

Karate Camp Summer 2013

Karate, Fitness, Meditation,
Games, Crafts, Anti-bullying,
Character Development

July 15 - 19, 2013 9am-4pm
Aug 19 - 23, 2013 9am-4pm



Sample Schedule

Warm-up and fitness

Karate

Break

Positive Message Time

Game Time

Lunchtime

Movie time

Education / Crafts

Karate

Practice at home lesson

Benefits

The Camp is designed to keep your child active & engaged, teach them new skills and instill positive values and life lessons. They will be involved in various forms of physical activity, mostly Karate, but also fitness classes, yoga and games. Positive Message Time will focus on character development like courage, integrity, honesty, perseverance, loyalty and dedication. Anti bullying will also be addressed at various times throughout the week. The educational component will be easy and fun, including activities like learning to count in Japanese. There will also be time spent reflecting on what has been learned each day and how they can incorporate that into their life to make it better. The focus is on fun, learning and continuous self-improvement.



\$225/week \$49/day \$7/day extended hrs

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