



**SUMMER CAMP 2010**

**HAVING FUN  
UNDER THE  
SUN!!**

Sidekicks School of  
Martial Arts  
905 633 7200  
2421 NEW STREET  
BURLINGTON  
WWW.BURLINGTONKARATE.CA

**Sidekicks School of Martial Arts**

2421 New Street  
Burlington, Ont.  
L7R 1K1  
Phone: (905) 633 7200  
www.burlingtonkarate.ca  
sidekicks@cogeco.ca

**Cancellation Policy:** A fee of \$30 applies to all cancellations. If written cancellation is received 10 days prior to start of the camp, a refund (minus the cancellation fee) will be made. No refunds will be made within 10 days of a camp or after your weekly session has started. Sidekicks is not responsible for lost or stolen items. I have read the above waiver and agree to these terms and conditions in addition to our policies relating to cancellations, lost items, late pickups and NSF payments. I certify that I am authorized to sign this release without the consent of any other person.

NAME: \_\_\_\_\_  
BOY: \_\_\_\_\_ GIRL: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ UNIT # \_\_\_\_\_  
CITY: \_\_\_\_\_  
POSTAL CODE: \_\_\_\_\_  
TELEPHONE #: \_\_\_\_\_ AGE: \_\_\_\_\_  
BIRTH DATE \_\_\_\_\_  
ALLERGIES/MEDICAL LIMITATIONS: \_\_\_\_\_  
PARENT(S) NAME: \_\_\_\_\_  
CELL(S) #: \_\_\_\_\_ EMAIL: \_\_\_\_\_  
EMERGENCY CONTACT NAME: \_\_\_\_\_  
EMERGENCY CONTACT #: \_\_\_\_\_

I agree to release and indemnify Sidekicks School of martial arts, its staff and volunteers from any claims for loss, injury to persons and property however caused, while participating in the chosen activity which I, or any person claiming through me or on my behalf, may at any time have, arising out of or connected with the operation of the said activity. I acknowledge that camp photos and video taken at Sidekicks summer camps remain the sole property of such, and that they may be used in future marketing campaigns. I agree that Sidekicks can collect, use disclose and store personal information for the purpose of grouping campers, collecting/processing payments, and email or mailing promotional/marketing material. I give permission to Sidekicks and its staff and volunteers to arrange for and facilitate bussing campers to or from venues, if necessary.

Signature of parent/guardian

Date

**VISA/MASTERCARD/POST DATED CHEQUES  
IF PAYING BY CREDIT CARD, PLEASE PROVIDE THE FOLLOWING:**

Card #: \_\_\_\_\_  
Cardholder name: \_\_\_\_\_  
Expiry: \_\_\_\_\_  
Total weeks cost: \$ \_\_\_\_\_  
Early/late supervision: \$ \_\_\_\_\_  
Minus discounts: \$ \_\_\_\_\_  
Subtotal: \$ \_\_\_\_\_  
Plus 5% G.S.T.: \$ \_\_\_\_\_  
Total: \$ \_\_\_\_\_

(13% AFTER JUNE 30TH/10)

Full payment is due the first day of the camp for each week. For any discounts, payment must be made in full by the specified date. NSF and stop payments are subject to a \$25 service charge

# SIDEKICKS SUPER FUN SUMMER MARTIAL ARTS CAMP

## ABOUT THE CAMP

Welcome to Sidekicks super fun summer martial arts camp. This is our 10th year running martial arts summer camps. We have been voted the number 1 martial arts school in Burlington year after year and one of the reasons why is because we run a fun martial arts camp. Our camp focuses on building confidence in your children, teaching them about respect and perseverance, learning about martial arts and making new friends and of course, having fun!!



## WHO CAN JOIN

Any child, boy or girl between the ages of 5 and 12 are encouraged to register for any of our camps. Whether they

have martial arts experience or not, we will teach them to the best of their abilities. Beginners will learn the basics of martial arts, while more advanced students will focus on better development of their current skills.

## CAMP SESSIONS

We offer full day and half day sessions (mornings). For the total camp experience, we recommend the full day sessions where the students will receive martial arts training twice per day as well as skill development games, crafts and an offsite activity

**H.S.T (13%) WILL APPLY TO ANY OUT-  
STANDING BALANCES AFTER JUNE 30TH/10**

## MORNINGS

8:30 am - 12 pm

Our morning sessions include a character building martial arts class as well as games and skill development activities. Students are grouped and trained by age and ability.

