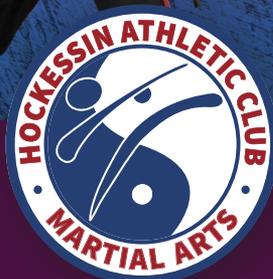


# MARTIAL ARTS SUMMER OFFERINGS

OPTIONS FOR AGES 3 & UP



Registration Opens March 1<sup>st</sup>  
Learn more or register at  
[hac.fit/martialarts-summer](http://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.*

## 2026 SWAT WEEKS

*Open to members only*

**AGES 3+** June 22<sup>nd</sup> - 26<sup>th</sup> 9:00 AM - NOON

**AGES 5+** July 13<sup>th</sup> - 17<sup>th</sup> 9:00 AM - 3:00 PM

**AGES 7+** July 27<sup>th</sup> - 31<sup>st</sup> 9:00 AM - 3:00 PM

## NINJA/BLACK BELT CLUB

August 10<sup>th</sup> - 14<sup>th</sup> 9:00 AM - 3:00 PM



# SUMMER PROGRAMMING

## **TIGERS PRIME**

**Tuesdays, 5:05 - 5:35 pm**

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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**

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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.



*Summer  
fee-based  
classes  
available to  
current HAC  
members*

**MAY 26 - AUGUST 19**

*No classes June 29<sup>th</sup> - July 3<sup>d</sup>*

## **NINJAS**

**Wednesdays, 5:15 - 6:15 pm**

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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**

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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 WEEK

Demo Team Prep Week gives our team dedicated time to sharpen their techniques, improve timing and teamwork and build their confidence as well as prepare and polish their performances needed to represent HAC Martial Arts at the belt ceremonies.

JUNE 22<sup>ND</sup> - 26<sup>TH</sup>

12:30PM - 3:00PM

*For current students only*



# PARENTS AND PANTHERS

FOR AGES 18-36 MONTHS

JUNE 8<sup>TH</sup> - JULY 19<sup>TH</sup>

*No classes 6/29 - 7/5*

Registration opens May 18<sup>th</sup>

# SUMMER OFFERINGS

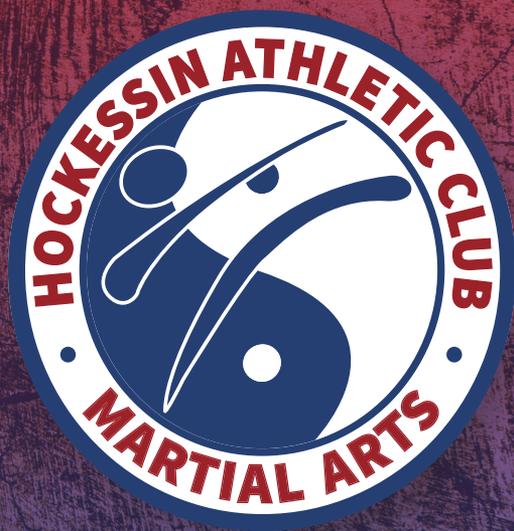
# PRICING

MARTIAL ARTS SUMMER SWAT WEEK		
	Early Registration <i>Opens March 1<sup>st</sup></i>	May Registration <i>Opens May 1<sup>st</sup></i>
<b>Ages 3+</b> <i>June 22<sup>nd</sup> - 26<sup>th</sup></i>	\$300*	\$315*
<b>Demo Prep Week</b> <i>June 22<sup>nd</sup> - 26<sup>th</sup></i>	\$200	
<b>Ages 5+</b> <i>July 13<sup>th</sup> - 17<sup>th</sup></i>	\$340*	\$355*
<b>Ages 7+</b> <i>July 27<sup>th</sup> - 31<sup>st</sup></i>	\$340*	\$355*
<b>Ninja/Black Belt Club</b> <i>Aug. 10<sup>th</sup> - 14<sup>th</sup></i>	\$340*	\$355*

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

MARTIAL ARTS SUMMER PROGRAMMING	
	Registration Opens March 1 <sup>st</sup>
<b>1 Class Per Week</b>	\$67/month
<b>2 Classes Per Week</b>	\$98/month

PARENTS & PANTHERS
No Cost; included in family memberships



Learn more or register at  
[hac.fit/martialarts-summer](https://www.hac.fit/martialarts-summer)