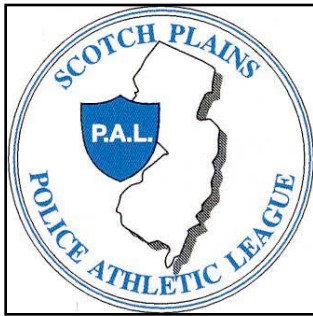


Summer Day Camp

1/2 Day Boot Camps

At Karate N Motion - 1006 So. Ave. Westfield N.J.



Scotch Plains / Fanwood PAL

New for this Summer the Scotch Plains Fanwood PAL has teamed up with Karate N Motion to offer our children some new and exciting summer boot camps.

Karate N Motion is a leader in skill building, strength and conditioning and promoting good health and well being in children and adults for over 12 years in our community. Karate N Motion has had summer camp programs in our local YMCA and Recreation Departments. If you are looking for something new, exciting, active and different for your child this summer, these boot camps are what you need. See www.karatenmotion.com for more info.

“Boot Camp Registration forms available at Scotch Plains Police HQ or visit spfpa.com”

Boot Camps - August

Indoor / Outdoor convenience - Athletic Conditioning & Sports

Aug 1-9 **Fall Sports Conditioning Boot Camp** – girls/boys grades 5-8 . Circuit training for fall sports.

Aug 15-19 **Wrestling - MMA matwork tips & tricks** – Grades entering 2nd to 6th
“Get Ready!!!”

Boot Camps July

July 11 - July 15th
Karate Boot Camp
Girls & Boys up to 6 Grade. Cool moves; fitness & agility, in the Karate N Motion style.

July 25- July 29th
All Girls Self Defense /Awareness Boot Camp - grades 5 – through entering 9th.
Situational scenarios
“*What to do When,*”
Excellent Common Sense Self Defense

All Camps At Karate N Motion

\$130.00/wk 8:30-12:00

Make checks payable to the Scotch Plains PAL

and register at

“Scotch Plains Police HQ 430 Park Ave. Scotch Plains or

Karate N Motion 1006 South Ave. Westfield”