**Supervised early drop off**  
7:30 am - 8:30 am - \$5 per day\*

**\$99/week\***  
(4 day week rate \$90\*)

## FULL DAYS

8:30 am - 5:30 pm

Full day sessions are a combination of morning sessions as well as Afternoon sessions consist of a character building martial arts class, as well as an off site activity (varies from day to day, week to week, cost is included) and craft time. Students are grouped and trained by age and ability. Each week has a different theme.

**Supervised early drop off**  
7:30 am - 8:30 am - \$5 per day\*

**Supervised late pick up**  
5:30 pm to 6:00 pm - \$3 per day\*

**Both early and late**  
\$6 per day\*

\* - plus g.s.t

**\$160/week\***  
(4 day week rate: \$145\*)

Late pick up - we reserve the right to charge a \$10/30 minute fee or ask you to withdraw if you pick up the camper late on a continual basis.

## DISCOUNTS

Please deduct just **ONE** of the following discounts:

**Early bird** (register and pay by June 1/10)

**Full days:** additional \$15 per camper per week

**Half days:** additional \$10 per camper per week

-----or-----

**2 or more weeks or Family members**

(register and pay in full by June 30/10 for discount to apply)

**Full days:** additional \$10 per camper per week

**Half days:** additional \$5 per camper per week

-----or-----

**6 or more weeks per camper**

(register and pay in full by June 30/10 for discount to apply)

**Full days:** additional \$25 per camper per week

**Half days:** additional \$15 per camper per week

## WEEKLY THEMES

**WEEK 1** - Mixed Martial Arts Camp - Lots of fun and exciting new moves, kicks and take downs to learn! Be your own Georges St. Pierre!!

**WEEK 2** - Bo staff Camp - Have you ever wanted to learn how to spin the bo staff? By the end of the week, you will know more than that!! (Bo staffs will be supplied or you can purchase your own)

**WEEK 3** - Spend the week learning how to defend yourself from every position and attack possible!!

**WEEK 4** - Demo Camp - Get a taste of what our demo team does! Learn fun moves and practice a demo to show off at the end of the week at a special demonstration!

**WEEK 5**—Martial arts movie choreography—take part in and choreograph your own fight scenes in our very own martial arts movie. Filmed at the end of the week and all participants will receive a copy.

**WEEK 6** - closed—we all need a little break!!

**WEEK 7** -Extreme Kicks and Tricks camp—Learn the cool moves, kicks and acrobatics that you see in the martial arts movies. By the end of the week, you will be able to move like a kung fu master!!

**WEEK 8** - Grading Camp - Are you close to grading? Do you have almost all of your tips but need just a few more to grade? This is the camp for you! Come to the Grading camp and attend all of the classes; We will get you ready for grading and by the end of the week you will be 1 belt level higher! Red belts and higher can use this for a midterm or to put in needed teaching hours

**WEEK 9** - Sword Camp - Have you ever wanted to learn how to use the sword? By the end of the week, you will know more than that!! (Imitation swords will be supplied or you can purchase your own)

FULL DAY	MORNINGS	SELECT YOUR DESIRED WEEKS:
		<b>WEEK 1: JULY 05TH—09TH</b>
		<b>WEEK 2: JULY 12TH - JULY 16TH</b>
		<b>WEEK 3: JULY 19TH - JULY 23RD</b>
		<b>WEEK 4: JULY 26TH - JULY 30TH</b>
		<b>WEEK 5:**AUG 03RD - AUG 06TH</b>
		<b>WEEK 6: CLOSED—CLOSED</b>
		<b>WEEK 7: AUG 16TH - AUG 20TH</b>
		<b>WEEK 8: AUG 23RD - AUG 27TH</b>
		<b>WEEK 9: AUG 30TH - SEP 03RD</b>

\*\*CAMP DOES NOT RUN ON MONDAY, AUGUST 02ND/10 (CIVIC HOLIDAY)  
WEEK 6 WE ARE CLOSED FOR OUR HOLIDAYS