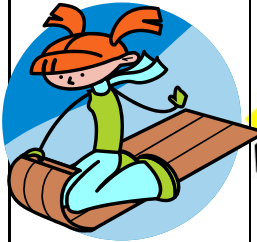



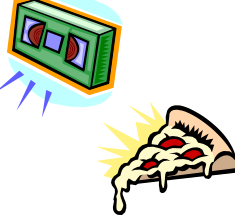


# DOUVRIS

Karate • Fitness • Leadership



## 2019 March Break Camp

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	<b>FAST TRACK LEARNING SCHEDULE</b>				
	空手	KATAS ♦ KICKS PUNCHES			柔術
	L	U	N	C	H
AFTERNOON			 Movie Tickets are Our Treat Snack at the Movies for Child \$5.00		 2 Pizza Slices Our Treat
	Fun and games at the park	Arts & Crafts	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:

**PERSONAL WATER BOTTLE**

Appropriate clothes for the weather

A healthy and hardy lunch and snacks (**peanut free**)

Skates and a Helmet for Outdoor Skating (weather permitting)



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

March 4, 5, 6, 7, 8

douvrissaylmer.com/camps  
info@douvrissaylmer.com



# DOUVRIS

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We welcome and encourage Douvris Members and Non-Members aged 4 – 13 to register for our Karate Camp.

You can register your child for certain days or the whole week. We do accept Drop-Ins.

( ) March 4 ( ) March 5 ( ) March 6 ( ) March 7 ( ) March 8

Day Care: 7:00 a.m. – 9:00 a.m.

Karate Classes, Snack, Lunch and Afternoon Activities 9:00 a.m. – 4:00 p.m.

Day Care: 4:00 p.m. – 5:30 p.m.

Children receive 2 classes of Shotokan Karate every morning.

Douvris Aylmer Karate Members continue to work on their own Karate Curriculum to earn stripes and belts.

This is a fast-track way to advance and receive extra classes to reach their goal.

Non-Members (Beginners) work on their White Belt Curriculum to earn stripes towards their Yellow Belt.

Beginners will receive a Pro Pass for One Month of Free Karate Classes to train in our Scheduled Classes.

Class One - 9:00 to 10:00 a.m. This class is consistent each day with a warm-up, stretching and the Belt Curriculum.

Class Two - 10:30 to 11:30/noon. We will introduce and work on different aspects of Shotokan Karate. Break fall class, Self defense, bos (learning to block and strike with a bamboo pole), a confidence course along with interactive games.

There is no body contact in our Karate Dojo.

Our outdoor afternoon activities are all walking distance from the Dojo.

**FUN, FRIENDSHIPS, FITNESS!!**

## **MARCH BREAK KARATE CAMP REGISTRATION INFORMATION:**

Child's Name: \_\_\_\_\_ Child's Age: \_\_\_\_\_

Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

EMAIL: \_\_\_\_\_ (for receipt purposes)

Emergency Contact (Parent/Guardian): \_\_\_\_\_(w)\_\_\_\_\_ (c)\_\_\_\_\_

Emergency Contact (Parent/Guardian): \_\_\_\_\_(w)\_\_\_\_\_ (c)\_\_\_\_\_

Personal/Medical Information: \_\_\_\_\_

Reserved for Administration