



2019 NK Karate Camp

August 2nd-4th

Camp Director: Mr. Jim Albertson

Where: Voyageur Environmental Center - 7000 CR 15, Mound, MN 55364

Who: Any National Karate student between the ages 6 through 15.
We will have a ratio of 1 supervisor to 8 students.

Activities:

- Karate Classes- taught by NK's own instructors.
- Classes will include jump kicks, punch defenses, bo techniques, sparring, team form competition, etc.
- Some classes will be taught outdoors weather permitting.
- Activities – Swimming (certified lifeguard(s) on duty, life jackets available), archery, water balloon catching contest, squirt gun wars, etc.
- Movies - Age appropriate
- Demonstration for parents (weather permitting)

Camp Check-In: Friday, August 2nd – drop kids off between 3:30-4:45 (no earlier than 3:30 please)
Camp Check-Out: Sunday, August 4th – arrive at 2 pm for program if weather permits

Meals: There will be dinner on the first day, 3 meals on the second day and breakfast and lunch on the last day. The meals are prepared by the Voyageur staff and served in the dining hall. Refreshments/snacks will be provided throughout the day.

Sleeping Arrangements: Cabins furnished with bunkbeds. Boys & girls will have their own sleeping quarters. Campers will need to bring their own sleeping bags and pillows.

Cost: \$259.00 (\$20 family discount for 2 or more siblings)
Includes all meals, snacks and activities

Things you need to bring: (label all items please)

- | | |
|--------------------------|--|
| -Karate Belt | -Squirt Gun |
| -Bo (if you have one) | -Swimming suit & sunscreen |
| -Running shoes & Sandals | -2 Towels (1 beach & 1 bath) |
| -Sleeping Bag & Pillow | -Toiletries (soap, toothbrush, toothpaste, etc.) |
| -Insect repellent | -Sparring Equipment (if you spar) |

** No snacks or drinks please. These will be provided at no cost.*

** Please- no cell phones as we are not responsible for lost or damaged items*

How do you sign up? Fill out the registration form and give it to your instructor.
For more information, call (612)481-2130 or email Mr. Albertson at
applevalley@nationalkarate.com

