



BMAI Kids' Sleepover

Feb 7 - 8



Drop-off - Friday Evening at 6:00
Pick-up - Sat. Morning at 11:00

BMAI is excited to announce our annual martial arts sleepover for children ages 5 - 12.
Specifics regarding this event are:

- ❖ The event will include exciting martial arts classes, a movie, and our legendary obstacle course. We will supply a pizza dinner, snacks, drinks, and breakfast Saturday morning.
- ❖ Cost - \$40. Friday only - \$25. There is a meal fee of \$10 for chaperones. (Helpers are free)
- ❖ This is not a "Buddy" event. The sleepover is for active Karate and Judo students of BMAI.
- ❖ Children 5 & 6 years old need a parent or designated adult to spend the night with them.
- ❖ Teen and adult volunteers are needed to ensure the kids stay safe and have LOTS of fun. Sign up on the bulletin board to volunteer to be "Security" for the event (and get free pizza).
- ❖ Students should arrive in their gi to begin training at 6:00.
- ❖ Students not attending the sleepover may attend the 10:15 - 11:00 Saturday class as usual.
- ❖ Although the children would probably prefer to train all night, we think it is best you send a sleeping bag and pillow with them.
- ❖ Please let us know if your child has any special dietary restrictions.
- ❖ Please leave all electronic devices, games, etc. at home.
- ❖ The students need to bring their gi, some comfortable clothes to exercise in, and sleepwear.
- ❖ Of course, a toothbrush and toothpaste is a must. Also any other personal hygiene supplies they might need (hairbrush, towel, etc.)
- ❖ If your child is taking any medication (especially if it must be taken during this event), please make note of it on the attached form; and let us know everything we need to know in this regard!
- ❖ Be ready to pick up your very happy (and exhausted) child Saturday morning at 11:00 sharp!