

Information for Parents

Drop off is at 9:00 am at
Craig Memorial Equestrian Center
located: 470 Long Plain Rd. (Route 63)
in Leverett.
Phone: 413-336-1081 or 549-1213

Pick up is at 3:00 pm at
Mill River Recreation Area
95 Montague Rd. (Route 63)
in North Amherst.
Phone: 549-6875

Extended day available

Pick up at 4:00 pm

In case of heavy rain or thunderstorms
pick up will be at
Amherst Martial Arts
48 N. Pleasant St. Amherst
Phone: 256-0300 cell: 413-512-1370

Meals: Campers must bring their own
lunches, snacks and water bottles.

Attire: Campers should bring either their
Dobuk (uniform) pants and belt, or any
loose fitting pants or shorts for Tae Kwon
Do, a bathing suit, towel, and sunscreen
for swimming, and long pants (Dobuk
pants are fine) and good shoes and socks
(sneakers are ok, no sandals) for
horseback riding.



*Just wanted to tell you how much Nick
enjoyed the camp. For him, it has been
such a positive experience! I can tell you
what a joy it is that this child is so
proud of himself - and so are we.
You have done good things!
Vivian Sarna*

*THANKS to the staff at Kicks and
Corrals camp. My daughter had a great
time, as did her best friend. Staff of
both programs are great. Lessons were
made relevant for kids, and teachers
balanced clear teaching methods with a
sense of humor. I recommend it. We'll
be back! Christine Wu*

*Thank you for this wonderful camp!
Love, Michael*

KICKS & CORRALS

Summer Camp



Weekly
July 2nd – 27th

Contact: Amherst Martial Arts
48 N. Pleasant St.
Amherst, MA 01002
(413) 256-0300

www.amherstmartialarts.com

Kicks and Corrals is a small camp with a unique combination of activities, which includes **Martial Arts instruction, Horseback Riding, and Swimming.** Participants will be grouped by age, with no more than eight participants for each instructor.

Horseback riding and Martial Arts instruction takes place at Craig Memorial Equestrian Center, located at the foot of Oxhill and Rory Mountains in Mt. Toby Forest. Swimming is at the Mill River Recreation Area in North Amherst.

Your child will enjoy:

- **Individualized attention that only a small camp atmosphere can provide**
- **Lots of fun, action and laughter**
- **A beautiful natural environment**
- **Increased confidence, strength and focus**



Martial Arts

Campers will practice traditional Tae Kwon Do, a Korean Martial Art that has its roots in antiquity.

Martial Arts training increases confidence, strength, and focus.

Campers will get to break a board, win a medal, use a bo staff, and practice the awesome kicks of Tae Kwon Do.

We also teach children how to deal with bullies and be safe around strangers.

Tae Kwon Do is taught by Master Annie Schwarz, 4th Degree Black Belt, owner and head instructor at Amherst Martial Arts.

Horseback Riding

Each child will have his or her own horse for the week. Campers have an opportunity to create a partnership with their horse and learn responsibility for a living creature. Campers learn care of the horse including leading safely, grooming and feeding.

All riding lessons are taught by licensed instructors. Campers will learn proper riding technique, enjoy games on horseback, and trail riding in beautiful Mt. Toby Forest. More advanced riders will also get an opportunity to practice jumping.

We cool off at the end of each day with **swimming** at Mill river recreation area.

