

Life Skills for Children with a Martial Art Connection

MAMBEC™

9 Weeks of Summer Camp

Cole Harbour Place Facility • AGES 5-12



\$130.95 + Tax per week

MAMBEC™ (Martial Art Mind Body Education Centre Inc.) offers exciting Life Skills Day Camps with a Martial Arts connection. Including daily swims, outdoor activities, weekly themes and Life Skills Programs, including Self-Protection at an age appropriate level.

Programs	Designed to Teach
Character for Kids™ (CFK)	Respect and Values (Build Self Esteem)
Bully Triangle (BBS)	Coping with Bullies Peacefully (Build Confidence)
Stranger Awareness (SA)	Learn Awareness, Instincts, Observation
Self Protection™ (SOS)	Humane Application of Self-defense
Rights & Responsibilities™ (R&R)	Teach Children How To Be Responsible
Yoga For Kids™ (YFK)	Healthy Physical Fitness
Life Skills For Kids™ (LSFK)	Personal, Social & Coping Skills.
Leadership Skills™ (LSK)	Learn To Deal With People
Swimming (CHP Pool)	Water Fun Every Day
Outdoor Activities	Fun in the Sun
Weekly Themes	Spark the Imagination

Participants bring lunch (Peanut free), 2 snacks, towel, bathing suit, sunscreen and hat
 Camps run: 8:30 am - 5:00 pm, Monday to Friday
 Sunrise (7:30 am start) Sunset (to 6:00 pm), add \$2.00 per child / hour per day

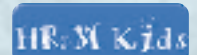
WEEK	July 3-6	July 9-13	July 16-20	July 23-27	July 30 to Aug 3	Aug 6-10	Aug 13-17	Aug 20-24	Aug 27-31
THEME OF THE WEEK	Zoo Crew	Cartoon Sketching	LEGO® Week	MAMBEC Idol	Worldly Holiday Fun	Geo-caching	Young Entrepreneurs	Young Detectives	Survivor MAMBEC
MARTIAL ARTS PROGRAM	CFK SOS	SA YFK	Life Skills CFK	R&R YFK	Leadership BBS	SA YFK	CKF SOS	R&R BBS	Leadership BBS

Register Now
Space is limited
488-6779

For information on any of our programs or camps, please see website for details.

www.mambec.com

*Instructors are screened by RCMP and Child Abuse Registry



Funding may be available for financially challenged families:

- HRM Kids at 876-4364 (www.halifax.ca/recreation/HRMKids.html)
- KidSport™ at 425-5450 ext 350 (www.sportnovascotia.ca/kidsport)



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