

**AFTER
SCHOOL
PROGRAM**

2025-26

OneKick Martial Arts

364 S. Pickett St.

Alexandria, VA 22304

703-751-0000





AFTERSCHOOL PROGRAM



Overview

OneKick Afterschool Martial Arts Program offers a safe, fun and educational experience for children in kindergarten through 5th grade in our program. A typical day will be filled with quiet time for finishing their homework, arts & crafts, structured physical activities and professional martial arts instruction. Pick-up time runs until 6:00pm. In addition, our well trained, enthusiastic, and professional staff enjoys providing each child an opportunity to learn, mature and have fun in a safe environment.

Martial Arts Class and Character Development Lesson

Each day, our students participate in a traditional martial arts class led by a professional black belt master instructor. Students can expect to improve discipline, focus, self-defense and physical fitness. Students will participate in the same class curriculum as full time taekwondo students.



Physical Activity

Our spacious floors allow for safe and fun structured physical drills, and students can choose to go our activity room for snack time, interactive board games, leisure arts and crafts, or reading time.

Responsible Party/Buyer Name	/	
Address		
	City:	Zip:
Contact Information 1	Primary Phone:	
Contact Information 2	Secondary Phone:	
E-mail Address		

Child Name (1):	Date of Birth:	Grade:
List any allergies reactions:		
Choose Days: <input type="radio"/> Mon <input type="radio"/> Tue <input type="radio"/> Wed <input type="radio"/> Thu <input type="radio"/> Fri		
Please list any restrictions Activities:		

Child Name (2):	Date of Birth:	Grade:
List any allergies reactions:		
Choose Days: <input type="radio"/> Mon <input type="radio"/> Tue <input type="radio"/> Wed <input type="radio"/> Thu <input type="radio"/> Fri		
Please list any restrictions Activities:		

Child Name (3):	Date of Birth:	Grade:
List any allergies reactions:		
Choose Days: <input type="radio"/> Mon <input type="radio"/> Tue <input type="radio"/> Wed <input type="radio"/> Thu <input type="radio"/> Fri		
Please list any restrictions Activities:		

Additional Emergency Contact	Name:	
	Phone:	Relationship:
Additional Emergency Contact	Name:	
	Phone:	Relationship:
Authorized to pick up child(ren)	Name:	
	Phone:	Relationship:
Authorized to pick up child(ren)	Name:	
	Phone:	Relationship:

AFTERSCHOOL PROGRAM INFORMATION & POLICIES

Absence and Cancellation Policy

1. There is no refund, pro-rates, credit, or date change for after school program due to any absence (sickness, check-up, vacation, schedule change, school closings, covid-19 and etc.) or abbreviated school weeks. The after school program that you registered for must continue until the end of the school year without any changes. The payment must be paid off prior to June 1st.
2. You may cancel the AMP Basic plan at any time without any penalty. However, we will require a 1-month written notice (Account Cancellation Form). Registration fee will be applied again when re-registering.

AMP Premium plan cannot be canceled (Termination fee will be applied).

INT_____

Upon Arriving Procedure

3. Upon arriving, students will be noted on the roster. Students will wash hands immediately after placing their belongings in their designated cubby.

INT_____

Safety Policy

4. Our commitment is to keep our members, parents, and employees, safe. Their well-being is our number one priority. We need your help in order to make afterschool program a success as well. Students will be asked to wash hands or use sanitizer periodically during the afterschool program.

We will not be able to accept students who:

- Are currently sick (any symptoms)
- Have a high temperature (100.4 degrees F or higher)
- Are currently in quarantine due to Covid-19

INT_____

Pick-up or late pick-up Policy

5. Please pick up your child(ren) before 6:00pm (Back door only; please park your vehicle in the back parking lot and come in to pick up your child(ren). If your child(ren) need to be picked up before their martial arts class, please call Onekick. Please DO NOT park in front of the steps.
6. There is a late pick up fee \$5.00 for every 10 minutes after 6:00pm or \$50/week (6:00 – 6:30pm). A late pick up fee will be applied on file without notification.
7. Please call or email us before 1pm if your child(ren) would be absent or students has departed from school early for sickness or any other reason.
8. Only people provided in the authorized pick up list are allowed to pick up your child(ren), otherwise please contact us to notify (ID check required).

INT_____

Weather Policy

9. The afterschool program will be canceled when schools are closed for inclement weather. But depending on the weather, Day Camp might be operated (5 days/week AMP Member: \$45/day, Not registered day AMP Member: \$90/day).

