

Welcome campers! Shaolin Institute Sumer Camp is your one stop resource to find the perfect **summer camp** for your child. "This is My Camp". It's that easy. Happy camping!!

Each week we will be offering special activities that will reflect the camp theme, such as Kung Fu Panda, Tiger and Dragon., bouncing breathing, field trips, Chinese labs, oriental cooking projects, guest speakers and presentations that will include hands on fun! Parents will be given a weekly schedule specifying daily activities along with important information needed for field trips. Summer Camp is a fun filled busy program that allows children choices and new experiences!

Different from most summer camps, you'll attend classes and may also choose to live on institute campus. Whether you are going away from home for the first time or are a seasoned camp veteran, here are some things to expect at Shaolin Institute.

Campus

Imaging you're on our city of Atlanta campus, you'll find her safe and easy to navigate. Most of our classes are in the same building. Depending on your age, we'll walk with you. Plus, we're always around to help you find your way.

What is nearby?

If you are in residence, you'll be living in the beautiful suburbs of Atlanta. Regardless, you'll be in a vibrant area with lots to do.

Living Facilities:

Just like in Shaolin Temple, you'll be living in either a bed or on the training floor with other students who are the similar age as you. Bathrooms are shared by the other students living on campus. Boys and girls are separated by floors and rooms. You'll be assigned to an assistant who is always ready to give you a hand. Shifu is always there ready to help. Please keep your room and beds clean at all times.

Dining

The food at camp is healthy Shaolin style. You are given the freedom to make your own choices on the list of food selections. Without your parents around, try to squeeze some veggies onto your plate to keep feeling great! Plus, we know students prefer restaurants, so we have designated at least one evening per week for an off-campus meal.

Laundry

Don't freak out, we can help you! But you'll want to get this done eventually. There are either free or coin-operated laundry machines around. Or you can use a laundry service and have it done for you.

Free time

Enjoy some time to relax and hang out with your new friends between classes, before dinner and late at night. You might enjoy soccer, movies, a tea break or just a quick nap. And remember, you may want to give your parents a call every once in a while. The choice is yours!

Evenings & weekends

Each evening you'll enjoy organized activities, both on and off campus. Kung Fu Acting-Music fun parties, talent shows, and campus Chinese chess playing are some on-campus favorites. Off-campus trips include stone-mountain training trip, the movies and Mall visits.

Week day and Weekend trips

On weekends, we take [trips](#) to regional destinations. On Saturdays afternoon, we may do a half day exploration such as a trip to the local lake or parks. On Sundays, students sleep in, have brunch and take a trip to a local attraction in the Atlanta area.

Keep feeling great

If you don't feel well, you just let your assistant know and we'll help you get better in no time. Chances are you won't need it, but we are minutes from the hospital. As long as you keep taking any medicine you normally do at home, eat right and get some sleep, you should have nothing to worry about.