



POWERHOUSE

MARTIAL ARTS + FITNESS

2026 SUMMER CAMP

REGISTRATION NOW OPEN!

May 26—August 14, 2026

Powerhouse Martial Arts & Fitness of Portland is taking registrations for the 2026 TaeKwonDo Summer Camps for children ages 5 – 12. In addition to learning TaeKwonDo and Martial Weapons each child will be taught valuable life skills, how to avoid dangerous situations and what to do if approached by a stranger.

2026 PROGRAM DIRECTORS

Ms. Brittany Martinez

4th Degree Master Black Belt
Certified Martial Arts Instructor &
Success Coach

PROGRAM DETAILS

Taekwondo Lessons Powerhouse TaeKwonDo blends the ancient art of TaeKwonDo with modern approaches to teaching and sport science to make our style available to everyone. Cultivate both inner and outer strength in a safe, comfortable environment.

X-Pro & Weapons Today it is practiced as a Martial Art that improves concentration, develops strength, coordination, self-discipline and cultivates awareness of an ancient culture and its traditions. Martial Arts weapons are from an ancient era in human history but are still relevant in today's world. Learning how to use a weapon is the best way to learn how to defend against it. The student will learn how to control the weapon and its strengths and weaknesses.

Life Skills Lessons Students will learn important life-skills lessons such as:

- Responsibility/Courage
- Physical Fitness
- Concentration/Focused Listening
- Patience/Perseverance
- Community
- Honor/Respect
- Friendship/Confidence
- Manners/Social Skills
- Honesty/Integrity
- Positive Attitude/Health



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2026 SUMMER CAMP

- Deposit: \$25 per person/per week
- Late Registration: \$25 per person/per week
- All camps will wrap up by 5:30pm.

FULL DAY CAMP:

Taekwondo + Weapons Class plus field trips, arts & crafts, fun games, and more.

- Full Day Camp (7:30am - 4:00pm)
\$219/weekly for 1st child
\$189/week for each additional family member
- Extended Full Day Camp (7:30am - 5:30pm)
\$269/weekly for 1st child
\$239/week for each additional family member
- Field trips included (subject to change/availability); Lunch not included. All students staying for evening classes (after 4:00pm) are required to have a Regular or Summer Membership.

DAILY CAMP RATES:

Taekwondo + Weapons Class plus field trips, arts & crafts, fun games, and more.

- \$79 per day
- Includes Field Trips (subject to change)
- Lunch not included

* Late Pickup fee: \$1/min for first 30 min, \$5/min after first 30 min
* Shirts and Uniforms are available for purchase

SAMPLE DAILY SCHEDULE

7:30am-9am:	Drop off
9am-12 Noon:	Daily Field Trips
12-1pm:	Lunch
1-2pm:	Taekwondo class
2-3pm:	Martial Arts Class (X-Pro, Martial Arts Weapons training, Jiu-jitsu)
3-5:30pm:	Scheduled Activities/Pick up
4-6:00pm:	Evening Classes (summer membership required)

Evening classes are available: must register for the regular program. Uniforms must be worn.

FIELD TRIPS

Summer Campers will enjoy Daily Field Trips to:

- Local parks and recreation areas
- Local museums
- Local fire stations

Field trips subject to change & availability.

I would like to register my child for the 2025 Summer Camp Program. Please note that registration is not guaranteed once this form is filled out. Registration is complete when all required paperwork is on file at the academy and the tuition is paid. If you have been placed on a waiting list, we will notify you when space becomes available.

PLEASE SELECT DATE(S):

- | | |
|---|---|
| <input type="checkbox"/> May 26th-29th | <input type="checkbox"/> July 6th-10th |
| <input type="checkbox"/> June 1st-5th | <input type="checkbox"/> July 13th-17th |
| <input type="checkbox"/> June 8th-12th | <input type="checkbox"/> July 20th-24th |
| <input type="checkbox"/> June 15th-19th | <input type="checkbox"/> July 27th-31st |
| <input type="checkbox"/> June 22nd-28th | <input type="checkbox"/> August 3rd-7th |
| <input type="checkbox"/> June 29th-July 2nd | <input type="checkbox"/> August 10th-14th |

Daily: Select Day(s) M T W TH F
Circle: Current Student or New Student

Student's Name _____

Parent's Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____

Work/Cell Phone _____

Email _____