

Energy Martial Arts Academy

A Journey of Inner Power

Dear Academy Members and Families,

You have probably heard about our great After School Program, and seen the Energy Shuttle Vehicles in your neighbourhood and at your schools. But what sets our program apart?

What we offer:

- Our great environment
- Martial Arts training, of course!
- Quiet Time, during which our leaders help your child to decompress
- Healthy Snack time to fuel learning, play, and of course, Martial Arts
- Help to complete homework
- A positive environment where we see the best in each child and lead them to expect the best from themselves
- Routines to help in every day life: Stowing gear, folding clothes, tying shoelaces, etc.
- Guidance to deal with conflicts and any bumps in the day in a positive manner, with an emphasis on growth and mutual respect
- Lots of games and activities for fun and to grow their minds and coordination: Chess, checkers, Lego, architectural building blocks, strategy games, and arts and crafts, to name a few
- Safe and friendly transportation from school to our Academies



How it works

Each day as the children arrive, we have a great routine. We stow gear in our cubbies, followed by washing up. Then it's time for quiet decompression time. There's help to complete our homework, and a healthy snack. If it's our Martial Arts class time, some of us head into class. Otherwise we participate in the activities we enjoy, which nurture growth for our minds, creativity, and eye-hand coordination. Respectful social interaction is a key part of our environment. Our Instructors lead by example, as well as explicitly help students interact with others and work through any issues that come up that day. We allow all the students to make decisions, and along with our reflections and explanations, they gain the insight they need to make great choices and develop great habits.

September is fast approaching! Sign up now, and don't miss the chance to allow your child to experience the difference Energy Martial Arts Academy and the After School Program can make for them.

To take advantage of this great program, please contact us at:

Scarborough: 416-286-1600 | Pickering 905-250-4444 | info@energymartialarts.com

Energy Martial Arts Academy is the proud multi-year recipient of the **Top Choice Awards**, 2015-2018.



Voted **Top Martial Arts School** for **Durham & Scarborough East**



Member in **Good Standing** Better Business Bureau