



613-446-3322

www.oama.ca



Upper Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Kid's Comp Team 9:30am - 10:15am
					Samurai Kids 10:15am - 11:00am
					BJJ Blue 11:00am - 11:45am
					Thai Conditioning 11:45am - 12:45pm
After School Program 2:45pm - 5:00pm	After School Program 2:45pm - 5:00pm	After School Program 2:45pm - 5:00pm	After School Program 2:45pm - 5:00pm	After School Program 2:45pm - 5:00pm	Birthday Parties 1:00pm-3:00pm
Samurai Kids 5:30pm - 6:15pm	Samurai Kids 5:30pm - 6:15pm	Samurai Kids 5:30pm - 6:15pm	Black Belt Club 5:30pm - 6:15pm	Samurai Kids 5:30pm - 6:15pm	
Thai Conditioning 6:15pm - 7:00pm	Thai Conditioning 6:15pm - 7:00pm	Thai Conditioning 6:15pm - 7:00pm	Thai Conditioning 6:15pm - 7:00pm	Thai Conditioning 6:15pm - 7:00pm	
Thai Technique 7:00pm - 7:45pm	Thai Technique 7:00pm - 7:45pm	Boxing 7:00pm - 7:45pm	Thai Technique 7:00pm - 7:45pm	Muay Thai Advanced 7:00pm - 7:45pm	
Thai Sparring 7:45pm - 8:30pm	BJJ Blue 7:45pm - 8:30pm	Muay Thai Advanced 7:45pm - 8:30pm	BJJ Blue 7:45pm - 8:30pm		
		Thai Sparring 8:30pm - 9:15pm			

Lower Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Tiny Tigers 10:15am - 11:00am
					Black Belt Club 11:00am - 11:45am
Tiny Tigers 5:30pm - 6:15pm		Tiny Tigers 5:30pm - 6:15pm		Tiny Tigers 5:30pm - 6:15pm	Randori 11:45am-12:30pm
BJJ Blue 6:15pm-7:00pm	Kids Comp Team 6:15pm-7:00pm	BJJ Blue 6:15pm-7:00pm		Kids Comp Team 6:15pm-7:00pm	
Randori 7:00pm - 7:45pm	Randori 7:00pm - 7:45pm	Randori 7:00pm - 7:45pm	Randori 7:00pm - 7:45pm		



ROCKLAND ACADEMY OF MARTIAL ARTS

613-446-3322 - rockland@oama.ca

2374 Laurier Street, Rockland

Did you know we also offer:



Camp Highlights

- Minimum two 45 minute Martial Arts lessons a day
- Daily Character Development Lesson
- Field trips every week
- Educational guest speakers
- Pre camp and Post camp – INCLUDED!
- Professional Martial Arts instruction
- Exceptional support staff comprised of Teachers and Camp Counsellors
- Daily Activities, Crafts and Games based on each week's Theme
- PJ Day with complimentary Tea or Hot Chocolate every Monday morning
- Martial Arts Grading every Friday

BIRTHDAY PARTIES!

Have your birthday at the dojo!

- Up to 20 children, (additional children increases price)
- 2 hour party at the dojo
- Staffing for the party
- Free week passes for each child
- Cut the cake with a real Samurai Sword!
- Get this party for FREE if 5 people enroll the day of the party!!!



After School Program

Free Transportation from school to the academy

Children are invited to spend all day at the academy on PA days at no extra charge

Confidence-building and character development martial arts lessons every day

Professional instruction from full-time martial arts instructors