INT_____

Disciplinary and Operation Policy

10. Onekick reserves the right to send home any AMP students whose behavior is considered by the director or any other authorized Onekick staff. If your child's behavior is very disruptive or harmful to him(her)self or other children, we will discuss the issue with you. If the issue can be resolved, the child may remain enrolled. If we are unable to resolve the issue, you may be asked to make other aftercare arrangements (2-week notice) and cancel our afterschool program.

INT_____

Belongings Policy

11. We recommend to AMP students have a bag with a zipper to store Taekwondo equipment.
12. AMP Students are allowed to bring a chrome book or tablet for school work only, with parental permission.
13. Please write child(ren)'s name on any clothing or personal belonging that they bring to AMP.
14. Onekick is not responsible for any lost or stolen items. All lost & found items may be disposed of after 1 week.
15. What you will need to bring: TKD uniform & belt, water bottles, nut-free snack, and socks if preferred (please note: all personal belongings MUST NOT be shared).

INT _____

Medication, Allergies and Food Policy

All medications and allergies must be informed to Onekick staff. If possible, please have the child take medication before or after program hours. Onekick Martial Arts is a **NUT-FREE ZONE**, so please do not bring any food with any type of nut content (**for example: peanuts in cookies, granola bars, sandwiches**). AMP Students must bring a snack. AMP Students will not be permitted to go outside to buy their lunch or snack.

If students are inflicted with a sickness, guardians of the students should notify Onekick Staff immediately with a note from doctor. Students must stay home and not participate in any Onekick Martial arts activities if they exhibit any symptoms of illness such as and not excluded to:

Vomiting, diarrhea, rashes or other dermatology diseases, persistent cough, fever over 100 degrees Fahrenheit, obvious contagious conditions, such as head lice or pink eye.

Students must be symptom-free for 24 hours before they can continue with any activities at Onekick Martial Arts.

INT _____

Does your child(ren) have any allergies, food intolerances, medical or physical issues that we need to be aware of?

If yes,

YES / NO

Please describe: _____

We, the student & guarantor, if applicable, on behalf of ourselves, members of our family, our executors, administrators and assigns, hereby forever release, discharge and hold harmless Onekick Martial Arts representatives and agents for any injury, loss, or damage to my person or property howsoever caused, arising out of or in connection with my taking part in taekwondo classes and after school program activities and notwithstanding that the same may have been contributed to or occasioned by the negligence Onekick representatives or agents. I confirm that this form is complete and accurate. If I cannot be reached in an emergency, I hereby give permission to the Onekick staff to administer any first aid and medical treatment to after school students named on this form. I acknowledge and agree to all Onekick policies and information. **We must inform you that Onekick is not licensed by the state as a daycare.** Onekick is professional full-time Taekwondo school that provides a martial arts based program. The Onekick afterschool program and summer camp operate as a **come and go policy**, all students of Onekick may come and go, to and from classes or the premises, as they please. Onekick maintains an internal policy which requires check ID of legal parent/guardian or authorized care giver.

Responsible Party/Buyer Signature: _____ Date: ____/____/____

FIELD TRIP, TRANSPORTATION AND ACTIVITY (REQUIRED)

I understand that field trips are a regular part of the Onekick Martial Arts Afterschool and Camp programs. I give my permission to attend all Onekick field trips. A schedule of planned field trips is usually available before the designated camp date; however, camp field trips may be subject to change without announcement due to circumstances such as inclement weather or scheduling conflicts. Parents may contact the Onekick Martial Arts front desk at any time to inquire about field trip schedules. I give Onekick permission to transport my child to and from the school and the various field trip locations. In the event I do not want my child to participate in any field trip, I must notify Onekick Martial Arts no less than one hour before the scheduled departure time. In the event that Onekick staff is unable to make alternate arrangements for my child due to circumstances such as scheduling conflicts or staffing requirements, I agree to pick up my child from Onekick no less than 30 minutes before the scheduled departure time for the field trip.

I give my child permission to participate in all activities while at Onekick Martial Arts and also give my child permission to use all equipment at Onekick Martial Arts.

Responsible Party/Buyer Signature: _____ Date: ____/____/____

Swim Permission (required)

I understand that periodically during Afterschool and Camp programs that swimming field trips are involved. I agree to have my child participate in these field trips at local pools and recreation centers, where the facility is responsible for providing sufficient lifeguard staff.

