

MARCH BREAK CAMP

MONDAY MARCH 15 – FRIDAY MARCH 19

HOURS: 9:00 AM – 4:00 PM

“TRAIN LIKE CHAMPIONS”

- ✓ **STRETCHING**
- ✓ **PHYSICAL FITNESS CONDITIONING**
- ✓ **MARTIAL ARTS**
- ✓ **NUNCHAKU & STICKS**
- ✓ **MENTAL DISCIPLINE**

PLEASE BRING

- **Uniform**
- **Sparring Equipment**
- **Nunchaku**
- **Lunch & Snacks**
- **Fun & Games Activities**

Non-Members Are Welcome For Registration.

\$150.00 + \$7.50 (GST) = \$157.00