



Kaizen Karate @ Spring Hill Elementary School

KARATE

This Karate program offers safe, structured training that teaches students the proper form, style and technique. Classes are tailored to student's individual needs and help them to grow to their fullest potential. Karate not only focuses on instruction, but also provides valuable lessons related to respect, discipline, motivation, self-control, confidence and continual improvement. * *There is a minimum requirement of 10 students to run the class.*

GRADES: K- 6th

DAY: Tuesdays

TIMES: Regular: 3:45 - 4:45pm Advanced 4:45 - 5:15pm

LOCATION: Small Pod

COST: Regular Class: \$175 Advanced Class: \$75

CLASS DATES:

March 12,19,26

April 2,9,23,30 NO CLASS: 4/16

May 7,14,21,28

Makeup class if needed- June 4 & June 11

NOTE: For advance class please register if you have the following:

*Students with Sparring Gear and Orange Belt or Higher ONLY

*Student must also register for the 3:45-4:45pm Class



Why Karate?

- Builds confidence & self-esteem
- Develops focus and patience
- Promotes doing your personal best at all times
- Develops positive attitude and respect
- Safer than most other sports
- Increases the ability to be calm & centered

REGISTRATION INFORMATION

To register for classes, or for more information, please visit www.KaizenFitnessUSA.com

- Click the red "REGISTER FOR CLASSES" on the Home page.
- This brings you to our Registration Page.
- Click the red "Register Online" button.
- This will bring you to our login page, where you will need to click the "Create an Account" link located below the login box.
- Once your account is created, you can browse the classes and register.
- When you create an account you are setting up your profile, and will also have the ability to add others to the account, so that everything stays organized and registering the entire family for any of our classes is a breeze.

Sponsored by Spring Hill Elementary PTO and must be a PTO member to join

P.O. Box 221, Spencerville, MD 20868 •301-938-2711
vivian@kaizenkarateusa.com •www.KaizenFitnessUSA.com



©2018-2019