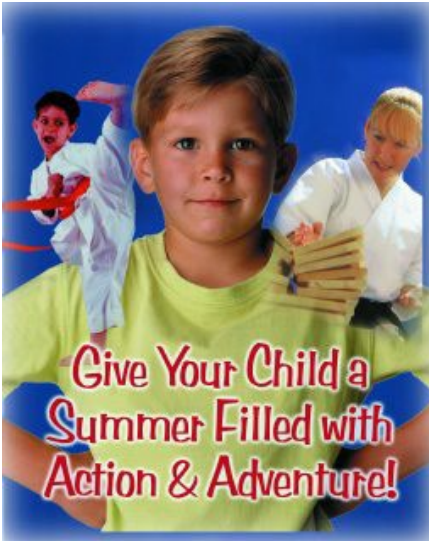




# METRO KRAV MAGA & KICKBOXING SUMMER CAMP 2022



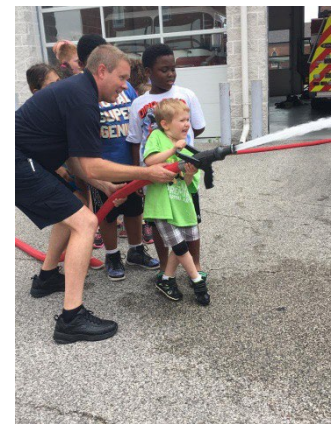
**Metro Krav Maga & Kickboxing Summer Martial Arts Camp is a 2 weeks of fun-filled, skill-building activities for all kids ages 5-12. Camp is open to everyone; no previous training is required.**

*It is once again time for our 21<sup>st</sup> annual SUMMER CAMP!!! We have a FUN 2 weeks martial arts camp; allowing kids to experience a fun, action packed camp experience; while still allowing parents to enjoy summer activities with their children. The official start of camp is June 6<sup>th</sup> and will end June 17<sup>th</sup>*

In addition to martial arts classes, children participate in a variety of other activities such as:



- Arts & Crafts
- Martial Arts Games
  - Contests
- Special guest visits
  - Movies
- Weekly Field Trips
- PIZZA PARTY Every Friday



Cost for the Camp is only \$299.00 for the 2 week session. However you may Pre-Register BEFORE BY APRIL 15<sup>TH</sup> FOR ONLY \$249.00! That's cheaper than day care centers and A LOT MORE FUN!!!

This price includes all field trips, parties, etc. Due to state regulations, we are not permitted to serve lunch. Therefore, all camp attendees must bring a sack lunch Monday through Thursday. Fridays will be our Pizza Party day. We will provide juice at lunchtime and snack time. We will also provide cups for water from the faucet. Camp attendees may bring any other drinks or they may purchase drinks from our machine.

**WE ARE LIMITING THIS CAMP TO 30 STUDENTS. ENROLL QUICKLY TO RESERVE YOUR SPOT!**



(\* Field trip activities to be announced at a later date.)



### **What will we do at Martial Arts Camp?**

In short.....WE WILL HAVE A BLAST!!!! Your kids will get to participate in Martial Arts classes, games, learn new arts, go on picnics & field trips, and much more.

Activities during camp will include one martial arts class on Tuesdays and Thursdays. So campers must bring their gear and uniform those days. Since Camp Kids (Under Black Belt Ranks) will take class during camp hours; you will have the freedom to engage in evening time family activities, without the worry of falling behind.

- 8:00am to 9:00am = Board Games, Cartoons and Free Time
- 9:00am to 10:00am = Group Game Time
- 10:00am to 10:30am = Snack Time
- 10:30am to 11:00am = Martial Arts Fun Drills Class (This can be done in street clothes)
- 11:00am to 12:00pm = Organized Free Time / Get Ready for Lunch
- 12:00pm to 12:45pm = Lunch
- 12:45pm to 1:00pm = Clean Up / Put on Martial Arts Uniforms
- 1:00pm to 2:00pm = Martial Arts Requirements Class
- 2:00pm to 2:30pm = TEAM CHALLENGE TIME!
- 2:30pm to 3:45pm = Daily Activity (i.e. Downtown walk, Library Activity, Crafts, Etc)
- 3:45pm to 4:00pm = Clean Up Time
- 4:00pm to 5:45pm = Regular Martial Arts Classes Begin / Movie Time / Organized Free Time.