Responsible Party/Buyer Signature: _____ Date: ____/____/____

Swim Assessment (required)

How would you categorize your child's swimming ability?

Beginner ____ Intermediate ____ Advanced ____

Note:

Beginners will be permitted in the separate, enclosed shallow pool only.

Intermediate swimmers 6 years of age or younger will be permitted in the general pool area only if equipped with certified flotation devices.

Advanced swimmers will have full access to the general pool area.

Sunscreen Permission (required)

I give permission to Onekick Martial Arts staff to apply sunscreen to my child on field trips that present high exposure to the sun. I agree that I will provide sunscreen with my child's other belongings on those days.

Responsible Party/Buyer Signature: _____ Date: ____/____/____

Media waiver

I give permission for my child(ren) to be photographed in any Onekick Martial Arts activities. I understand that these photographs may be used for information purpose within Onekick Martial Arts program and activities to the public through displays, advertisements, newspapers and other print media, in connection with Onekick Martial Arts information provided on the internet and Onekick Martial Arts website.

Responsible Party/Buyer Signature: _____ Date: ____/____/____

MEDICATIONN

Prior to any medication being dispensed, parents must complete an Authorization for prescription and Non-Prescription Medication Form. You may be given this form from the Director.

PHYSICIAN'S MEDICATION AUTHORIZATION FORM
PRESCRIPTION AND NONPRESCRIPTION MEDICATION
FOR COMPLETION BY THE PARENT

Name of student _____ School Year _____

Name of school _____

I understand that I must supply Onekick Afterschool Program with the equipment/supplies needed to Administer the medication.

I understand that all medications must be labeled with the name of the medication, name of the student, name of the physician, date, and directions for administration. Prescription medication must be labeled by a registered pharmacist. I hereby authorize the medication described below to be administered as directed by my child's physician. I understand that the physician will be called if a question arises about my child's medication. 911 will be called immediately in an emergency.

Signature of parent/Guardian

Date

TO BE COMPLETED BY PHYSICIAN

Name and strength of medication _____

Reason for _____

Route of administration _____

Dosage of medication _____

Time of day medication is to be given _____

Date medication began _____ Date medication discontinued _____

SideEffects _____

Additional information _____

(Crush/dissolve)

Physicians Address

Physicians Printed Name

Physicians Signature
(Original signature no stamps)

Physicians Telephone Number

OneKick Martial Arts School Release Authorization Form

I _____ give OneKick Martial Arts permission to
Responsible Party/Buyer Print Name

provide transportation for _____
Name of Child (ren)

From _____ to the OneKick Martial Arts located at
Name of Elementary School

the address shown below.

Responsible Party/Buyer Name (print): _____

Responsible Party/Buyer Signature: _____

Date: ____/____/____

OneKick Martial Arts of Alexandria
364 S. Pickett St
Alexandria, VA 22304
Phone: 703-751-0000
onekickva@gmail.com

AFTERSCHOOL DESCRIPTION OF ACTIVITIES

A. 2:40-3:00pm Arrival at Onekick (Back Door)

B. 3:00-3:20pm Snack Time / Changing Time

- AMP students should bring their own snacks. Please bring **NUT-FREE** food only.

C. 3:20-4:00pm Structured Taekwondo Class (Team Tiger: KG to 1st graders)

3:20-4:00pm Homework & Reading Time (Team Dragon: 2nd to 5th graders)

- AMP Students must bring a uniform every Monday and take it home on Thursday to wash **(No Uniform on Fridays)**.
- Every Friday AMP students will be having fun activities (board games, moon bounce, physical fitness & games, and movie time).

D. 4:00-4:45pm Structured Taekwondo Class (Team Dragon)

4:00-4:45pm Homework & Reading Time (Team Tiger)

During this time your child will participate in a Martial Arts class. Your child (ren) will:

- Learn and improve the basic fundamentals and techniques of Tae Kwon Do and physical training. (Forms, Kicking, Breaking, Sparring, self-defense, etc.)
- Participate in fun and challenging games that will help to build hand and eye coordination to improve one's physical fitness.
- Learn discipline, respect, focus, self-confidence, and leadership.
- Onekick Martial Arts promotion test will be held on Thu, Fri, and Sat (**every 12 weeks**). Testing papers will be handed out **2 weeks before** the promotion test date.

E. 4:45 – 6:00pm Pick-up Time (**Back Door Only**)

(Academic work, Planned Activities, Arts and Crafts, Games)

During this time your child(ren) may relax, read or play games until picked up.