

Summer Camps

July 21—25

Or August 18—22

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**