



# Learn to be a Ninja...

...For just \$10 extra bucks a week!

When you sign up for summer camp at CMC.

Here's what you'll get:

**2 Ninja classes** (45 Minutes each) **at the Children's Movement Center every week you participate in summer camp!**

- Punching • Kicking • Climbing • Balancing
- Jumping • Spinning techniques • Running
- Self defense, and much more!

**Classes for Children:**

Tuesday (1) class: 5:00 - 5:45

Thursday (2) classes:

5:00-5:45 / 6:30-7:15 pm

**Adult (Non-Ninja) Classes:**

Tuesday 7:30 - 9:00

Thursday 7:30 - 9:00



[WWW.DMAC.US](http://WWW.DMAC.US)



For more information call: 203-246-0480