

# Before & After School MARTIAL ARTS Program

We pick up from all Georgetown AND Acton schools!

**KINDER  
KARATE**  
Ages  
4 & 5 YRS

Junior  
Achievers  
Martial Arts  
Success System  
Ages  
6 to 8 YRS

Special  
Winning Attitude  
& Leadership  
Development  
Ages 9  
to 11 YRS



**WE TRANSPORT TO AND FROM ALL GEORGETOWN AND ACTON SCHOOLS**

### STRUCTURED ACTIVITIES FOR AFTER SCHOOL PROGRAMS INCLUDES:

- Goal Oriented Progressive Martial Arts Curriculum
- Healthy Physical Activities For Fitness
- How to Handle the School Yard Bully
- Snack Time
- Quiet Time/Reading Time
- Daily Supervision & Assistance For Homework

### STRUCTURED ACTIVITIES FOR BEFORE SCHOOL PROGRAMS INCLUDES:

*Martial Arts Daily Healthy Exercises Designed for Children's Alertness & Awareness as they prepare for the School Day.*

- Goal Oriented Progressive Martial Arts Curriculum
- Strength Development
- Martial Arts Games For Fitness
- Stretching
- Mini Olympic Games
- Obstacle Course

### DAILY GAMES INCLUDES:

*X-Box Kinect, Foos ball, Air Hockey, Karaoke, Table Hockey, Indoor Soccer, Dodge ball, Tug-of-war, Supervised Computer Games, Martial Arts Games, Nunchaku, Grappling and Mini Olympic Games*

### PROGRAM BENEFITS

- Unshakable Confidence
- Positive Attitude Development
- Martial Arts Code of Conduct
- Life Skills Education & Character Development
- Attention Span Development
- Self Discipline
- Communication Skills
- Respect for Self & Others
- Balance & Coordination
- Interacting With Other Children

**Before & After Program Includes: P.A Camps, Early Dismissals, March Break Camps & Summer Camps**

Before school drop off (Between 6:30am - 8:00am) After school pick up (Between 5:15pm - 6:15pm)