



Youth Martial Arts Day Camp

July 12, 2023

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.

The Summer Martial Arts Day Camp is for Oak Park children ages 6 to 14. The **free, one-hour 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.

Every participant will receive a t-shirt.

Participants are required to wear athletic shoes that lace or fasten and cover the entire foot. No open toe shoes, sandals, flops, boots or slippers. Participants should wear loose fitting long pants. Shorts are not allowed.

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.

Applications will be accepted starting May 25. Bring completed applications to the Village of Oak Park Adjudication Office, 123 Madison St. or email to youth@oak-park.us.

