

Ninjas in Training

...is a physical fitness & martial arts training camp. Students will learn fundamental movement patterns designed to develop balance, agility, strength, & general preparedness for all types of sports & physical hobbies. Students will also learn the fundamentals of Brazilian Jiu Jitsu & Muay Thai (kickboxing). This camp is about having fun while exploring unique ways of moving & developing the body & mind. Students will be introduced to proper technique for punches, kicks, & the basics of grappling, & perform fitness drills such as obstacle courses, basic parkour/gymnastics, agility challenges, & weightlifting. With our team of a black belt jiu jitsu instructor, youth kickboxing & jiu jitsu coach, & certified personal trainer, students will be encouraged to explore new physical outlets in a safe environment under expert supervision. Students will receive a t-shirt & their own pair of boxing gloves. *Please note: this class has a minimum enrollment number of 10 & a maximum capacity of 25.*

Age Group:

- Rising 1st - Rising 3rd

Dates:

- Monday, July 17th - Friday, July 21st

Time:

- Morning (9:00 - 11:45 a.m.)
 - This class can be paired with an afternoon class (12:15 - 3:00 p.m.) to create a full day (9:00 a.m. - 3:00 p.m.)
 - Students staying for the full day will have a lunch break from 11:45 a.m. and 12:15 p.m.
 - Extended day options can be added on prior to the start of morning classes (8:00 - 9:00 a.m.) and/or after afternoon classes (3:00 - 4:00 p.m.) for an additional cost (see below)

Cost: (for the 5 days)

- Each half-day specialty camp program: \$250
- Morning or afternoon extended: \$80
- Morning and afternoon extended: \$150

Students will need:

- A packed lunch, if staying for the full day (we'll provide snack)
- A water bottle

Ready to register? Click [here](#)