

# NORTHERN ARTS / MIKE CARR KARATE

## SUMMER CAMP CLASSES 2019

336-681-3255

**REGISTER ONLINE** TO HOLD YOUR SPOT! [WWW.MIKECARRKARATE.COM](http://WWW.MIKECARRKARATE.COM)

### BEGINNER/INTERMEDIATE LEVEL -

\$135.00 - AGES 6 & UP

This is a great intro to karate. We will cover self-defense, anti-bullying, and katas, blocks, techniques, sword fighting & more! It's a huge confidence builder!

MONDAYS 5:00pm - 5:45pm - JUNE 17<sup>th</sup> - AUGUST 12<sup>th</sup> OR

TUESDAYS 5:00pm - 5:45pm - JUNE 18<sup>th</sup> - AUGUST 13<sup>th</sup>

### INTERMEDIATE/ADVANCED LEVEL -

\$135.00 - AGES 6 & UP

This class will cover self-defense, bully prevention, board breaking, weapon, and katas.

MONDAYS 5:45pm - 6:30pm - JUNE 17<sup>th</sup> - AUGUST 12<sup>th</sup> OR

TUESDAYS 5:45pm - 6:30pm - JUNE 18<sup>th</sup> - AUGUST 13<sup>th</sup>

### LITTLE NINJAS KARATE CAMP -

\$115.00 (8 CLASSES)

This camp is a great introduction to karate. Students will have a blast learning real karate techniques such as the Chicken Kick, Japanese Sword, Chinese Sword, Returning Dragon and More! Students get to jump their way to becoming their own martial arts star under the supervision and encouragement of our Instructor. Camp also includes life skills training to inspire confidence, self-discipline, better focus, and self-control.

MONDAYS 6:30 PM - 7:00 PM - AGES 4 - 6  
JUNE 17<sup>th</sup> - AUGUST 12<sup>th</sup>

### LEADERSHIP TEAM JUNIOR

ASSISTANT CAMP - \$115.00

Become a leader! This camp is for individuals who want to become a junior karate assistant and work their way up to an assistant instructor! This camp will give you an introduction to skills needed to help teach others. Requirement: Red belt & up.

**Must currently be enrolled in the MCK program!**

TUESDAYS 6:30PM - 7:00PM

JUNE 18<sup>th</sup> - AUGUST 13<sup>th</sup>

### NOBLE NINJA KARATE CAMP - \$60.00 -

AGES 5 & UP (4 CLASSES)

This is a great intro to karate, we will cover self-defense, katas, blocks, techniques, sword fighting & more! It's a huge confidence builder!

This program is for children with special needs.

MONDAYS 4:15pm - 4:45pm - JULY 15<sup>th</sup>, 22<sup>nd</sup>,  
AUGUST 5<sup>th</sup>, 12<sup>th</sup>

### ADULT KENPO

BEGINNER/INTERMEDIATE LEVEL -

\$135.00

This class will cover self-defense, techniques, and katas while working toward the goal of black belt.

AGES 14 - 80 - MONDAYS 7:00PM - 7:45pm -  
JUNE 17<sup>th</sup> - AUGUST 12<sup>th</sup>

### MMA FIT CAMP - \$145.00

This camp is for individuals or the whole family! If you want to increase your flexibility, strength and cardio this is the camp for you! This camp will give an introduction to kickboxing, grappling and strength training in a safe and fun environment. No experience required! MMA is a belted system!

AGES 8+ TUESDAYS - 7:00pm - 8:00pm -  
JUNE 18<sup>th</sup> - AUGUST 13<sup>th</sup>

**WE HAVE CLASSES &  
CAMPS FOR ALL AGES!**

**YOUTH - TEEN - ADULT**

# NORTHERN ARTS & DESTINATION ARTS

## SUMMER CAMPS 2019

336-681-3255

**REGISTER ONLINE** TO HOLD YOUR SPOT! [WWW.NORTHERNARTSSTUDIO.COM](http://WWW.NORTHERNARTSSTUDIO.COM)

### **RETRO CAMP – #1 CAMP FOR THE LAST 6 YEARS!!**

**\$235.00**

(DAILY RATE AVAILABLE – ASK FOR DETAILS)

This fantastic camp empowers campers to develop independence, self-esteem and lifelong friendships. Face to face communication only! **NO ELECTRONIC DEVICES ALLOWED!!** On campus & Off campus activities such as swimming, movies, rock climbing, museums, archery & more! This is a learning camp with lots of fun all rolled into one!

AGES: 7 – 14 - 8:00am – 4:00pm

JUNE 24<sup>th</sup> – 28<sup>th</sup> OR JULY 29<sup>th</sup> – AUGUST 2<sup>nd</sup>

**DESTINATION ARTS** WILL HAVE AWESOME DANCE CAMPS GOING ON AT NORTHERN ARTS STUDIO!!

### **FANCY DANCEY TEA PARTY**

9:00AM – 12:00PM – AGES 3-7

**JULY 22<sup>nd</sup> – 26<sup>th</sup>**

### **PRINCESS ACADEMY DANCE CAMP**

9:00AM – 12:00PM – AGES 3-7

**AUGUST 5<sup>th</sup> – 9<sup>th</sup>**

AT EACH CAMP WE WILL DANCE, TUMBLE, PLAY GAMES, DO CRAFTS AND HAVE STORY TIME! MUSIC EVERY DAY RELATING TO OUR CAMP THEME!

\*SNACKS PROVIDED EACH DAY\*

**REGISTER ONLINE AT  
[WWW.DESTINATIONARTSCENTER.COM](http://WWW.DESTINATIONARTSCENTER.COM)**

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### **MAD SCIENTIST CAMPS - \$175.00 per camp**

**LOCOMOTION:** – Fasten your seat belts for a day of motion as you experiment with forces both seen and unseen! Find out if you have the “Wright” stuff as you build and launch your own rubber band powered plane and get ready to be cleared for launch as you explore rockets and the physics of flight! Get ready for wheels, wings, roller coasters and more on this wild ride!

AGES 6 – 12 - 8:30 am – 12:00pm – JULY 15<sup>th</sup> – JULY 19<sup>th</sup>

**SORRY NO DISCOUNTS CAN BE APPLIED TO ANY MAD SCIENTIST CAMP**

### **MAD SCIENTIST CAMPS - \$175.00 per camp**

**CREATURE FEATURE** - At Creature Features camp, campers will become wildlife experts as they learn all about their favorite furry, feathery, slimy and scaly friends! We'll have fun with songs, games, and crafts as we go on bird watching expeditions, become Frog Princes and Princesses as we study our Freshwater Friends and transform into brave explorers as we dive into the world of sharks! It's going to be WILD!

AGES 4 - 7 - 8:30 am – 12:00pm  
JULY 8<sup>th</sup> – JULY 12<sup>th</sup>

**REGISTER ONLINE FOR ANY OF THESE SUMMER CAMPS!**