

Columbia Martial Arts & Fitness

2009 Summer Camp Program

Due to many requests from parents and students, we are expanding last year's summer program to 10 weeks. Each week will feature a specific area of training in addition to fun games and activities. We will also take the kids to one or more activities each week (such as Frankie's Fun Park, Monkey Joes, Saluda Shoals Park, Roller Skating, a local park, library, EdVenture Museum, etc.). Children can be dropped off as early as 7:30am and picked up as late as 6:30pm (or after their scheduled classes). Each day will include several training sessions, outside time, snacks, and a movie or special activity. These camps are **limited to 24 students** so please register early. Training is open to beginners and experienced students. Students will need to bring a bag lunch except for special activity days.

Prices:

Full Summer Camp (CMA Students) -	\$100 per week plus \$150 registration/activity fee
(Non-CMA Students) -	\$120 per week plus \$150 registration/activity fee
Weekly (CMA Students) -	\$125 per week (includes registration/activity fee)
(Non-CMA Students) -	\$135 per week (includes registration/activity fee)
Daily – (if space is available)	\$30 plus \$15 activity fee if applicable

Camp Topics include:

Sparring – These camps will focus on developing skills for sparring (Students are required to have appropriate gear)

Carlos Machado Jiu-Jitsu – These camps will focus on Brazilian Jiu-Jitsu (A Jiu-Jitsu Gi is recommended)

Submission Wrestling – These camps will focus on wrestling without the gi (Shorts and t-shirt or rash guard required)

Weapons – These camps will focus on different weapons each day. (Weapons may be required)

Demo Camp – This camp will focus on theatrical martial arts including gymnastic and acrobatic techniques.

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www.cma-sc.com



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Dates	Topic
June 8-12	Sparring
June 15-19	Jiu-Jitsu
June 22-26	Weapons
June 29-July 2 (Closed July 3)	Demo Camp
July 6 – 10	Submission Wrestling
July 13 – 17	Sparring
July 20 – 24	Jiu-Jitsu
July 27 – 31	Weapons
Aug 3 – Aug 7	Submission Wrestling
Aug 10 – 14	To Be Announced