

SIDEKICKS  
SCHOOL OF  
MARTIAL ARTS

**MARCH BREAK  
CAMP 2010**  
March  
15th—19th/10  
“Tour the  
Orient”



(905) 633 7200  
WWW.BURLINGTONKARATE.CA

Sidekicks  
School of Martial Arts

2421 New Street

(one block west of Guelph Line on the North side of

New Street)

Burlington, Ont.

[www.burlingtonkarate.ca](http://www.burlingtonkarate.ca)

[sidekicks@cogeco.ca](mailto:sidekicks@cogeco.ca)

(905) 633 7200

Name: \_\_\_\_\_ Birthday: \_\_\_\_\_ Sex: M/F

Address: \_\_\_\_\_ postal code: \_\_\_\_\_ Parents name: \_\_\_\_\_

Home phone number: \_\_\_\_\_ Daytime emergency name and contact number: \_\_\_\_\_

Allergies/physical ailments: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_

Please register \_\_\_\_\_ for the March break camp on the following \_\_\_\_\_  
dates: \_\_\_\_\_ Payment method: cheque credit card

March 15 16 17 18 19 full week half day (please circle your dates) \_\_\_\_\_  
\_\_\_\_\_ Credit card number: \_\_\_\_\_

Expiry date: \_\_\_\_\_

Total to be charged with tax: \$ \_\_\_\_\_

Authorization signature: \_\_\_\_\_

The undersigned hereby releases Sidekicks School of Martial Arts and all persons associated with the school in any capacity from any liability due to injuries, etc that may occur as a result of my child's attendance and/or participation in the above mentioned camp. I further understand that payments must be received prior to the commencement of the camp and that there are no refunds.

\*\*\*Forms must be returned with payment no later than March 01st/10 to receive any discounts. Spaces are limited. Any sign ups after March 01st/10 will not receive any discounts\*\*\*

# MARCH BREAK CAMP 2010 March 15th–19th/10 “Tour the Orient”



Sidekicks  
March Break  
camp is in a  
word,  
**AWESOME!!**  
Our camps are  
designed to  
keep kids busy  
and active  
throughout

the day.

With good visual, mental and physical stimulation through games, martial arts and crafts, we keep the kids busy from 7:30 am to 6pm.

We spend each day working on our martial arts program and all the wonderful side effects that come with it. We build up their self esteem, respect, confidence and patience.

We also spend the day playing martial arts themed games, doing crafts, watching movies and on some days, we go on an off site trip in the afternoon. Any offsite trips are fully inclusive and fully supervised by adults with an 8 to 1 student/adult ratio.

Our day camps are open to any child ages 5 to 13, regardless of martial arts experience. Bring your friends, your family, anyone who wants to spend the day having fun and learning martial arts.

We cap the size of our camps so that we can maintain a safe and fun environment as well as to keep our student to instructor ratio very low. Our camps are run by practicing, certified adult black belt instructors

Children need to bring their own lunch, lots of snacks and fluids, and a great attitude. At the beginning of the week, we will provide you with a complete schedule (please see the sample schedule) of what we will be doing each day as well as any items that may need to be brought for any off site or outdoor activities.

Our camps fill up fast and sell out every year. Don't delay if you want to put your child in Burlington's favourite martial arts day camp.

Each day is a different theme. We will practice martial arts from all over the world!

## Tour the Orient

Monday—Korea

Tuesday—Japan

Wednesday—China

Thursday—Philippines

Friday—Thailand



## Sample Schedule

7:30am to 9 am: drop off, watch movie  
9:00am to 10 am: martial arts class  
10 am to 10:30 am: nutrition break  
10:30am to 11:30am: theme class  
11:30am to 12:30pm: martial arts games  
12:30pm to 1pm: lunch  
1pm to 3pm offsite trip or movie  
3pm to 4pm: theme class  
4pm to 5pm: martial arts class  
5pm to 6pm: craft time and parent pick up

## Cost

### Full week Monday to Friday

\$165 plus g.s.t (\$173.25)

Sidekicks students receive a \$30 discount  
(to receive the discount, you must be registered and paid by  
March 01st/10—total with tax—\$141.75)

### Any 3 days (You pick your days)

\$115 plus g.s.t (\$120.75)

Sidekicks students receive a \$15 discount  
(to receive the discount, you must be registered and paid by  
March 01st/10—total with tax—\$105.00)

### Daily rate

\$45 per day plus g.s.t (\$47.25)

### Half days (mornings only 7:30 am to 12pm)

\$25 plus g.s.t (\$26.25)

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L7R 1K1

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