
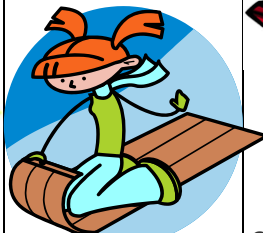


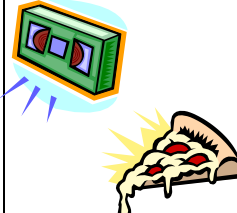


# Douvris Martial Arts & Fitness Center

## March Break Camp 2016

		Monday	Tuesday	Wednesday	Thursday	Friday	
M O R N I N G	空手	FAST TRACK LEARNING SCHEDULE					柔術
		KATAS ♦ KICKS ♦ PUNCHES PHILOSOPHY ♦ HISTORY					
		L	U	N	C	H	
A F T E R N O O N			 Movie Tickets are Our Treat Snack at the Movies for Child \$5.00		 2 Pizza Slices Our Treat		
	Arts & Crafts	Fun and games at the park	Movies at the Gallerie D'Aylmer movie theater	Skating at local outdoor rink	Movies, Pizza, Games, all afternoon at the school		

• PROGRAM IS SUBJECT TO CHANGE •

Call : 819-682-0404

Please remember these helpful guidelines when preparing for camp:

- ♦ Appropriate clothes for the weather
- ♦ A healthy and hardy lunch and snacks (peanut free)
- ♦ Indoor running shoes and knapsack

**\$40/day** (tax included)

**February 29, March 1, 2, 3, 4**

[www.douvrisaylmer.com/camps](http://www.douvrisaylmer.com/camps)



# Douvrís Martial Arts & Fitness Center

## March Break Camp 2016

### March Break Camp and Advanced Training For Our Young Ninjas

February 29, March 1, 2, 3, 4

Calling any and all who believe themselves to be true of heart and possess inner strength. You have been chosen to become part of an elite group of individuals who will undergo intense training and experience things like no other to become Douvrís Martial Arts newest and finest team of Ninjas. (No experience in Martial Arts is required to attend camps.)

Our March Break Camp and Fast Track program is designed for beginners as well as those with previous Martial Arts training. This program is an excellent opportunity for your child to train in the Martial Arts, while enjoying all the other activities of a March Break vacation.

Each day of March Break Camp will begin with intense Martial Arts training, which is highly concentrated to help the students achieve their next goal in martial arts. The afternoons will consist of an outdoor or indoor activity or field trip.

**40\$ per day**

(tax included)

Payment in Advance

No refund

Camps hours are as follows : Pre-Care 7:00 am ~ 9:00 am

Camp 9:00 am ~ 4:00 pm

Post Care 4:00 pm ~ 5:30 pm

## MARCH BREAK CAMP REGISTRATION

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Postal Code \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Rel. \_\_\_\_\_

Home# \_\_\_\_\_ Bus.# \_\_\_\_\_ Pager/Cell# \_\_\_\_\_

Email \_\_\_\_\_ Medical Problems: \_\_\_\_\_

**Days:**

☐ **February 29**

☐ **March 3**

☐ **March 1**

☐ **March 4**

☐ **March 2**