

## Academy of Martial Arts



Monday — Thursday

4pm — 4:45pm

Receive a FREE uniform when signing up for 4 or more weeks!

**Campers:**  
**\$29/week**  
**Non-Campers:**  
**\$39/week**



## Swim Lessons

Monday — Thursday

**Campers:**  
**\$69/week**  
**Non-Campers:**  
**\$89/week**



Level 1&2 - 3:00pm - Non-swimmer (Beginner).

Level 3 - 2:30pm - Swimmer must be able to jump in (deep water) and swim 10 feet independently and front and back float.

Level 4 - 2:00pm - Swimmer must be able to swim 25 yards freestyle and 25 yards backstroke.

Monday—Thursday  
During Camp Hours

# Programs

**\$29/each**

### Gymnastics Weeks 2 & 9

This is an introductory class geared for beginners.

Skills taught include: balance beam, tumbling, vaulting and more. Great for boys and girls.

### Kids Chaos Cardio Weeks 5 & 11

Kid's Chaos Cardio is inspired by Kids! It is full of fun wacky things to do, including scooter ball, survivor games, weight lifting and more! All directed by a certified aerobics instructor and created for kids.

### Kid Fit Boot Camp Weeks 4, 8 & 10

Taught by a Certified Personal Trainer, this class incorporates resistance training and speed and agility moves in a fun, non-competitive environment. Great for both the athlete and the kid looking to shed a few pounds.

### Drama Weeks 3 & 6

Explore all aspects of the theater from stage directions to proper projection. Kids learn how to improvise a situation and step into a character that they create. Campers will explore the theater using fun games & props while learning about the importance of working together as a group.

### Dance & Movement Weeks 1 & 7

Introduce your child to the love of dance. Each day your child is introduced to two styles of dance, including hula, tap, hip hop and more.

### Kid Power Weeks 1, 3, 5, 7, 9 & 10

This non-competitive, self esteem boosting workout introduces your child to kickboxing and resistance training. Taught by our master trainers, kids just know they are having fun, while parents know they are being taught proper form and technique.

### Yoga For Kids Weeks 2 & 8

Come experience a playful and fun approach to yoga. Have fun and instill a sense of peace. Develop flexibility, strength and coordination. Your Camper will feel so relaxed. Good for boys and girls.

**Monday, Tuesday & Thursday After Camp**  
**4:00—4:45 \$29/each**

### Weight Lifting Weeks 2, 6, 8 & 11

Campers work with a certified personal trainer to learn proper lifting techniques, form and weight to use. Spa 23 trainers teach kids a healthy skill they will use for their lifetime.

### Gravity Weeks 3, 7 & 10 4:00 - 4:45

GRAVITYouth Series™ keeps kids active, helps train for sports and, most importantly, have fun. The GRAVITYouth program utilizes traditional strength training and flexibility exercises, but the delivery style, tempo, intensity and exercise selection is tailored to the unique capabilities and interests of the youth group. Kids just know they get to use those "cool machines!"