



Kid's Kickboxing

Grades 1-8

Kickboxing

In this class, kids will learn how to work hard using their coordination, balance, and concentration. We will work on building cardio endurance and stretching that will help with school gym activities such as running, sit and reach and upper body strength. Interval training and obstacle courses will also be used. The class will work on team building with game time involving hand and eye coordinating activities. Focus bags will also be used during the learning of punching and kicking techniques. Each class will be different in activities and focus on different style workouts. This class is a complete workout, without the feeling of one. The kids will enjoy this class and ask for more times!

This class is split into two age groups; grades 1-4 and grades 5-8. If other grades are interested, please inquire. Bag gloves are optional, but recommended for punching.

*Each class will be limited to 12 participants, must have at least 8 participants to run the class.

Grades 1-4

Session #1 – January 7, 14, 21, 28 & February 4, 11
Class Time: 9:35-10:20am Cost: \$35 per student

Session #2 – February 25 & March 3, 10, 17, 24, 31
Class Time: 9:35-10:20am Cost: \$35 per student

Grades 5-8

Session #1 – January 7, 14, 21, 28 & February 4, 11
Class Time: 10:20-11:05am Cost: \$35 per student

Session #2 – February 25 & March 3, 10, 17, 24, 31
Class Time: 10:20-11:05am Cost: \$35 per student

*****Kid's Kickboxing Registration Form*****

Student
(first) _____ (last) _____

Grade _____ Age _____ Birth date _____
month / day / year

Address _____ City _____ Zip _____

Parents _____ Cell Phone _____

Any limitations or allergies: (list below)