

Se Jong Summer Camp

Address: 631 Cannelton Road, Darlington, PA.16155

Camp opens Sunday June 16 with a Soft technique Seminar 2:30pm

Camp Dates: June 17th to June 21st

Camp fee: \$0. Donations Accepted

Daily Schedule Mon-Friday

Morning workout: 7 to 8am
Breakfast Break : 8 to 10am
Second workout : 10 to 11:30am
Lunch and chores : 11:30 to 1pm
Third workout : 1 to 4pm
Dinner Break : 4 to 6pm
Evening workout : 6 to 7:30pm
Academic Class : 7:45pm
Free time : 8:30 to 10pm
Lights out : 10pm

Food accommodation:(All meals are provided)

Breakfast: Cereals and Fruit
Lunch : Luncheon meats and Salads
Dinner : Donated daily menu varies.

***All students are eligible to test on Friday-2pm
with the successful completion of an entire week
of training**



***Any student can stay for a week, day, or even just one work out!**