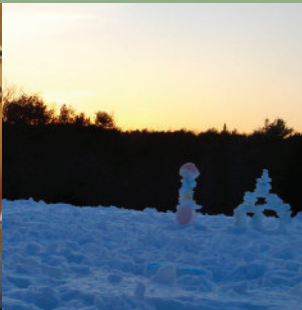




Universal Movement Youth Program

Route 201, Topsham 729-7399 | 146 Ocean St., South Portland 799-1814
www.RiverviewFoundation.org





“I like martial arts because it teaches me self-control, discipline and it’s fun!”

Chris, 10 year old junior brown sash

The Riverview Foundation history

Riverview began in 1989 along the Topsham banks of the Androscoggin River as a small school that offered a unique path towards a peaceful, healthy life. Riverview was the realization of the founder’s life-long dream: to provide a non-competitive martial arts training experience in an outdoor setting that would improve the quality of life for others through an ancient, holistic tradition.

Our mission

The mission of Riverview’s Youth Program is to improve the quality of life for children and teens by providing them with effective and applicable skills that can extend into their homes, schools and their future. Through an innovative approach to learning that stimulates physical and mental focus, Riverview’s program promotes healthy and responsible character development.

Areas of emphasis, through a prevention-based method, include:

- » Promoting physical and mental health
- » Improving academic performance and respectful conduct
- » Developing character and life-skills
- » Preventing injury and violence

A peaceful martial art

Riverview's curriculum blends physical training in core components of peaceful martial art discipline with purposeful experiences outdoors and in the community.

In conjunction with lectures and discussions that directly link lessons learned in their training with management of personal challenges and fears, participants are encouraged and guided to reach their goals and develop a healthy lifestyle. Riverview's programs provide experiential, hands-on learning opportunities with both peers and adults in a non-competitive and supportive environment, valuable life skills for injury prevention, self-confidence, physical health and fitness, emotional control, and the development of a strong, positive character.



Class activities include:

- » Peaceful, non-competitive martial arts curriculum
- » Comprehensive physical fitness
- » Stress reduction and meditation
- » Outdoor wilderness education

“After class,
I feel peaceful
& happy!”

Reily, 8 year old junior purple sash

Nature as the teacher

Riverview students have an extraordinary martial arts training opportunity—provided by nature—in Topsham at our 162 acre training grounds.

During each summer Riverview takes advantage of the warmer weather to re-structure its class schedules, making time for both extended classes and a completely separate summer class curriculum. This special summer training is focused on taking both awe and inspiration from nature as a guide to help students understand their connection to the ancient martial arts and the natural world in which they live, play and work.

Come see for yourself!

The Universal Movement classes are open for enrollment throughout the school year and we always welcome new students.

Schedule & Location

There are two different seasons of training for Universal Movement students. During the summer season the schedule changes to offer longer classes permitting extensive outdoor training on the rivers and the 162-acre Topsham training grounds.

Regular Schedule of classes

Students are welcome to attend classes at both Dojo.
(Sept. 8, 2009 - mid-June, 2010)

Topsham

4:00pm - 5:00pm Mondays in Topsham
4:00pm - 5:00pm Wednesdays in Topsham
11:00am - 1:00pm Saturdays in Topsham

South Portland

4:00pm - 5:00pm Tuesdays in South Portland
4:00pm - 5:00pm Thursdays in South Portland
9:00am - 11:00am Saturdays in South Portland

“I like to share my martial arts with others so they can learn and gain knowledge”

Spencer, 8 year old junior purple sash

2 FREE classes!

Interested participants can visit and then “try it out” a friendly, no-stress introductory session.

In each intro class you will get to learn some beginning martial art information, try the movement, plus have the opportunity to ask questions and get the feel of things.

Schedule your free class today!
(207) 729-7399

