

MARTIAL ARTS CLINICS

AGES 3-10 YEARS OLD

Has your little one shown an interest in martial arts but not sure if it is for them? If so, our FREE, clinics are for you! In conjunction with Integrity Martial Arts of Enfield, participants will explore the world of martial arts in these clinics designed for their specific age groups. Participants will be introduced to and taught the basics of martial arts and character development topics. Integrity Martial Arts will be offering 3 additional sessions free at their studio for those who attend one of the clinics. Face masks are required by participants and parents/guardians at all times during the program. Participants should wear comfortable clothing and bring a water bottle. One parent/guardian is REQUIRED to attend the program with each participant. Open to Enfield residents only. **Please note that in addition to registering, you must complete the Integrity Martial Arts waiver at www.playatima.com.** Due to COVID-19, several new policies are required of all participants and their families. Please see page 2 for details. **Limit: 6 each session.**

Date: December 12, 2020 **Fee:** FREE! **Location:** Integrity Martial Arts Studio, 585 Hazard Ave.

Ages 3-5 years old

Time: 9:00 – 9:30 AM

Activity Number: 3602.0222.201

Ages 6-10 years old

Time: 9:30 – 10:00 AM

Activity Number: 3603.0222.201

- Online Registration Begins -

Residents: Tuesday, December 1 at 8:00 AM

If you wish to register in person, please call the office at 860.253.6420 to set up an appointment, M-F, 8AM - 4PM.



Enfield Recreation | 19 North Main Street
860.253.6420 | www.enfield-ct.gov/recreation



PROGRAM POLICIES RELATED TO COVID-19

- **If the participant or anyone in their household does not feel well for ANY REASON, please do not attend the program.**
- Please notify us if the participant or anyone in their household tests positive for COVID-19 on the day of the program or in the 14 days immediately following the program.
- Please do not arrive more than 10 minutes before to the start of your registered session.
- Masks **MUST** be worn by participants and parents **AT ALL TIMES** during the program.
- Sign in and out will be contactless and conducted verbally. When signing in and out, please maintain a social distance of at least 6 feet between yourself and others.
- Each participant **MUST** be accompanied by one parent/guardian during the program. Due to capacity limits, only one parent/guardian will be allowed to attend the program with each participant. No additional adults or children will be allowed in the building.
- Upon arrival, a visual and verbal health screening will be conducted by program staff.
- Hand sanitizer and restrooms will be available for participants and parents/guardians to use during the program. Hands must be sanitized/washed after signing in, after using the restroom and as needed during the program.
- Peer-to-peer and instructor-to-peer contact will not be allowed at any time during the program. Participants will be socially distanced for the duration of the program.
- Equipment will not be shared during each session. Used equipment will be sanitized before and after each session and during the program as needed.
- Personal items will not be shared during the program.
- Participants must follow the instructor's directions to keep socially distanced throughout the program.
- Participants should bring all of their belongings with them when they leave - any items left behind will be discarded.
- **Policies are subject to change based on new local, state or federal regulations. We will communicate any changes via email.**