

NORTHERN ARTS/MIKE CARR KARATE

SUMMER CAMP CLASSES 2018

336-681-3255

REGISTER ONLINE TO HOLD YOUR SPOT! WWW.MIKECARRKARATE.COM

NOBEL NINJAS CLASS CAMP - \$99.00

This camp is a great camp for children with special needs. This camp will cover self-defense, anti-bullying, katas and more while playing games and learning techniques. We want to inspire individuals with physical, developmental or emotional challenges to empower themselves to develop their full potential through Martial Arts. It is a huge confidence builder!

AGES 5 & UP – MONDAYS - 4:00pm – 4:30pm - JUNE 18th – AUGUST 13TH

BEGINNER/INTERMEDIATE LEVEL - \$125.00/1 DAY WK OR \$225.00/2 DAY WK

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

CHOOSE ONE DAY OR TWO! Must be the same student for special 2 day rate.

MONDAYS 4:30pm - 5:15pm - JUNE 18th – AUGUST 13TH

TUESDAYS 5:30pm - 6:15pm - JUNE 19th – AUGUST 14TH

Rank: No belt / White belt / Yellow belt / Orange belt / Purple belt

INTERMEDIATE/ADVANCED LEVEL - \$125.00/1 DAY WK OR \$225.00/2 DAY WK

This class will cover self-defense, bully prevention, board breaking, weapon, and katas. CHOOSE ONE DAY OR TWO! Must be the same student for special 2 day rate.

MONDAYS 5:45pm - 6:30pm -- JUNE 18th – AUGUST 13TH

TUESDAYS 6:15pm - 7:00pm - JUNE 19th – AUGUST 14TH

Rank: Blue belt / Brown belt / Red belt / Interim Black belt/ Jr & Sr Black belt

JUNIOR ASSISTANT CAMP - \$99.00

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. Each camper will receive a patch for their skills plus a belt stripe. **Must currently be enrolled in the MCK program!**

MONDAYS 5:15pm – 5:45 pm -- JUNE 18th – AUGUST 13TH

Rank requirement: Red belt / Interim Black Belt / Jr & Sr Black belt

WE HAVE CLASSES/CAMPS FOR ALL AGES! - YOUTH - TEEN - ADULT -

ADULT KENPO BEGINNER/INTERMEDIATE LEVEL - \$125.00 (Groupon)

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

AGES 14 - 80

MONDAYS 7:15pm – 8:00pm -- JUNE 18th – AUGUST 13TH

YOUTH MMA OR MMA FIT CAMP - \$125.00 / ea

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! This camp fills quickly!

AGES 8 – 13 Monday - 6:30PM – 7:15pm - JUNE 18th – AUGUST 13TH

AGES 14– 80 TUESDAYS - 7:00pm – 8:00pm – JUNE 19th – AUGUST 14TH

NORTHERN ARTS/MIKE CARR KARATE

SUMMER CAMPS 2018

336-681-3255

REGISTER ONLINE TO HOLD YOUR SPOT! WWW.NORTHERNARTSSTUDIO.COM

RETRO CAMP -- #1 CAMP FOR THE LAST 5 YEARS!! - 2 OPTIONS

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, cookie decorating, museums, zoos, etc. This is a learning camp with lots of fun all rolled into one!

AGES 6 – 13 – FULL DAY CAMP – 8:00am – 4:00pm

JUNE 26th – JUNE 30 - \$225.00 OR JULY 30th – AUGUST 3rd – \$225.00

LITTLE PANDA KARATE CAMP - \$50.00

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.

AGES 3- 6 – 3:00pm – 3:45pm - AUGUST 6th – AUGUST 10th

MOANA DANCE CAMP - \$99.00

Dreams do come true! ALOHA! Discover your love for dance in the salt water breeze this summer! Shake your hips with Moana and sail the seas with Maui! In addition to learning a Moana themed dance, students will create themed crafts and participate in tropical games. This is the perfect camp for your ocean loving Prince or princess!

AGES 4 – 8 – 10:00am – 12:00pm – JULY 23rd – JULY 27th

DESCENDANTS DANCE CAMP - \$99.00

Rotten to the core? We have a camp for you! Come to the dark side during our Descendants camp and find out if Good is the new Bad! Students will learn basics of jazz, lyrical and more! We will also learn a Descendants themed dance to show parents on the last day.

AGES 7 – 14 – 1:00pm – 3:00pm – JULY 23rd – JULY 27th

GLITZ PAGEANT CAMP - AGES 6-9 \$99.00 / AGES 10+ \$115.00

Ready for some glitter and glitz? Our Pageant Camp is for you! Your beauty queen will train with our very own Miss Alex who has won titles at competitions including Ms. Crystal Coast, Ms. Dance Machine, and Ms. La Musique. Talent, theme wear, and beauty tips and tricks are all included in our dynamic, Glitz Pageant 5 day camp. You don't want to miss this one!

AGES 6-9 - 10:00am – 11:30am and AGES 10 + - 10:00am - 12:30pm - JULY 16th – JULY 20th

MAD SCIENTIST CAMPS - \$185.00

SCIENCE SLIMEY MADNESS: – Are you crazy about chemical reactions? Passionate about potions and wild about weather? Can't decide what you like most about science? At this camp...you don't have to! Learn about everything from Awesome Art to Slippery Slime! There will be something new in the lab each day!

AGES 6 – 12 - 8:30 am – 12:00pm – JULY 9th – JULY 13th

SORRY NO DISCOUNTS CAN BE APPLIED THE MAD SCIENTIST CAMP

REGISTER ONLINE FOR ANY OF OUR SUMMER CAMPS!