

ONEKICK WINTER CAMP 2026

December 21, 22, 23 & 28, 29, 30



703-751-0000 onekickva@gmail.com www.va.onekickma.com

Are you in need of a fun, safe and fresh activity for your child during the winter break 2026? With exciting martial arts classes and daily special activity, Onekick Martial Arts Winter Day Camp is your perfect solution! Camp hours are from 8:00am until 6:00pm and are filled with both martial arts and non- martial arts activities. Don't need a full day of camp? Partial days are also available! Spaces are limited, so reserve yours today!

Parent's Name:_____ Email:_____

Child's Name:_____ DOB:_____/_____/_____ Grade:_____

Child's Name:_____ DOB:_____/_____/_____ Grade:_____

Address:_____ City:_____ State:_____Zip:_____

Parent's contact:_____ Emergency Contact:_____

Current Onekick Member: YES (TKD or After School) / NO Previous Martial Arts Experience YES / NO

Field Trips and Activities

A typical Camp day is as follows:

8:00am – 10:00am	Drop-off and Free Time
9:30am – 10:30am	Snack Time & Morning Activities
10:30am – 12:00pm	Field Trip or Special Activity
12:00pm – 1:00pm	Lunch Time & Reading
1:00pm – 2:30pm	Movie & Changing Time
2:30pm – 3:30pm	Taekwondo Class #1
3:30pm – 4:30pm	Taekwondo Class #2
4:30pm – 6:00pm	Pick-up and Free time

**** CAMP FEE:***

6 Days ($400) ***5 Days ($360)*** ***4 Days ($320)*** ***3 Days ($270)***

I will be attending camp the following days (check all that applies):

Dates	Field Trip	Initial
MON (12/21)	Pizza & Dodge Ball Challenge	
TUE (12/22)	Nunchaku Seminar	
WED (12/23)	Get Air	
THU (12/24)	**CLOSED**	
FRI (12/25)	**CLOSED**	
MON (12/28)	Pizza & Nerf Games	
TUE (12/29)	Board Breaking	
WED (12/30)	Air Tumble Track	
THU (12/31)	**CLOSED**	
FRI (1/1)	**CLOSED**	

* Non-member Registration Fee: $100 (Uniform & Bag Included)

** Siblings or Military Discount ($10 off for 5 days or more only)

Please initial after each statement to indicate full understanding of Onekick Martial Arts' Program Policy

* Our policy includes all days/week paid regardless of attendance, unless scheduled ahead of time. Initial_____

* Full payment of camp fee must be made upon registration. Initial_____

* No refunds will be issued due to non-scheduled attendance of camp. Initial_____

* No refundable for new member registration fee Initial_____

Camp Fee	Registration Fee	Total Camp Fee
$	$	$

Billing Information: ☐ Bill Account ☐ Cash ☐ Check

Name of Bank:_____ Name on account:_____

Routing Number:_____ Account Number:_____

Responsible Party/Parent's Signature:_____Date:_____/_____/_____

Onekick Martial Arts Representative:_____Date:_____/_____/_____

Camp Information & Policies

Terms and Payment Policy

This Registration form is a contract that is legally binding and must be upheld by both customer and Onekick. This contract is non-cancellable and non-refundable. Automatic payment is required via EFT from checking/saving account or credit/debit card for unpaid balance. Onekick reserves the right to alter the days, hours of operation and classes if deemed necessary. The student and co-signer agree unconditionally to pay the above intersession day camp tuition without regard to the attendance made or classes missed. **A service charge of $15.00** will be applied to my account should any item be rejected for payment upon presentation, which I agree to pay.

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Safety Policy

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 intersession day camp a success as well. Students will be asked to wash hands periodically throughout the day. Wearing masks is optional for campers in our studio.

We will not be able to accept students who:

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

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Absence and Cancellation Policy

There is **no refund, pro-rates, credit or date change** for winter camp program due to any absence (sickness, check-up, vacation, schedule conflict, covid-19 and etc.). Winter camp payment must be made upon registration. Winter camp can be cancelled with **2-week written notice only**. **(Registration fee & Deposit payment are not Refundable).**

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Drop-off, Pick-up Policy

Camper should be dropped off between 8:00-10:00am. Students can be picked up between 4:00pm and 6:00pm. Pick-up and Drop-off will be at **BACK DOOR Only.** There is a late pick up fee $5.00 for every 10 minutes after 6:00pm. Only people provided in camp registration form for authorized pick up list allow to pick up your child(ren), otherwise please call us to notify (ID check required). Campers may not be dropped off or picked up at field trip location for safety reason.

