



# SUMMER CAMP

75 Weeks Hill Road ~ Stowe ~ 253-9229

[www.theswimmingholestowe.com](http://www.theswimmingholestowe.com)



## Karate Camp

June 15th - 19th

Monday - Friday

12:00 pm - 3:00 pm

Ages 6-12



# KARATE KIDS CAMP ~ June 15th thru 19th, Monday - Friday

**With Scott Graner ~ Black Belt Instructor**

The focus of KarateKids will be to teach:

1. selfcontrol, self discipline & respect
2. body awareness & movement skills
3. correct execution of traditional & contemporary martial arts movements

Kids will learn martial arts movements such as punches, kicks & blocks while participating in fun games & activities that will enrich your child's minds as well as strengthen the body.

Martial Arts uniforms are recommended, and make the kids feel "official," but are not required.

## **Schedule:**

12:00 - 12:30	Conditioning Exercises
12:30 - 1:30	Karate Session
1:30 - 2:15	Snacks, Swimming & Games
2:15 - 3:00	Karate Session
3:00 p.m.	Pickup



**Ages 6-12**

**Cost**

**\$132.50 Members**

**\$157.50 Non Members**

**Maximum 16 pp**

**Signup Deadline**

**Wednesday, June 17th**