



Youth Martial Arts Camp

July 10-12, 2024

9 - 10 a.m., ages 6 - 8

10 - 11 a.m., ages 9 - 11

11 a.m. - noon, ages 12 - 14

Percy Julian Middle School

416 S. Ridgeland Ave.

Every participant will receive a t-shirt, water bottle and drawstring sport bag.

Participants are required to wear athletic shoes that lace or fasten and cover the entire foot. No open toe shoes, sandals, flip flops, boots or slippers. Participants should wear loose fitting long pants.

The Summer Martial Arts Camp is for Oak Park children ages 6 to 14. The **free, three-day camp** will include activities such as learning about blocks, kicks, punches, falls and throws. The camp is also intended to help kids develop skills that focus on discipline, confidence, awareness, personal edification and self-defense, including forms of conflict resolution and other techniques including identifying danger.

Registration is required. Applications are available at www.oak-park.us/MAcamp. Space is limited. For more information, call 708.358.5630 or e-mail youth@oak-park.us.