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Discipline and Guidance Policy

Onekick reserves the right to send home any winter camp 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 situation can be resolved, the child may remain enrolled. If we are unable to resolve the issue, you may be asked to make other winter camp arrangements.

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Belongings Policy

Students are not permitted to bring in their own games and electric product. Please write students' name on any clothing or personal belonging that they bring to camp. Onekick is not responsible for any lost or stolen items. All lost & found items not claimed by following Monday morning may be disposed of. **What you will need to bring: Uniform& Belt, Water bottles, Nut-free lunch, Two nut-free snacks, Socks if preferred, and Books** (Keep in mind, all personal belongings MUST NOT be shared.)

INT_____

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 (google, facebook, etc.), newspapers and other print media, in connection with Onekick Martial Arts information provided on the internet and website.

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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 is **PEANUT-FREE** so please do not bring any type of peanut food (in cookie, granola bars, sandwiches). No glass bottle please. Every camper must bring a lunch and two or more snacks. Lunch will be served every Monday (pizza, restaurants, Korean food festival). 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/Rash and other dermatology diseases/Persistent Cough/A fever over 100 degrees Fahrenheit Obvious contagious conditions, such as head lice or pick eye.
Students must be symptom free for 24 hours before they can continue with any activities at Onekick Martial Arts

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Does your child(ren) have any allergies, food intolerances, medical or physical issues that we need to be aware of? ***YES / NO***

If yes, please describe:_____

Field Trip, Transportation and Activity Waiver

I understand that field trips are a regular part of Onekick Martial Arts 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 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.

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Swim Permission, Swimsuit & Sunscreen Policy



I understand that periodically during Onekick camp program that swimming field trips are involved. I agree to have my child participate in these field trips at local pools and recreation centers. Campers must wear swimsuit on swimming field trip days before coming to the camp. Campers need to be applied sunscreen before coming to the camp as well. Onekick Staff are not permitted to apply sunscreen on campers. Campers should put on sunscreen by themselves if needed. (Swimming towel & Water shoes are required.)

INT___N/A____

Release and Waiver of Liability

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 camp 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 campers named on this form. I acknowledge and agree to 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 that provides martial arts based program. Onekick after school and day camps operate as a **come and go program**, 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/Parent's Signature:_____Date:_____/_____/_____

Onekick Martial Arts Representative:_____Date:_____/_____/_____

Description of Activities

A.	8:00 – 10:00am	Drop-off Time (Back Door Only) (Belongings in their cubby, Wash hands, Free Time)
B.	9:30 – 10:00am	Snack Time #1 & Reading Time (Team Dragon) at Activity Room Morning Activities (Team Tiger) at Dojang
	10:00 – 10:30am	Snack Time #1 & Reading Time (Team Tiger) at Activity Room Morning Activities (Team Dragon) at Dojang
C.	10:30-10:45am	Field Trips or Special Activities Preparation (Attendance check, Loading)
D.	10:45- 12:00pm	Field Trips or Special Activity
E.	12:00-1:00pm	Lunch Time (Team Tiger) & Reading Time
	12:00-1:00pm	Movie (Team Dragon) at Dojang
	1:00-2:00pm	Lunch Time (Team Dragon) & Reading Time
	1:00-2:30pm	Movie (Team Tiger) at Dojang
		* Mondays, we will provide a Pizza for lunch *
F.	2:30-3:20pm	Changing Time, Free Time
G.	3:20-4:00pm	Structured Martial Arts Class & Games (Team Tiger) Daily Activity, Free Time (Team Dragon)
	4:00-4:45pm	Structured Martial Arts Class & Games (Team Dragon) Snack Time #2, Changing Time, Daily Activity (Team Tiger)
		** Uniform & Belt are not needed on Fridays **
H.	4:30-5:00pm	Playing Time (Team Tiger) at Dojang Snack Time #2, Changing Time (Team Dragon) at Activity Room
I.	4:30 – 6:00pm	Pick-up Time (Back Door Only) Academic work, Planned Activities, Tablets, Free Time