

INFORMATION

This camp has something for every NINJA JR and MARTIAL ARTS KID!

8 weeks of an action packed camp with weekly disciplines and activities.

TIME

8am – Noon (1st Session)
Noon 1pm – Optional Lunch
1pm – 5pm (2nd Session)

ACTIVITIES

Tumbling

Kicking

Strength and Conditioning

Ninja Course

Basketball

Games (Crafts)



DISCIPLINES

Taekwondo

Characterized by its emphasis on head-height kicks, jumping and spinning kicks and fast kicking techniques. Many health benefits and self defense are found in Taekwondo.

Judo

The art of falling, rolling, throwing and newaza (ground fighting). Many health benefits and self defense are found in Judo.

Jui Jitsu

Learn the skill of ground fighting using joint manipulations and chokes. Many strength and health benefits as well as self defense are found in Jui Jitsu.

*Disciplines are taught in 8 stages. Each week builds upon the week before.

**No matter what week you start you will always begin at the 1st stage.

DATES

June 10 – August 16

- 8 weeks of Ninja training and fun!
- You choose your weeks
- Morning, Afternoons or both
- Lunch (optional)

COST

We have procured a donor so we can drop our prices!!!

Either 1st or 2nd session

1 week - \$100
2 weeks - \$85 (per week)
4 weeks - \$70 (per week)
10 weeks - \$55 (per week)

Both sessions

1 week - \$170
2 weeks - \$145 (per week)
4 weeks - \$120 (per week)
10 weeks - \$95 (per week)

Lunch \$50 (per week)

Lunch places: Subway,
Carolina Ale House,
Chik-Fil-a, Little Caesars



SCHEDULE

1st Session

- 8-9 Warm-up, Stretch
& Discipline training 1
9-10 Outside Activities
Basketball
10-11 Games, Ninja Course
& Discipline training 2
11-12 Strength and Conditioning
& Discipline training 3

12-1 LUNCH (optional)

2nd Session

- 1-2 Warm-up Stretch
& Discipline training 1
2-3 Outside Activities
Basketball
3-4 Games, Ninja Course
& Discipline training 2
4-5 Strength and Conditioning
& Discipline training 3

Snacks and water are provided throughout the day.



CONTACT US

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**LIMITED TO 40 KIDS
AGES 5-12**

Certificates of completion will be given for the achievement of each stage.

4 week and 8 week students will also be given a Ninja headband (color based on level of achievement).

BOLD FITNESS

Ninja

SUMMER CAMP

