

# Camp Courage 2020

## MARTIAL ARTS OVERNIGHT & DAY CAMP AT TILDEN PARK!

### CAMP COURAGE AT TILDEN PARK:

Monday, June 22th at 2pm through Friday, June 26th, at 2 pm. For all levels, kids through young adults. *Out of towners and beginners welcome!*

### OVERNIGHT OPTION:

Three nights camping in tents at Tilden's Gillespie group campsite and one overnight at Studio Naga. All meals provided. Early reg. by April 1st, \$495 / after \$550.

### DAY CAMP OPTION:

Monday 2PM-6pm, Tuesday-Thursday 9-6PM and Friday, 9-2PM. Early reg. \$425 / after \$450.



WEEKEND EMPOWERMENT CAMP MAY 16-17TH!

# GRLQUAKE: Shake it Up!

**SELF-DEFENSE, CONFIDENCE & LEADERSHIP!**

**FOR GIRLS 8 TO YOUNG WOMEN**

Age-appropriate self-defense skills will be taught along with art projects, journaling and peer group discussions. The second day features a group-made dinner and a 'night hike' toward building confidence.

Friday 6:30-9 PM, Saturday 10am-9pm:  
Saturday Lunch and Dinner Provided.

**SUGGESTED TUITION:** \$150-200 sliding scale and some scholarships available.



**Studio Naga**

Indonesian-American Martial Arts