

MARTIAL ARTS PLUS ~ WEEK SCHEDULE ~ SUMMER 2021

CAMP PROGRAM

Martial Arts & Fitness Classes ~ Fun & Fit Activities
Arts & Crafts ~ Team Sports ~ Field Trips

'FLEX' CARE OPTIONS

Full day! Partial Day! Pick your hours! Pick your days!



MARTIAL ARTS CLASSES

- Build Discipline
- Improve Focus
- Develop Self-confidence
- Learn Self-Defense
- Increase Flexibility & Endurance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:00- 4:45 PM Afterschool Li'l Dragons	4:00-4:45 PM Afterschool Li'l Dragons	4:00-4:45 PM Afterschool Li'l Dragons	4:00-4:45 PM Afterschool Li'l Dragons	
5:00-5:45 SPARRING <i>Full Sparring Gear is mandatory!</i>	5:00-5:45 TKD Basics <i>Kicks, Blocks, Stances</i>	5:00-5:45 TKD Stripes & Special Topics <i>Technique for stripes</i>	5:00-5:45 TKD Basics <i>Bag Drills, Combinations, Forms</i>	<i>TBA (Special Classes and Seminars to be announced)</i>

Parents, do you need a break? Drop your child off at 3:00 pm for \$39/week. They can stay until 6pm!

Payments must be made at the beginning of the week!

Self-Defense TaeKwonDo Sparring Afterschool Dragon Team

www.martialartsplus.net

태권도

Self Esteem ~ Fitness ~ Discipline ~ Focus

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