

NORTHERN ARTS SUMMER CAMPS 2020

SUMMER CLASS SCHEDULE - 336-681-3255

REGISTER ONLINE AT WWW.MIKECARRKARATE.COM OR WWW.NORTHERNARTSSTUDIO.COM

KENPO BEGINNER/INTERMEDIATE CLASS – IN STUDIO \$99.00

Classes will focus on learning Beginner katas, blocks and techniques and sword-fighting skills. Classes will remain “no-contact” until we are allowed to introduce grappling. Everyone’s safety is a top priority.

TUESDAYS 4:30pm – 5:15pm – JUNE 30TH – AUGUST 11th

ANY STUDENT THAT REGISTERS FOR IN-STUDIO CLASSES WILL ALSO HAVE ACCESS TO ONLINE CLASSES FOR THE SUMMER

KENPO INTERMEDIATE/ADVANCE CLASS – IN STUDIO \$99.00

Classes will focus on learning Advanced katas, blocks and techniques and sword-fighting skills. Classes will remain “no-contact” until we are allowed to introduce grappling. Everyone’s safety is a top priority.

TUESDAYS 5:30pm – 6:15pm – JUNE 30TH – AUGUST 11th

ANY STUDENT THAT REGISTERS FOR IN-STUDIO CLASSES WILL ALSO HAVE ACCESS TO ONLINE CLASSES FOR THE SUMMER

MCK LEADERSHIP TEAM JUNIOR ASSISTANT CAMP \$99.00 – “NO CONTACT CLASS”

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!**

TUESDAY 6:30PM – 7:00PM - JUNE 30TH – AUGUST 11th

ADULT KENPO BEGINNER/INTERMEDIATE LEVEL \$99.00

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

AGES 14 – 80 - TUESDAYS 7:00PM – 7:30pm - JUNE 30TH – AUGUST 11th

MMA FIT \$99.00

This class will cover cardio fitness, self-defense techniques and pad work. Classes will remain “no-contact” until we are allowed to introduce grappling.

AGES 14 – 80 - TUESDAYS 7:30PM – 8:15pm - JUNE 30TH – AUGUST 11th

ONLINE ZOOM CLASS OPTIONS:

KENPO BEGINNER/INTERMEDIATE CLASS – ONLINE ZOOM CLASSES \$75.00

Classes will focus on learning Beginner katas (Short 1 & 2) plus blocks and techniques..

MONDAYS 6:30pm – 7:00pm – JUNE 29TH – AUGUST 10th

ANY STUDENT THAT REGISTERS FOR IN-STUDIO CLASSES WILL ALSO HAVE ACCESS TO ONLINE CLASSES FOR THE SUMMER

KENPO INTERMEDIATE/ADVANCED CLASS – ONLINE ZOOM CLASSES \$75.00

Classes will focus on learning Advanced katas (Long 1 & 2) plus blocks and techniques..

MONDAYS 7:00pm – 7:30pm – JUNE 29TH – AUGUST 10th

ANY STUDENT THAT REGISTERS FOR IN-STUDIO CLASSES WILL ALSO HAVE ACCESS TO ONLINE CLASSES FOR THE SUMMER

NORTHERN ARTS SUMMER CAMPS 2020

SUMMER CAMP SCHEDULE - 336-681-3255

REGISTER ONLINE AT WWW.MIKECARRKARATE.COM OR WWW.NORTHERNARTSSTUDIO.COM

RETRO CAMP *THE #1 CAMP FOR THE LAST 7 YEARS!!*

\$255.00 – FULL DAY CAMP

(LIMITED SPOTS PER CAMP FOR SOCIAL DISTANCING)

This fantastic camp empowers campers to develop independence, self-esteem and lifelong friendships. Face to face communication only! NO ELECTRONIC DEVICES ALLOWED!!

ALL DAY CAMPS INCLUDE On campus & Off campus activities such as swimming, movies, VR Games, museums, archery & more! This is a learning camp with lots of fun all rolled into one! Activates are subject to change due to PHASES of the pandemic.

AGES: 7 – 14 - 8:00am – 4:00pm

FULL DAY CAMPS CHOOSE FROM:

JUNE 22nd – JUNE 26th

JULY 6TH – JULY 10TH

JULY 20th – JULY 24TH

JULY 29TH – JULY 31ST

THESE CAMPS FILL QUICKLY! REGISTER ONLINE TO HOLD YOUR SPOT!

LITTLE NINJA SUMMER CAMP - \$65.00 AGES 3-5

Campers will work on learning techniques and games to help improve focusing and listening skills. They will learn about the 4 cornerstones of Mike Carr Karate that include but not limited too: Honor, Respect, Bravery and Health. Each camper will begin to learn blocks and techniques and sword-fighting skills. Classes will remain “no-contact” until we are allowed to introduce grappling. Everyone’s safety is a top priority. All campers that complete the week will receive a special prize.

AUGUST 3rd – AUGUST 6th 3:00pm – 3:45pm

NOBLE NINJA SUMMER CAMP - \$45.00 ALL AGES

“OUR NOBLE NINJA PROGRAM IS FOR STUDENTS WITH SPECIAL NEEDS”

For children with special needs, the benefits of martial arts are invaluable because of the solid structure and discipline brought to a child’s daily life. Focus, concentration, balance, tone, awareness, self-regulation, core strength, reduced anxiety, and spatial awareness are just a few of the benefits your child will receive while learning techniques in Kenpo Karate. Our special needs class teaches students to work with and be proud of all of their abilities. We keep our class size small so that each child can have the deserved attention they need.

CAMP DAYS: TUESDAYS 3:45PM – 4:15PM ON JUNE 30TH, JULY 14TH, AUGUST 4TH AND AUGUST 11TH