

Energy Martial Arts Academy

A Journey of Inner Power

Dear Academy Member and Family,

You have probably heard by now about our great After School Program. You have probably also seen the Energy Shuttle Vehicles all over your neighborhoods and schools. Even though it's our first year, with the constant feedback of all the parents, we have been able to continually improve and grow our program and we are proud to say that so far it's been a great success, in a great many ways.

Last time we shared with you the experiences of Mrs. Beckstead and Mr. Wilson and the positive impact the Energy Martial Arts Classes and Energy After School Program had for their children. In a positive, disciplined and fun environment, the children are continually striving to be the best they can be, working on essential life skills and developing leadership traits. Today we would like to share with you something about "The Great Room" and the testimonial of Mrs. Hoffe and what she thinks of the Academy and the After School Program.

The Energy After School Program takes place in "The Great Room". So why is The Great Room called so? Because great things happen in The Great Room! Each day as the Children arrive, we have a great routine we follow, where all good things lead to The Great Room. We stow our gear neatly in our personal cubby, followed by washing up. Off we go to The Great Room for some meditation and quiet decompression time. We have a healthy snack, followed by completing our homework. If it's our class time, some of us run to class, otherwise we pick the activity we would like to participate in. Respectful social interaction is a key component of a great environment. Always leading by example, our Instructors emphasize that constructive problem solving in a mutually respectful environment is the one and only method of interaction. Allowing all the children to make decisions, while explaining to them the positive and negative results that come with each, gives them insight required to make great choices and develop good habits. Showing someone the lines on the road is a great start, but allowing them the opportunity to understand why those lines are there creates a great life skill. This is just one of the great things that happens in The Great Room on a daily basis!

In our After School Program, we make sure that your child:

- Has a healthy snack & juice drink
- Decompression during some quiet time
- Completes their homework
- Training Martial Arts
- Receives positive affirmations for all things that lead to being the best that they can be
- Learns routines required in everyday life i.e., neatly stowing gear, folding their clothes, tying shoelaces, etc.
- Learns to deal with conflicts and adverse situations in a positive manner that allows for mutual growth and respect for all those involved
- Plays Games! Chess, chequers, architectural building blocks, strategy games, etc... No electronic video games are permitted.



September is fast approaching! If you have not already remitted your paperwork for the next school year, (it's not too late!). Some space on some bus routes still available.

NEW -- Already have a busing service that can drop your child at the Academy? Let us know, it reduces the monthly amount!

Thanks for all your support! Everyone at Energy has been working really hard to build and strengthen the ASP program, and we have received lots of great feedback, here is what Mrs. Hoffe had to say:

"Energy Martial Arts is a wonderful facility, part of our community and a large part of our children's self-worth. They have already done so much for so many, and now they have gone one step further in the right direction. They offer a safe, healthy and enjoyable after school program. From the moment our children are picked up from school and taken into the care of the Energy Martial Arts instructor, they feel safe. Our children are excited to find out what each afternoon will bring for them with activities as well as completing their martial arts class before we pick them up for the evening, making more time for family time. Our children look forward to and love going to Energy Martial Arts after school program, and we feel comfortable as parents that our children are being taken care."

Stephanie A. Hoffe

Now is your chance to allow your child to experience the difference Energy Martial Arts Academy and the After School Program can make for them.

Please contact either: Scarborough: 416-286-1600 or Pickering: 905-250-4444 or info@energymartialarts.com

Energy Martial Arts Academy
is the proud recipient of the
2015 & 2016
Top Choice Awards.

Voted top Martial Arts School
for
Durham & Scarborough East.

