

# 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 20<sup>th</sup> April – Tuesday 6<sup>th</sup> July (11 weeks)

Time: 3:15-4:15pm

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 26<sup>th</sup> March.

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](mailto: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 \_\_\_\_\_