

## 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 2<sup>nd</sup> – 27<sup>th</sup>**

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

**[www.amherstmartialarts.com](http://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, 4<sup>th</sup> 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.

