

Other Programs we offer

Be sure to inquire about the many Martial Arts Programs available, we have something for everyone!

Children's Program



At school age we will begin to promote character development through the use of Martial Arts. Students will learn self-esteem, self-discipline and techniques on how to defeat a bully in a non-violent way.

Adult Program



We offer an in-depth mind, body and spirit curriculum using a format called Lessons in Mindfulness. Life challenges us in so many ways, we will teach you to cope, conquer and exude a positive attitude.

Introductory Quickstart Program

8 Lessons plus uniform
ONLY \$149.00 + Tax

Over \$200 Value Call Today to Book!

Collingwood Martial Arts Centre

9495 Highway #26 East of Collingwood (Just past Poplar Side Rd)
Collingwood, ON L9Y 3Z1

Phone: 705-444-0240

Fax: 705-444-2843

E-mail: info@collingwoodmartialarts.com

Collingwood Martial Arts Centre



PROGRAM

**WHERE
LEARNING
IS FUN!**

www.collingwoodmartialarts.com

Building Strong Minds and Bodies

Our Little Dragons is an excellent developmental program where children learn the skills they will need as they mature. We understand that younger students in this age bracket have a shorter attention span, and therefore we have specifically structured our classes to be fun, and fast moving. The curriculum in this program will help to build a child's self-esteem and self-confidence and will provide children the basics to deal with anger management, dealing with bullies or other confrontations, and learning respect for teachers, parents, and family. Remember that children learn most of their habits before the age of 6, so this class is a must for all young children! Our program will improve the following areas: attention span, listening skills, motor skills, balance, flexibility, respect, comprehension, and coordination. Children in this age group live very much in the present. Through our character development program and your support we can motivate them to learn basic life skills early on that will indeed benefit them as they mature.

Personal Development Skills

Skill #1: FOCUS - This skill will help your child's aim, listening skills and reaction skills. They will excel faster in any physical activities. Your child will also become a better listener and a more focused student in school.

Skill #2: TEAMWORK - Teamwork is necessary for any young child to develop. By working with others your child will build more confidence thereby accomplishing more. Your child will develop character, which will help him or her make new friends and become a better leader in life.

Skill #3: CONTROL - Having control means making good decisions. Whether your child is handling a pet or handling a problem, he or she will learn to make the right decisions.

Control builds confidence.

Skill #4: BALANCE - This skill is crucial to develop at an early age. Your child is beginning to participate in many physical activities that are challenging, like riding a two-wheel bicycle. Your child will develop good balance and a better posture.

Skill #5: MEMORY - Developing a good memory is exercise for your child's brain. The sooner your child exercises, the smarter he or she will become. Our drills are constantly helping your child think and make smart decisions.

Skill #6: DISCIPLINE - Our instructors use the Little Dragons drills to help create the vision that discipline is fun and rewarding. Your child will take pride in doing the right thing. Your child will also follow directions better.

Skill #7: FITNESS - It is important for children to understand the importance of being healthy and physically fit. If your child does not burn off excess energy exercising, how will he or she burn off all that energy?

Skill #8: COORDINATION - Your child will learn left from right. They will become better physical participants in sports and activities. The better coordination your child has, the fewer injuries your child will sustain.

Visit our website at

www.collingwoodmartialarts.com

to view our school and TEAM.

You can also watch a live class, just click on the moving camera.

Ask about our awesome Birthday Bashes!

Call Today 444-0240