

UNITED STATES KARATE ACADEMY  
San Diego, CA  
CONVENTION CENTER  
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## Boot Camp San Diego General Information

From: Sal Convento

To: Boot Camp San Diego Clients

Subj: BOOT CAMP SAN DIEGO GENERAL INFORMATION

- 1. Parking.** The recommended FREE parking area is located in front of Joe's Crab Shack behind the downtown Convention Center. The address is 525 East Harbor Drive, San Diego, CA 92101. Our second location will be in Liberty Station on the corner of Truxtun and Roosevelt. The exact address is 2590 Truxtun Road, San Diego, CA 92106. Park adjacent to the building parking lot. You can go to [www.mapquest.com](http://www.mapquest.com) to get the best directions from where you live.
- 2. What to bring.** Bring a water bottle. Warm layered clothing, gloves if the weather is cold, running shoes, and stop watch to measure your progress. I will bring the mats, medicine balls, and jump ropes.
- 3. Schedule.** You can visit [www.sd-bootcamp.com](http://www.sd-bootcamp.com) to see when the times and dates for bootcamp sessions are held for each month. Schedules for the remaining months will be updated at least one week prior to the next month. For the downtown San Diego Convention Center location, we will have bootcamp sessions starting at 6:00 A.M. and ending at 7:00 A.M. Monday-Friday. For the second location in Liberty Station, classes are Monday- Friday from 11:30 A.M. - 12:30 P.M. The address is located at 2590 Truxtun Road, San Diego, CA 92106.
- 4. Application and Liability Form.** Both application and liability form must be completed prior to starting the program. Please have them completed and turn it in prior to your first class.
- 5. T-shirts.** You are required to wear the Bootcamp t-shirt for the price of \$15. It will say Bootcamp San Diego, CA in the front and the logo/motto on the back. Please indicate the size, number of t-shirts, and color when you fill out the application form. Depending on the program you choose, T-shirts will be FREE.
- 6. Payment.** We have various methods of payment: credit cards, electronic funds transfer, checks, and cash. Please make all check payments written out to U.S. Karate Academy. Payments are due on the first day of the program.
- 7. Referrals.** When you refer a person, you will receive one month's tuition for FREE!