

CUMMINGS MARTIAL ARTS @ NORTHERN ARTS STUDIO

THE 2024 SUMMER OF STRENGTH & SKILL SCHEDULE

8 WEEK SESSION - 1 CLASS PER WEEK
\$145 PER STUDENT



BEGINNER/INTERMEDIATE KENPO KARATE CLASS (NO BELT - PURPLE BELT)

Hey there, young warriors! Are you between 6 and 13 and itching to become a stealthy ninja? Well, hold onto your nunchucks, because we have an unbeatable chance for you! This summer, we're hunting for the ultimate sword-swinging warriors and karate kings to join our program. Get ready to unleash your inner ninja and hone those martial arts moves! Don't let this opportunity slip away. It's time for you to shine like a shooting star ninja!

MONDAYS - 5:30PM - 6:15PM - JUNE 17TH - AUGUST 5TH

TUESDAYS - 4:45PM - 5:30PM - JUNE 18TH - AUGUST 6TH

INTERMEDIATE/ADVANCED KENPO KARATE CLASS (BLUE BELT & UP)

Ready to take your Kenpo Karate skills to the next level? Our weekly Intermediate/Advanced class is just what you need to keep your martial arts mojo flowing this summer! Blue Belts and up can join us as we sharpen our techniques, perfect our katas, and supercharge our blocks, kicks, and sword fighting moves!

MONDAYS - 6:15PM - 7:00PM - JUNE 17TH - AUGUST 5TH

TUESDAYS - 5:30PM - 6:15PM - JUNE 18TH - AUGUST 6TH

LITTLE NINJA KENPO KARATE CLASS (ALL BELT RANKS)

Attention kiddos! Get ready to level up your focus and listening skills while having a blast in our class! We've got fun-tastic games that'll help your brain stay sharp and ready for action. Not only that, but we'll also teach you some serious values like honor, respect, bravery, and health. Plus, we'll even show you some slick moves with swords and blocks!

Get ready to show off your skills and feel proud of what you can do!

MONDAYS - 4:45PM - 5:30PM - JUNE 17TH - AUGUST 5TH

JR INSTRUCTOR SUMMER CAMP (SR RED BELT & UP)

Hey, you! Yeah, you, the karate kid with the burning passion for martial arts! Do you dream of becoming a junior assistant or even an assistant instructor? Well, buckle up and join our Cummings Martial Arts Leadership Program. This camp is your ticket to learning how to teach others and becoming a total pro. But, there's a catch. You've gotta be a part of the CMA program and a Sr Red Belt or up! Ready to level up?

TUESDAYS - 6:15PM - 7:00PM - JUNE 18TH - AUGUST 6TH

MMA FIT SUMMER CLASS (AGES 14 - 80)

Want to be a summer fitness warrior? Let's get in shape and show off those muscles! Enter our MMA Fit class, where we'll plow through a complete fitness regime. Expect heart-pumping cardio, self-defense moves, pad work, and grappling. You'll be a pro in no time! This workout class is the whole package, combining cardio, weight training, cardio kickboxing, and ground grappling. Ladies and Gentleman don't think twice!

TUESDAYS - 7:00PM - 7:45PM - JUNE 18TH - AUGUST 6TH

CUMMINGS MARTIAL ARTS & NORTHERN ARTS 2023 SUMMER CAMP/WORKSHOP SCHEDULE

DISCOVER YOUR CREATIVE POTENTIAL AT NORTHERN ARTS STUDIO, THE ALL-INCLUSIVE DESTINATION FOR CLASSES AND CAMPS!

**4 WEEK SESSION - 1 CLASS PER WEEK
\$95 PER STUDENT**

LADIES' SELF DEFENSE SUMMER WORKSHOP (AGES 8 - 85)

Embark on a journey towards empowerment and discover the art of self-defense. Our program is designed to equip you with the necessary skills to stay vigilant, assess potentially hazardous situations, and be prepared for any physical challenge. Our hands on interactive program offers a safe space to learn and grow. Join us on this quest to unlock your inner strength!

4 WEEK SESSION

MONDAYS - 7:00PM - 7:45PM - JULY 8TH, 15TH, 22ND & 29TH

**FULL DAY WEEK LONG RETRO CAMP
\$325 PER STUDENT**

RETRO CAMP - #1 CAMP FOR THE LAST 11 YEARS!

Join us for the ultimate summer adventure where technology takes a backseat, and magical moments take center stage! This learning camp allows children to explore their independence, unleash inner radiance, and forge lifelong friendships. Get set to embark on a journey with us into a world of wonder, where electronic devices are nothing but a distant memory. Our on and off-campus activities are tailor-made for a summer of excitement, ranging from pool splashes to cool museum and zoo visits. Archery, movies, and other fun-filled events await as we unlock the universe's secrets and flex our creativity in a joyful and inspiring environment.

However, don't wait too long to enroll, as spots are limited, and we don't want your child to miss out on this epic adventure!

Register today for one or more sessions and let them discover their true potential.

Ages 6-15

June 24th - June 28th

July 8th - July 12th

July 22nd - July 25th

July 29th - August 2nd

8:00 AM to 4:00 PM

Join us for a summer of a lifetime!



**ALL CAMP SESSIONS
HAVE DIFFERENT
ACTIVITIES**