

2009 BLACK BELT SUMMER CAMP

July 30th - August 2nd

Susquehanna University, Susquehanna, PA

University Ave., Selinsgrove, PA 17870-1164 www.susqu.edu

OPEN TO ALL BLACK BELTS AND BROWN BELTS, AGES 16 AND UP

All participants between 16 and 18 yrs old must be accompanied by parent/guardian.

Registration fee options:

\$350 FULL CAMP: Check-in between 8-11pm; Thursday, 7/30, Depart after lunch; Sunday, 8/2
(3 nights, 8 workouts, 8 meals, 1 t-shirt)

\$230 Half-Camp: Check-in between 8-11pm; Friday, 7/31, Depart after lunch; Sunday, 8/2
(2 nights, 5 workouts, 5 meals, 1 t-shirt)

\$150 mini-camp: Check-in between after lunch; Saturday, 8/1, Depart after lunch; Sunday 8/2
(1 nights, 3 workouts, 3 meals, 1 t-shirt)

\$55 1&1: 3rd Workout only & Dinner only; Saturday, 8/1.
(NO lodging, 1 workout, 1 meal, 1 t-shirt)

All rooms are double occupancy air-conditioned suites (4 people share 2 bedrooms, 1 bath)

Add \$50 if you would like your own bedroom.

1st Workout; 6:00am-8:00am

Breakfast; 8:30am-9:30am

2nd Workout; 10:30am-12:30pm

Lunch; 1pm-2pm

3rd Workout; 3:30pm-5:30pm

Dinner; 6pm-7pm

Please complete below and return with full payment by May 31st, 2009

✂-----

NAME: _____ E-Mail address: _____

Name of parent(s)/guardian _____ Instructor's name: _____

Circle T-shirt size: S M L XL XXL XXXL

Circle choice: FULL CAMP: \$350 Discounts on full camp only: Family of three; \$975. Family of four; \$1,200

Half-Camp: \$230 mini-camp: \$150 1&1 \$55

Roommate(s) requested (not guaranteed): _____ or add \$50 for a single bedroom.

Please make checks payable to "SUMMER BLACK BELT CAMP"