


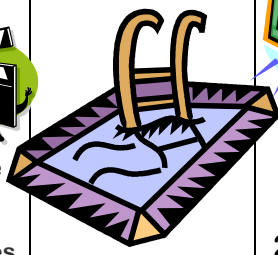
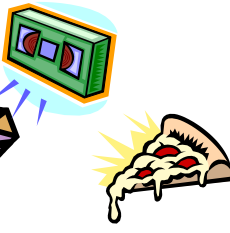


Douvrís Martial Arts & Fitness Center  
Greatest Adventure of 2017...

**SUMMER CAMP & FAST TRACK SCHEDULE**

|   | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|---|
| M<br>O<br>R<br>N<br>I<br>N<br>G           | <b>FAST TRACK LEARNING SCHEDULE</b>  |   |   |   |   |
|   | 空手   | KATAS ◊ KICKS ◊ PUNCHES<br>PHILOSOPHY ◊ HISTORY                                     |   |   | 柔術  |
|   | <b>L</b>   | <b>U</b>  | <b>N</b>  | <b>C</b>  | <b>H</b>  |
| A<br>F<br>T<br>E<br>R<br>N<br>O<br>O<br>N |  |  | <br>Movie Tickets are<br>Our Treat<br>Snack at the Movies<br>for Child \$5.00 |  | <br>2 Pizza Slices<br>Our Treat |
|   | Fun and games<br>at the park   | Arts, Crafts and<br>Board Games   | Movies at the<br>Gallerie D'Aylmer<br>movie theater   | Community<br>Pool   | Movies all<br>afternoon at the<br>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 hearty lunch and snacks (peanut free)

◊ Bathing suit and towel (on specific day)

◊ Indoor running shoes and knapsack

# Douvrís Martial Arts & Fitness Center

Greatest Adventure of 2017...

## Summer Camps and Advanced Training For Our Young Ninjas

- |  |  |
|--|--|
| <input type="checkbox"/> 26 - 30 June 2017 | <input type="checkbox"/> 31 July - 4 August 2017 |
| <input type="checkbox"/> 3 - 7 July 2017   | <input type="checkbox"/> 7 - 11 August 2017      |
| <input type="checkbox"/> 10 - 14 July 2017 | <input type="checkbox"/> 14 - 18 August 2017     |
| <input type="checkbox"/> 17 - 21 July 2017 | <input type="checkbox"/> 21 - 25 August 2017     |
| <input type="checkbox"/> 24 - 28 July 2017 |  |

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.

Our Summer 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 summer vacation.

Each day of Summer 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)

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 |

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

## SUMMER CAMP REGISTRATION

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

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

Emergency Contact \_\_\_\_\_ Relation \_\_\_\_\_

Home# \_\_\_\_\_ Bus.# \_\_\_\_\_ Cell# \_\_\_\_\_

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