

MARTIAL ARTS SUMMER OFFERINGS

OPTIONS FOR AGES 3 & UP



Learn more or register at
hac.fit/martialarts-summer





SUMMER SWAT WEEK

Each one-week course combines martial arts training and unique teaching methods to achieve a high level of character development. Not only will children learn self-defense, they will deepen their self-esteem while cultivating a higher-regard and appreciation of others. Through this training, your child will not only strengthen their physical abilities as a martial artist, but also gain mental preparedness to set and achieve goals in and out of the studio.

This program is designed to enhance listening skills, motor coordination, and discipline, as well as increase confidence and leadership skills.

STUDENTS WILL

Learn the history of weapons

Receive bo staff, arnis, and nunchuk training

Explore traditional Martial Arts techniques and kata

Gain agility through circuit training

WHAT TO BRING

Martial Arts uniform and belt (if currently participating in Martial Arts)

Water bottle

Weapons (if already purchased)

Lunch (for 9 am-3 pm weeks only), drink, and a healthy snack



No before or aftercare provided. Pick up and drop off will take place in the Martial Arts studio.

2025 SWAT WEEKS

Open to members only

JUNE 23RD - 27TH | 9:00 am - 3:00 pm

*For Current Ninjas & Black Belt Club students only. • \$300**

JULY 7TH - 11TH | 9:00 am - 3:00 pm

*Ages 5+ • \$300**

JULY 21ST - 25TH | 9:00 am - 3:00 pm

*Ages 7+ • \$300**

AUGUST 4TH - 8TH | 9:00 am - Noon

*Ages 3+ • Bo Staff & Nunchucks weapons only • \$150**

**Includes a Martial Arts SWAT T-shirt the students tie dye and design themselves. Please include T-shirt size when registering.*



SUMMER PROGRAMMING

MAY 27 - AUGUST 20

No classes June 30th - July 4th

1 class/week – \$65/mo

2 classes/week – \$96/mo

*Summer
fee-based
classes
available to
current Martial
Arts students*

TIGERS PRIME

Tuesdays, 5:05 - 5:35 pm

Children aged 3-4 will explore the fundamentals of karate over our fun and paid summer program. Students will not only develop physical coordination but also build essential social skills while having a great time with their peers.

ELITE DRAGONS

Wednesdays, 4:30 - 5:15 pm

The Elite Dragons program is designed specifically for children 5 - 6. Students will develop greater motor skills including balance, coordination, physical fitness and self-defense. Weapons training will enhance hand-eye coordination and body awareness. Children will advance their skills as they progress through our belt system and develop focus, respect, courtesy, self-discipline, confidence, honesty, responsibility and humility.

NINJAS

Wednesdays, 5:15 - 6:15 pm

The Ninjas program is tailored for children ages 7 to 13, offering traditional Martial Arts training along with strong character development and modern teaching methods. Participants learn self-defense while building positive self-esteem and interpersonal skills. The program also includes essential weapons training, enhancing skills like distance, balance, reaction, focus, and endurance. Ninjas provide an individualized sport experience while fostering a sense of teamwork.

BLACK BELT CLUB

**Tuesdays, 5:35 - 6:35 pm
and Wednesdays 6:15 - 7:15 pm**

The HAC Martial Arts Black Belt Club is an optional program that your child can elect to join should he or she wish to progress all the way to their black belt. Children must have received a green belt or higher to join, and all participants are required to take at least two classes per week to help better prepare for their eventual Black Belt testing.



MARTIAL ARTS

DEMO TEAM PREP & TRYOUTS

Our demo team preparation and tryout week offers an ideal opportunity for martial arts students to refine their skills ahead of the school year.

AUGUST 4TH - 8TH

AVAILABLE TIMES

12:30PM - 3:00PM

PRICING

\$150

Available to current students only who are taking at least two classes a week and have at least a purple belt.





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