**PLEASE NOTE: This is only a sample schedule. Every Friday we will have Field Trip Day and Pizza Party. On this day; We will not have a Martial Arts Class.**

### **COMPETITIONS AND GAMES:**

- NERF GUN WARS
- BOARD GAMES
- DODGEBALL
- RELAY RACES
- CRAZY DANCE OFF
- BALL TOSS COMPETITION
- BROOM BALL
- KICK N RUN
- JENGA MEGA CHALLENGE
- BALANCE CHALLENGE
- BALLOON GAMES

...MUCH, MUCH MORE

***Sign up early so you don't miss out on all the fun! Register early.***

## ***PARENTS - Please read the following information carefully:***

*This note is to inform everyone of what they should bring to camp.  
Unless otherwise noted, you should bring these items EVERY DAY:*

- Gym bag or knapsack to hold personal items, CLEARLY MARKED with name
- Martial Arts pants and a Metro Krav Maga & Kickboxing approved T-shirt or uniform top
- A change of clothes (maybe another uniform or regular clothes; just in case)
- SACK LUNCH & SNACKS
- Money for sodas and waters if desired
- A favorite game or age-appropriate movie (we are not responsible if lost or broken; please only bring items that can be easily replaced)

Please make sure that your child has all of his/her equipment and gear, especially their lunch!

### **COMMON SENSE RULES:**

We have a few basic common sense rules of behavior and conduct. If a student is unwilling to listen, or has severe behavioral issues which threaten the safety of other students; they will be removed from camp without a refund. This will only come after adequate warning and time spent working with the parent to solve the issue. THE SAFETY OF THE CAMP ATTENDEES IS OUR TOP PRIORITY!!!

I am sure we are going to have a fun and exciting camp. I am really looking forward to having a great time training all the kids in new and challenging techniques! If anyone has any questions, please call me at 344-9675. See you at Camp!

In Christ,  
Tommy D Whitaker  
(Master Instructor)



Medical Information Form

Child's Name - \_\_\_\_\_ Age - \_\_\_\_\_

Name of Parents or Legal Guardians - \_\_\_\_\_

Emergency #'s: Home - \_\_\_\_\_ Mother's Work - \_\_\_\_\_ Father's Work - \_\_\_\_\_

Address: \_\_\_\_\_

Special Emergency Numbers: \_\_\_\_\_

Name of Family Doctor (if you have one): \_\_\_\_\_ Phone #: \_\_\_\_\_

Medical Insurance for Child: \_\_\_\_\_ Policy #: \_\_\_\_\_

\*\*\*\*\*

Consent and Release Form
~This form must be notarized~

\_\_\_\_\_ (initials) I hereby give my consent to Premier Martial Arts, its instructors, employees, or any emergency personnel to administer necessary treatment to my child (named above) in the event of an emergency and to transport him/her by ambulance if the situation warrants.

\_\_\_\_\_ (initials) I hereby give consent to Metro Krav Maga & Kickboxing or its authorized agents to transport my child (named above) to and from Metro Krav Maga & Kickboxing or other Metro Krav Maga & Kickboxing authorized activities.

I understand that KARATE, TAEKWONDO, JUDO, JUJITSU and all other MARTIAL ARTS are sports involving physical contact and physical exercise. You, buyer and/or student, are aware that the student is engaging in physical exercise and self-defense instruction. It is always advisable that you contact your physician before entering any program of physical fitness (and outdoor sports). The student is voluntarily participating in these activities. I hereby waive and release any claim or right to sue Premier Martial Arts, Mr. & Mrs. Tommy D. Whitaker, it's students, instructors, volunteers, and management from any and all injuries that may occur on or off the premises, through negligence or not, while participating, practicing or competing in karate, tae kwon do, or any other Martial Arts Event, Camp or fitness program.

I understand, that while in Martial Arts Camp, we may be engaging in the following activities at any time: SWIMMING, PAINTING, MOONWALKS, GO KARTING, AMUSEMENT PARK RIDES, GOING TO THE PARK, MONKEY BARS, FISHING, ROLLER SKATING, ICE SKATING, BASKETBALL, LASER TAG, KARATE, and MANY MORE ACTIVITIES AND SPORTS. Being aware of the risks and hazards inherent to the use of certain equipment or the facilities in Camp activities, I hereby assume all risk of loss, damage and injury..

In signing this Consent and Release Form, I hereby acknowledge and represent that that I have read the foregoing, understand it's terms, and sign it voluntarily. I ALSO ACKNOWLEDGE THAT MY CHILD IS IN EXCELLENT PHYSICAL HEALTH AND IS ABLE TO ENDURE STRENUOUS RECREATIONAL ACTIVITIES AND PLAY, INCLUDING THE ABOVE NAMED ACTIVITIES AND OTHERS NOT MENTIONED OR STATED.

Date \_\_\_\_\_ Parent's Signature \_\_\_\_\_

Short Form Acknowledgement

THE STATE OF ILLINOIS )
)
COUNTY OF \_\_\_\_\_ )

This instrument was acknowledged before me on \_\_\_\_\_ by \_\_\_\_\_.

\_\_\_\_\_ Notary Public, State of Illinois

\_\_\_\_\_ (Print name of Notary Public)

My commission expires the \_\_ day of \_\_\_\_\_, 20\_\_.