



## MARCH BREAK PROGRAMS 2011



<b>Provided by</b>	<b>Stronger You Martial Arts and Self Defense</b>
<b>Program title</b>	<b>Martial Arts and Self Defense Summer Camp</b>
<b>Description</b>	March Break Camp-the children will learn karate, self defense, bully proofing, confidence. We will be doing crafts, show and tell and a variety of Martial Arts.
<b>Program Availability</b> <b>Time of Year</b> <b>Time of Day</b>	March 14-18
<b>Program Length</b>	1 week
<b>Program Cost</b>	\$225
<b>Admission Criteria</b>	Ages 5 and up
<b>Activities</b>	Martial Arts, crafts,show and tell,Bully-Proofing with our 5 Fingers of Self Defense-Think,Yell,Run,Fight,Tell
<b>Restrictions, etc.</b>	
<b>Disability/Special Needs</b>	Special Needs children are all welcome. One on One is available-extra cost please
<b>Type of Program</b>	Martial Arts Summer Camp
<b>Individual(s) Served:</b>	<input checked="" type="checkbox"/> male-yes <input checked="" type="checkbox"/> female-yes
<b>Age Category:</b>	<input type="checkbox"/> preschool -5 years and up <input checked="" type="checkbox"/> school age (9 years +) <input checked="" type="checkbox"/> adolescent <input checked="" type="checkbox"/> young adult <input type="checkbox"/> adult <input type="checkbox"/> senior
<b>Transportation available</b>	no
<b>Transportation Cost</b>	
<b>Application Deadline</b>	As soon as possible. Spaces are filling up quickly
<b>How to Apply</b>	613 823 6697 or <a href="mailto:info@strongeryou.com">info@strongeryou.com</a>
<b>Referral Agency</b>	Stronger You Martial Arts
<b>Program Contact</b>	Name:Denise Therens and Janet Heffernan Telephone:613 823 6697 Fax:613 823 8508 Email:info@strongeryou.com
<b>Option offered at</b>	
<b>Nearest Intersection</b>	Strandherd/Woodroofe
<b>Region</b>	Barrhaven
<b>Last Updated</b>	February 2, 2011