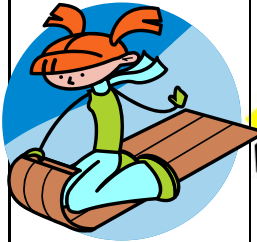



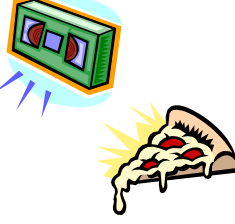


DOUVRIS

Karate • Fitness • Leadership



2020 March Break Camp

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	FAST TRACK LEARNING SCHEDULE				
	空手	KATAS ◊ KICKS BLOCKS ◊ 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	Indoor/Outdoor Sports	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 lunch and healthy snacks (**peanut free**)

We are able to warm up lunches

\$40/day (tax included)

March 2, 3, 4, 5, 6

douvrissaylmer.com/camps
info@douvrissaylmer.com



DOUVRIS

Karate • Fitness • Leadership



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 2 () March 3 () March 4 () March 5 () March 6

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 #1: _____ (w) _____ (c) _____

Emergency Contact #2: _____ (w) _____ (c) _____

Personal/Medical Information: _____

Reserved for Administration