

General Information

DATES: June 18th - August 31st
DAYS: Monday through Friday
TIME: 8 AM to 5 PM

LOCATION: Scott Hayes Karate Studio
Glendale Shopping Center
12442-C Warwick Blvd.
Newport News, VA 23606

COSTS: 1 Week Session \$75
2 Week Session \$100

Facilities

Our new modern Karate studio combines traditional Japanese and Okinawan Karate training with modern teaching methods. This combination provides the ***BEST*** learning environment.

- ▶ 933^{sqft} Training Floor
- ▶ 140^{sqft} Private Lesson Room
- ▶ Safety Mats in all training areas
- ▶ Punching and Kicking Bags
- ▶ Punching and Kicking Targets
- ▶ Quiet Study Room
- ▶ Viewing area for visitors
- ▶ Pro Shop
- ▶ Locker Rooms

Karate and Martial Arts Training

The benefits of karate are almost too many to list! Karate teaches methods of concentration, the ability to follow instructions, and improves hand-eye coordination. Not only a self defense method, karate actually teaches you and your children to avoid confrontations. "Sports Illustrated For Kids" calls Karate "the number one activity for children and teenagers".

Our Summer Day Camp Karate Program is a real and traditional karate program. Our Program teaches authentic Okinawa Shorin-Ryu Karate-do, one of the oldest styles of karate. There will be two or more karate classes each day. Students will be able to earn new belts and ranks at the monthly belt and rank test.

In our Summer Day Camp Karate Program students will learn:

- ▶ Authentic Shorin-Ryu Karate-do
- ▶ Kicking, punching, and blocking
- ▶ Movement and footwork
- ▶ Karate training drills
- ▶ Shorin-Ryu Kata (forms)
- ▶ Sparring
- ▶ Self-Defense
- ▶ Self-Confidence
- ▶ Self-Discipline
- ▶ Self-Control
- ▶ Respect
- ▶ Integrity

Registration Information

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Registration Fee: \$60

Registration Fee includes:

- ▶ A Karate Uniform
- ▶ Camp T-Shirt

Phone and On-Site Registration.

Registration Fee required to hold slot. Space is limited. Register now to reserve your child's slot.

Camp Instructors and Councilors

At our Summer Day Camp, we provide a 10-1 student to instructor / councilor ratio. Our instructors and councilors are members of our Leadership Team. Each instructor and councilor have gone through extensive training and are qualified to give Karate and Martial Arts instruction. Qualifying organizations, associations, and bodies:

- ▶ Okinawa Shorin-Ryu Shorinkan Association
- ▶ North American Shorin-Ryu Karate-do Association
- ▶ Amateur Athletic Union
- ▶ ASEP (American Sports Education Program)

Activities

- ▶ Morning Karate Classes
- ▶ Mid-day Karate Classes
- ▶ Afternoon Karate Classes
- ▶ Outdoor Games
- ▶ Outdoor Sports
- ▶ Swimming
- ▶ Indoor Active Games
- ▶ Indoor Quiet Games
- ▶ Nature Adventure
- ▶ Field Trips
- ▶ Movies
- ▶ Educational Games
- ▶ Educational Activities

Field Trips

As an added bonus we are planning several field trips. The dates of these field trips will be announced at least 1 week in advance along with possible rain-dates. Any cost associated with a field trip is extra and is not included in the session fee. Possible field trips:

Busch Gardens
Water Country USA
VA Air and Space Museum
VA Living Museum
Mariners Museum
Kings Dominion
Hunting Park
Fort Fun
VA BEACH

At Scott Hayes Karate Studio we offer programs for the whole family. Each program is designed with attention to developing the individual into the *BEST* they can be. We don't just do karate, we do personal development!

Tiny Tigers (3 & 4 year olds)
Little Dragons (5 - 8 year olds)
Dragons (8 - 12 year olds)
Teens (12 - 17 year olds)
Adults (18+ year olds)
Leadership Team
Adult Self-Defense Program

Call Today!
Come By
for a Visit!
Join the
Quest
to be the
BEST!

Newport News: 595-8380

<http://SenseiScott.tripod.com>

Scott Hayes Karate Studio



Summer Day Camp



Newport News: 595-8380
12442-C Warwick Blvd (Hidenwood)