

KARATE CAMP

June 20th to 23rd (Mon to Thur)

9:00am to Noon

FEE \$45.00

This year once again Bob Dupuis will offer a 1-week Karate Camp program. Participants will learn basic punching and kicking techniques. Camp will include tumbling and rolling. The camp will introduce Judo Techniques. The camp is open for Boys and Girls ages 5 and 12. This is a great introduction into the martial arts or a great way to continue your previous experiences.

Held at New Beginnings Fitness Center