

2026 Summer Camps

July 13—17

August 17—21

Ages 6—14

Taekwondo Training

- basic techniques
- patterns
- board breaking
- self defence
- fitness

Fun and Games

- DodgeBall
- Virtual Reality Escapes
- Team Building

Additional Training

- Rock Climbing
- Krav Maga Self Defence



Lightning ITF
Taekwondo