



Welcome to our 2020 Summer Camp!!

Welcome to the 2020 edition of Power5Camp! The camp is offered by all OAMA locations, but held at our Kanata, Rockland and Carling academies. 2019 is our 15th year of offering educational, action packed weeks of summer fun!

Our summer camps are known for our high energy daily Martial Arts lessons and the sharing of valuable life lessons. We believe there is more to Martial Arts than just punches and kicks, which is why our summer camp instills leadership skills and develops character through face-to-face interaction.

Our goal is to encourage your child to have a strong moral compass while immersed in our socially positive environment.

Each week we have special events, fun filled field trips, water park fun and/or special guests.

What will my child learn?

We believe that camp is fun, balanced with learning. Our Power5Camp is designed to develop children into future leaders of the community and prepare them for the challenges that lay ahead. The campers will be challenged in ways that will teach them to hold themselves to a high standard. Our campers are taught the tools to make friends, socially succeed, and live healthy balanced lives to enable them to become role models through leading by example. All children learn anti-bullying strategies daily and become empowered to stand up for themselves.

Through physically engaging activities, our campers will develop enhanced athletic abilities and stamina. Best of all, all that excess summer energy is captured and directed into a positive outlet.

Power 5 Camp Highlights

- Minimum two 45 minute Martial Arts lessons a day
- Daily Character Development Lesson
- Weekly Field Trips or Special Events
- Pre camp and Post camp care– INCLUDED!
- Professional Martial Arts instruction
- Exceptional support staff comprised of Teachers and Camp Counsellors
- Daily Activities, Crafts and Games based on each week's Theme
- Martial Arts Grading every Friday

2019 SUMMER CAMP Weekly Rates:

Kanata location:

\$229* early bird registration before February 1st

\$249* before May 1st

\$289* per week after May 1st

\$80* Daily Rate

\$50* non-refundable deposit is required at time of registration.

*Tax Free due to CRA Ruling

Family Discounts available:

2nd child will receive a 10% off regular price

3rd child will receive a 15% off regular price

*any additional child will receive 20% off the regular price

After School Program Loyalty Rates:

\$199 per week, each child

Referral Program

Make our referral program work for you! For every outside camper you refer and signs up for one full week of summer camp at any of our locations and you will receive a \$25 discount off your summer camp tuition.

2020 Power5Camp Schedule For the Kanata Location

*Included free with each child's registration: Belt and T-shirt**

Week 1: June 22nd-26th

Theme: Warriors of the World

We will be going into history to learn about real Warriors and the skills they developed. The kids will create Warrior tribes and will compete in challenges testing their new skills at the end of the week.

Special Event/Field Trip: War Museum

Highlights: Sword designing, nunchuck training, real warrior training

****Funday Friday**** Sumo Wrestling Battle Royale

Week 2: June 29th-July 3rd (Closed Canada Day)

Theme: Wild Water Week

We'll beat the heat by immersing ourselves in the world of water. With games, activities, sports and experiments focussed on cool and refreshing H2O, kids will feel energized and eager for more.

Special Event/Field Trip: Water Park

Highlights: Sponge soaker battles, splash pads, bubble blasting

****Funday Friday**** Water Gun Fight

Week 3: July 6th-10th

Theme: Kanata Ninja Warrior

Kids will challenge themselves with new and unique obstacle courses all throughout the week, both indoors and out. Finding confidence in their accomplishments, kids will participate in races, as well as team building of their favourite course obstacles.

Special Event/Field Trip: OCR

Highlights: Ziplines, monkey bars, rope swings, peg board

****Funday Friday**** Beat the Buzzer!

Week 4: July 13th-17th

Theme: Real Life Gamers

You don't have to sit in front of a computer to enjoy the world of gaming. We will get the kids out of their seats & into our 3D world of popular online, video, and board games. Kids will also get to use their imagination by creating their own games.

Special Event/Field Trip: Bubble Poke Battle

Highlights: Pokemon challenges, Fortnite battles, life size board games

****Funday Friday**** Battle for the Trophies!

Week 5: July 20th-24th

Theme: Heroes & Villians

Are you for Marvel or DC? An Epic battle is about to begin at OAMA this camp week!

Be a part of a super team this week with superhero training, villian training, and learning about real life heroes.

Special Event/Field Trip: Laser Tag

Highlights: Visit from a real life hero, cape creation, battle skills

****Funday Friday**** Movie Making

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Week 6: July 27th-31st

Theme: World of Wizardry

Hogwarts Academy has come to OAMA! Board the Hogwart Express. Kids will explore our Wizardry School, and the fun & mysteries of the dojo. Don't forget to wear your house colours. Do you have the wit and bravery to defeat Voldemort?

Special Event/Field Trip: Harry Potter Magician

Highlights: Magic & potions, wand making, spell casting, quidditch match

****Funday Friday** Chocolate frogs & Butter Beer**

Week 7: August 3rd-September 7th

Theme: Zombies

This week is a combination of Zombie education and special training with our Nerf Weapons on how to destroy the Zombie Nation. Kids will enjoy Nerf weapons training & zombie nation mission objectives

Special Event/Field Trip: Apocalypse Nerf Battle

Highlights: Zombie races, brain eating, scavenger hunt

****Funday Friday** Zombie Transformation**

Week 8: August 10th-14th

Theme: Nerf Wars

Do you think you have what it takes to win the biggest NERF Battle of the summer?

This week we'll be working on lots of skills: strategizing, battle plans, obstacle courses and most importantly TEAM WORK!

Special Event/Field Trip: Glow in the Dark Battlefield

Highlights: Obstacle course, balloon drop and pop, battle ready boot camp,

****Funday Friday** Target Competition**

Week 9: August 17th-21st

Theme: Mega Builders

Open Up Your Mind - Create & Build. We'll be creating, building and pushing our limits with fun and exciting challenges!

Special Event/Field Trip: Museum of Science and Tech

Highlights: Epic fort builds, lego catapults, domino demolition, marble runs

****Funday Friday** Last Fort Standing**

Week 10: August 24th-28th

Theme: Shipwrecked: Mermaids & Pirates

A stormy sea has destroyed your ship! Oh no, you're stranded on a mysterious island - will you be able to signal a passing ship? Will the rescuers be friend or foe?

Our week will be filled with battles, costume contests, and adventures.

Special Event/Field Trip: Andrew Hayden Park

Highlights: Boat building, wands & swords, mermaid tails & pirate hats, scavenger hunt

****Funday Friday** Sink or Float your Boat**

The Fine Print:

- An attendance agreement is required. Payment must be made whether a student attends camp or not.
- All programs are age appropriate, if an activity is deemed too challenging for a younger child by the Camp Counselor they will be teamed up with an older buddy to ensure they enjoy all the activities.
- A non-refundable deposit is made upon registration the remaining amount is due on the Monday before the week of camp begins.
- We do NOT offer REFUNDS. However if 3 or more days of a week go unused we will credit those days toward another week.
- Field Trips schedule is subject to change based on weather, transportation and field trip availability – field Trips or special events will be included but may need to be moved within the week accordingly
- Children are given one t-shirt, belt per child/summer.