotics



WEEK 9: AUGUST 11-15

## WEEK 9: ALL THINGS NERF & GARDENING AUGUST 11 - 15

- 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*



2 DAYS: AUGUST 19 & 20

## 2 DAYS: END OF SUMMER PARTY - SPORTS CAMP DAYS AUGUST 18 & 19

- 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 18th. With acceptance and admission into MASP.

# SUMMER ACTIVITY CAMPS 2025

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 2025 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
3:00 PM	SWIMMING	Highland Ranch Park	Wednesday Field Trips check dates	Highland Ranch Park	SWIMMING
4:00 PM	SNACK TIME	SNACK TIME	SNACK TIME CHESS	SNACK TIME	SNACK TIME
5:00 PM					
6:00 PM	RECREATION ACTIVITY TIME DIFFERENT DAILY				

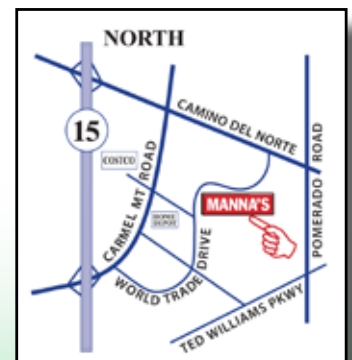
MARTIAL ARTS CLASSES ARE AGE SPECIFIC CONSULT STUDIO SCHEDULE FOR AVAILABILITY

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 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 - 2025

**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 2025

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.

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:

**\$255**

ACTIVE MEMBER

**\$315**

PARTICIPATING NON-MEMBER

10% Discount for each additional family member:

Member: \$229.50

Non-Member: \$283.50

\* Sports Camp Day (June 13th) rate:

Member: \$ 80.00

Non-Member: \$ 95.00

\* Active MASP PAY \$50

\* End of Summer Party (Aug. 18 & 19) rate:

Member: \$190.00

Non-Member: \$210.00

\* 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 13 (1 day)	Sports Day <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fun in the Sun	JUNE 16 - 20	WEEK 1 <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Child vs Wild/Hike 1	JUNE 23 - 27	WEEK 2 <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Passport to Fun / Fine Art	JUNE 30 - JULY 3	WEEK 3 <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Games Kids Play	JULY 7 - 11	WEEK 4 <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ninja/Spy - Nerf Wars	JULY 14 - 18	WEEK 5 <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pirate Week	JULY 21 - 25	WEEK 6 <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Navigating Nature/Hike 2	JULY 28 - AUG. 1	WEEK 7 <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fun With Science/Robotics	AUGUST 4 - 8	WEEK 8 <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nerf Week	AUGUST 11 - 15	WEEK 9 <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
* End of Summer - Sports Camp Days *	AUGUST 18 & 19	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, 2025, 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 \$68.51.

reg  h/m

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

MANNA'S After School Program and the PUSD scheduled to start Wednesday, August 20, 2025

[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.

## 2025 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 \$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

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](mailto:SummerCamp@Manna.us) [www.manna.us](http://www.manna.us)

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