

PARAMOUNT MARTIAL ARTS AFTER SCHOOL PROGRAM

Sponsored by
the
Washington
State
Non-Profit
NEMAC



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- **Karate**
- **Special Training**
- **Board Breaking**
- **Games**
- **Activities**

Join us for super fun activities! Have a great time while learning something new!

Check us out!!

PARAMOUNT MARTIAL ARTS
7961 29th Ave NE
Lacey WA 98516
360-956-0888
www.pmaolympia.com



*After
School
Karate
Program
2018*



Give your child the best
after school care!

2018/2019 School Year
(360) 956-0888
www.pmaolympia.com

Dates and Times

After school program is Monday through Friday from 2:30pm to 5:00pm.

2:30pm- 3:15pm - Students arrive

3:15pm- 4:30pm - Homework or reading time

4:30pm or 5:00pm - Karate Class

6:00pm - Parent pick up

Early pick up anytime between 3:00pm-6:00pm

Extra fees will apply for pick up after 6:00pm

AGES

After School Karate program is available for ages kindergarten through 6th grade

PRICE

-Per week \$119

-After school
and Karate camp \$110

Limited to first 20 kids

First 5 to register Only \$99 per week!

Includes Karate Summer Camp!

Do not wait! Register now!

Students will:

- Look and feel self-confident and in control of any situation;
- Become more disciplined and self-motivated, resulting in better grades at school;
- Get fit and in shape, helping them to excel in baseball, soccer & other sports.

Karate and school have always benefited each other, now your child can have both!

Paramount Martial Arts has served the community for over 20 years and teaches some of the best life skills in the nation. Life skills like respect, self-discipline, courage, self-esteem, and of course real self-defense have led countless students to success.

Now, Paramount Martial Arts is introducing our After School Karate program! By pairing Karate and school students will excel physically and academically, while receiving daily guidance from instructors who value hard-work and dedication.

After School Karate will be open to all students in the Lacey area ages kindergarten through 6th grade. All students will enjoy having a quiet area for homework and a chance to get their recommended reading time.

Student will need their regular school supplies, a book for after their homework, and a snack each day. Students will also receive a free shirt for their Karate class!

Students can even add in our Karate camps for summer time. All the same fun activities plus even more!

After School Karate program will not be open during Thanksgiving weekend, Christmas break, or New Year's.

Additional camps will be available during spring break and certain holiday weekends..

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What other Summer Break Program can give your child the character building skills of Martial Arts?

Each day in camp the kids will attend a Martial Arts class. Our program for children focuses on teaching discipline, self-confidence and respect.

Our training enhances physical agility, strength, endurance and flexibility in an environment where kids can have fun while learning.

Leadership skills are developed as the children learn how to lead others through exercises and eventually grow into teaching roles with more experience.

Students will learn confidence, self-discipline and control, as well as how to act and react to the world around them. Our students are treated with respect and are taught to return the same respect to all.

We believe in praise, encouragement and positive reinforcement.

We teach students the value of setting goals and working hard to meet them.

**After School Karate program
and Karate summer camp only
\$110 per week!**

Karate! Games! Field Trips! Nerf Gun Wars!

And MORE!