



JULY 2017 NEWSLETTER

SUMMER SCHEDULE IS HERE!

Please review our Summer schedule for changes that may affect your daily schedule.

Copies will be available online and at the Dojang. You can attend up to 5 classes per week during Summer session, so review the schedule and come on in....

BEACH TRAINING & OMS FAMILY DAY

Saturday July 8th @ 8am until evening at Bolsa Chica State Beach.

We will have a morning run followed by a workout on the beach and then it's GAME TIME!

Come in your Dobok and bring your swimsuit, towel & warm clothes for later! Location (Lifeguard tower) will be announced the morning of the event via text message. A waiver will be required to be completed and turned in by Friday July 7th.

OMS will be supplying water, fruit and sandwiches and chips.
Students must be accompanied by a guardian (please no drop offs)
Carpooling is encouraged.

Parking for the State Beach is \$15 so you may want to stay for the day.
You are encouraged to get there early as parking fills up quickly. I will
have an EZ-up with the OMS banner. Feel free to bring beach chairs,
blankets & umbrellas. If you have an EZ-up you can share for the day, it
would be much appreciated!

FREE P90X CLASS

FOR ALL PARENTS OF STUDENTS

TUESDAYS AT 7PM

Need to get your beach body ready?
Join Master Ricord for the most efficient & effective
30 minute workout you'll get all week!

SAFETY EQUIPMENT & POOMSAE BOOK

All students are encouraged to have a complete set of safety equipment
and should bring it to the dojang every time they attend sparring classes
(see schedule). Also, they must have a Poomsae Book, which is available
for purchase in the office.

This will aid them in their practice at home.

NEW!

FRIDAY SPARRING CLASS 7pm

Get ready to win! Or at least take your game to the next level!

If you are interested please contact Master Ricord and Eric Sabumnim for
eligibility at omscerritos@gmail.com or (714) 616-1740.

SUNDAY SPORT POOMSAE CLASS

3:00pm to 6:00pm on Sundays. This class is by *invitation only*. If you are
interested, please see Master Ricord or Chi Sabumnim.

NOTEBOOKS

Students **ORANGE BELT & UP** should bring a 3-ring binder in which to keep a record of technical and philosophical information. Check the board regularly.

OFFICE HOURS

Regular office hours are **Tuesday- Friday** from
5:00pm - 7:00pm.

Please try to take advantage of these times when
Mrs. Skube is in the office.

NEW! You can NOW pay your tuition by Phone.
Please refer to office hours for Mrs. Skube's availability.