

July 2019



Summer Camps

All our camps include martial arts training, indoor and outdoor games, at least two out-trips per week and much more!

Open to anyone between the ages of 6-12 years old

Week 1 – July 2 to 5: Saunders Country Critters; LaserQuest

Week 2 – July 8 to 12: Day at the Beach; Xtreme Trampoline

Week 3 – July 15 to 19: Mini-Golf; Mont Cascades

Week 4 – July 22 to 26:

Downtown Scavenger Hunt; Ziplining and Aerial Park

Week 5 – Aug 6 to 9: Museum Scavenger Hunt; Xtreme Trampoline

Week 6 – Aug 12 to 16: Bowling; Mont Cascades

Week 7 – Aug 19 to 23: Mini-Golf; Cosmic Adventures

Week 8 – Aug 26 to 30: Day at the Beach; Altitude Rock Gym

More info and registration at the front desk!!

Sun.

Mon.

Tues.

Wed.

Thurs.

Fri.

Sat.

Dates to Remember

Week 2

1
CLOSED

HAPPY CANADA DAY

2
CAMP BLACK BELT Begins!

3
Tournament Prep

4
JUNIOR BROWN BELT Grappling

5
FUN Friday

6
Tournament Prep

Jr. Belt Test

- July 27 @ 10:30 am

**Classes other than Boot Camp and Little Champions cancelled*

Adult Belt Test

- July 31 @ 6:00 pm

Adult Open Training

- Every Thurs. 8:30 – 9 pm

Jr. Open Training

- Every Fri. at 6:15 pm & Sat. at 9 am

**except on Belt test day*

Week 3

7
Tournament Prep

8
DAY CLASSES for kids

9
Tournament Prep

10
DAY CLASSES for kids

11
Tournament Prep

12
Bring a Friend to White Belt Class

Week 4

13
Tournament Prep

14
MASTERS Grappling

15
Tournament Prep

16
BBC Grappling

17
FUN Friday

18
Tournament Self-Defense Technique

Week 5

19
Teaching Course 6-9pm

20
ADULT Knife

21
BBC Sparring

22
Teaching Course 6-9pm

23
FUN Friday

24
Children's Belt Test
Little Champions Parents on the Mat

Week 1

25
BBC Nunchuks

26
BBC Grappling

27
Adult Belt Test

28
BBC Sparring

29
CLOSED

30
CLOSED

You Asked

Does the class schedule change for the summer?

The only change that we make for the summer is the addition of daytime classes for children in our Junior Achievers program and above (white to brown belt).

Day classes take place every Tuesday and Thursday at 10:30 am, beginning on Tuesday, July 9.

Self Defense Technique Tournament – July 20

We will be reviewing technique tournament rules in class in July. All students are encouraged to participate.

Classes will be cancelled on that day, but participation does count as a class towards their next promotion.

Join our Facebook Members Group - "Cooligan Martial Arts: Stittsville"

Did You Know?

Frequently requested documents such as Discipline Stripe forms and Change of Membership forms can be downloaded at www.cooliganmartialarts.com/cma/documents

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