



SUMMER PERFORMANCE CAMP

A MARTIAL ART BASED TOTAL BODY TRAINING PERFORMANCE PROGRAM

IF YOU ARE LOOKING FOR A SUMMER CAMP THAT WILL HELP YOUR CHILD BECOME STRONGER-FASTER-MORE EXPLOSIVE ALONG WITH BETTER HAND, FOOT AND EYE COORDINATION AND ENHANCE PERCEPTION, OR YOU JUST WANT YOUR CHILD TO GET IN SHAPE, LOOSE A FEW POUNDS, BUILD SELF-CONFIDENCE, OR BECOME THE BEST ATHLETE THEY CAN BE, THEN THE FAMILY MARTIAL ART SPORT PERFORMANCE SUMMER CAMP MAY JUST WHAT YOU NEED TO TAKE YOUR CHILD TO THE NEXT LEVEL.

COST

WE OFFER HIGH QUALITY PROGRAM AT THE FRACTION OF THE COST OF OTHER SUMMER CAMPS.

ACTIVITIES

ALL OF THE ACTIVITIES OFFERED AT THE FAMILY MARTIAL ART SUMMER CAMP FOCUS ON SKILL DEVELOPMENT, BUILDING RELATIONSHIPS WITH PEER, DEVELOPING LEADERSHIP SKILLS, PHYSICAL FITNESS, AND STABILIZATION. AT OUR CAMP YOU WILL FINE HORSEBACK RIDING, ARCHERY, ADVENTURE TRIPS, DAY LONG FIELD TRIPS, SPORTS, CRAFTS, NATURE ACTIVITIES, HIKING, SWIMMING, SCIENCE ACTIVITIES AND MUCH MORE.

WHILE WORKING WITH THE HORSE STUDENTS WILL LEARN HOW TO USE VERBAL AS WELL AS NON-VERBAL COMMUNICATION, ASSERTIVENESS, CREATIVE THINKING AND PROBLEM SOLVING, LEADERSHIP, WORK (STALL AND BARN MAINTENANCE, HORSE GROOMING, FEEDING) TAKING RESPONSIBILITY, TEAMWORK, DEVELOPING RELATIONSHIPS, CONFIDENCE, AND A POSITIVE ATTITUDE.

HORSES OFFER A TYPE OF FREEDOM THAT ENCOURAGES INDIVIDUALITY. THEY GIVE THE STUDENTS A CHANCE TO EXPLORE WHO THEY ARE WHILE LEARNING THE RESPONSIBILITY

OF CARING FOR AN ANIMAL. THE HORSES' GENTLE NATURE SOOTHES THE SOUL AND ALLOWS INDIVIDUALS TO EXPERIENCE FREEDOM. WITH THE SUBMISSION OF THESE POWERFUL ANIMALS, INDIVIDUALS WILL BEGIN TO BUILD TRUST AND UNDERSTAND HOW TO SET RULES AND BOUNDARIES WITH THE ANIMAL THAT WILL CREATE A MORE RESPECTFUL RELATIONSHIP, NOT JUST WITH THE ANIMAL, BUT WITH PEOPLE AS WELL.

IMPORTANT INFO

CAMP # 1 JUNE 11 – JUNE 15TH CAMP # 2 JUNE 18 – JUNE 22ND
 CAMP # 3 JULY 9 - JULY 13TH CAMP # 4 JULY 16 - JULY 20TH

SPACE IS LIMITED SO JOIN UP TODAY!

CAMP TIME IS 9:00 AM – 5:00 PM EARLY DROP OFF 7:00 – 9:00 AM
 LATE PICK-UP 5:00 PM – 6:00 PM

COST OF CAMP

(9:00 – 5:00) - \$ 150.00 PER WEEK
 COST WITH EITHER EARLY DROP OFF OR LATE PICK-UP - \$ 175.00 PER WEEK
 COST WITH BOTH EARLY DROP OFF AND LATE PICK UP - \$ 200.00 PER WEEK

THINGS WE ARE GOING TO BE TEACHING

MARTIAL ARTS CLASSES ■ SPORTS CONDITIONING CLASSES ■ MARTIAL ARTS WEAPONS CLASSES
 RESISTANCE TRAINING WITH STRETCH BANDS ■ ARCHERY ■ MARTIAL ART FIELD DAY GAMES
 ANATOMY CLASSES ■ STABILIZATION TRAINING ■ ARTS AND CRAFTS ■ MOVIES
 KIDS SAFETY CLASSES ■ HORSE BACK RIDING ■ AND MUCH MORE!

AGE GROUPS FOR CAMP

OPEN TO THE PUBLIC FOR 4 YEARS OLD & UP

