

Order of Events

Saturday

10:00-11:30: Check in, set up camp
(eat packed lunch or snack)

12:00 - 5:50pm: Train - You will have a schedule with the order of classes. There will be a short break between each one, but when you hear the horn, time to get to your next class. Be aware of what you should bring to each session. People who are testing may be removed from a class.

After 6:00:

- Dinner
- "AIKA's Got Talent!"
- Toast Marshmallows/S'mores
- Bed



Sunday

6:00 AM: Wake up. Prepare for run/workout.

6:15: Morning workout - Bring a water bottle and DON'T BE LATE.

7:30: Breakfast

8:15-10:00: Morning classes

11:00: Rank ceremony

12:00: Camp ends, pack up and go home.

Note: This schedule is tentative except for the start & finish times.

AIKA

SUMMER TRAINING



July 15 & 16, 2017
Oxford, MA

Camp out with AIKA family
Awesome classes
Great instructors
Talent show
Food
Fun!