

KICKBOXING SELF DEFENCE CLASSES



Try our afterschool beginner non-contact Kickboxing sessions at Dropmore Infant School. You can join in this class irrespective of your current fitness levels. The sessions take place in a safe and friendly environment.

Venue: Dropmore Infant School

Dates: Tuesday 26th April – Tuesday 12th July (11 weeks)

Time: 3-4pm

Level: Beginner

Age: Infant School Age

Cost: £110

There will be an opportunity at the end of the term for students to attend a grading (at a fee) and be awarded a belt if they meet the grading standards. Existing pupils who already have a belt can grade for their next appropriate belt.

Kickboxing is a fantastic sport which will help your child's overall fitness and flexibility. It also promotes self-discipline and work ethic and is a good form of self-defence. Please note we will accept a maximum of 15 pupils on this course.

To enrol your child please fill in the form below and return it to me before 9th April. Payment can be made by using the following bank details: Sort Code: 55 81 42 Acc: 907 419 27. To reserve a space for your child e-mail: s.wright@internationaltenniscoaching.com

I would like my child _____ Year _____ to take part in the Kickboxing Club.

Mobile number: _____ E-mail: _____

Medical conditions/Allergies: _____

Signed _____ Parent Child Date of Birth _____