

# Seichou Karate's Cool Fall Sleepover



## SCHEDULE FOR SATURDAY, OCTOBER 6

- Arrival: 6:15pm
- Game Time: 6:30pm - 7:30
- Dinner: 7:30pm - 8:15
- Create a Karate Shirt Time: 8:15 - 8:45
- Japanese Animated Movie: 8:45pm to 10:15
- Story Time: 10:15 to 11:00
- Bedtime: 11:00pm

## SCHEDULE FOR SUNDAY, OCTOBER 7

- Wake up: 8:00am
- Wash up: 8:00am to 8:30
- Breakfast: 8:30am to 9:00
- Morning Outdoor Walk and Yoga: 9:00am - 9:45am
- Pick up: 9:45am to 10:00

## ESSENTIAL INFORMATION

- Sleepover Date: Oct 6 (Sat)
- Drop-off time & Location: 6:15 - 6:30pm (Sat) at Dojo, 807 North Royal Street
- Pick-up time: 9:45am (Sun) at Dojo, 807 North Royal Street
- Parents must apprise us if their children have any dietary restrictions
- Fee: \$30
- Participants: Seichou Karate students and their siblings
- Parents must write their child's name on every item that he or she brings to the Sleepover
- Parents must apprise us if their child will bring medicine
- Parents must sign and provide us with Seichou Karate Party Waiver

## THINGS TO BRING

- Sleeping bag or blanket and pillow with pillow case
- Pajamas
- Karate Uniform
- New, white T-shirt for art project
- Sneakers and socks
- 1 toy (optional)
- 1 electronic game (optional)
- ***Every item that your child brings to the Sleepover must bare her or his name!***

## MEALS

On Saturday evening we will serve pizza and fruit for dinner and cookies with milk for a snack. On Sunday, we will serve yogurt and a banana for breakfast. Please let us know if your child has any dietary restrictions. In particular, we must know if she or he has any food allergies.

## MEDICINE & EMERGENCY MEDICAL CARE

By October 5, parents should let us know if their child will take medicine (both over-the-counter and prescription) during the Sleepover. If your child will take medicine, please provide us with written instructions. We will take charge of and administer medication. ***No child may possess medication during the Sleepover.***