



Life Skills for Children with a Martial Art Connection

MAMBEC™

How Well Prepared Are Your Children For Dealing With Conflict?

Before/After School Specialty Program at Cole Harbour Place for School Age Children



Welcome to the MAMBEC Before/After School Specialty Program. MAMBEC's Life Skills/Martial Art Program teaches children emotional intelligence, alongside physical fitness in a fun and structured environment. Parents of our students report significant improvements in behaviour. At MAMBEC, our goal is to enrich the mind and the body with an equal balance to help children, school age and up, reach their full potential

Being in the MAMBEC environment promotes your child's safety, success, happiness and confidence to become the person they want to be. We hope your child will grow with us and have the MAMBEC spirit!



Conveniently located in Cole Harbour Place, our 1,200 square foot, secure, air-conditioned studio features access to play ground, library, rinks, pools, soccer and baseball field, paved running track, paved nature trail, local parks with equipment, and lots of free parking.

This program includes:

- Before school, drop off 7:00AM
- Evening pick up 6:00PM
- Your child's Life Skills/Martial Arts classes are twice a week, finished before 5:00PM.
- Inservice PD days, HRCE schools only.
- We offer March Break/Summer Camps
- Swimming Lessons Package through Cole harbour Place's Aquatics on your child's Non-Martial Art Day for an additional cost. COVID-19 restrictions apply.
- In short, its everything you know MAMBEC offers and more. We offer the gift of time to our members.



At MAMBEC Martial Art Education Centre we are committed to the safety of your children. For more information on schools we service visit our website www.mambec.com, or call (902) 488-6779
Members of Karate Nova Scotia
Established 2003

COVID-19
Restrictions apply



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MAMBEC Martial Arts is a private facility and is not part of the Department of Education "daycare act".