

# SUMMERY CAMP

This year **Bernardo Karate** is offering two weeks of Summer Camp. The camp is designed for students of all belt levels and ages 7 to 13. The morning sessions will be taught by Shihan and will focus on skill development, new forms and improving speed, strength and overall conditioning. The afternoon sessions will allow students practice time and work on belt curriculum. It is a fun camp that includes; games, outdoor activities, reinforcement of positive values and will help motivate students to reach their potential in the martial arts.

## **SUMMER CAMP DATES: JULY 11<sup>TH</sup>-15<sup>TH</sup> AUGUST 15<sup>TH</sup>-19<sup>TH</sup>**

**Drop Off** – 8:30am-9:00am

**Camp** – 9:00pm-4:00pm

**Pick-up**- 4:00pm-5:00pm

Students bring their own lunch and snacks, karate uniform, outdoor clothing/sunscreen.

Tournament Team Member	325/week
Regular member	349/week
*2 <sup>nd</sup> family member	10% off

Name		
Age	Belt level	School
Phone		
Amount paid \$		