

IMPACT

MARTIAL ARTS & FITNESS

PTO KARATE PROGRAM - WINTER 2023

IMPACT is happy to be working with your PTO to offer a Winter Karate Program. Our unique Youth Development Program focuses on influencing a child's overall attitude, behavior, and character.

Our program will focus on the following areas:

- Character Development
- Positive Attitude
- Safety & Awareness
- How to deal with Bullying
- Improved Concentration
- Academic Excellence
- Well-mannered Social Skills
- Fitness & Nutrition
- Positive peer pressure
- Respecting self and others

WHO CAN PARTICIPATE? ALL STUDENTS, SIBLINGS AGES 3 & UP, PARENTS & STAFF. We also have a very popular adult martial arts program that is perfect for all ranges of fitness and abilities.

We offer classes 6 days a week for your convenience. For best results in our program, please pick 2 classes a week that will best fit your families' schedule.

CLASSES MAY BEGIN ANY WEEK FROM JAN. 23rd - FEB. 6th

DAY:	MON	TUES	WED	THUR	FRI	SAT
3- 6 yr olds	4:15PM	5:30PM	4:15PM	5:30PM	4:30PM	10:00AM
7 -12 yr olds	5:30PM	5:45PM	5:30PM	5:45PM	5:30PM	11:00AM
Teens/ Adults	5:30PM	7:00PM	5:30PM	7:00PM	5:30PM	11:00AM

All class will be held at our dojo starting the week of January 23rd. Your classes will be 2 times a week for 4-weeks. We know families have busy schedules, so you may start your 4 weeks of classes any week starting January 23rd through February 6th, whichever is convenient for your family.

COST OF SESSIONS: Impact Martial Arts will be donating the uniforms, belt, and classes.
\$50.00 - CHECKS PAYABLE TO: Impact Martial Arts or pay online

REGISTRATION: Please go to: <https://www.teamfeidt.com/school-reg> You may pay online during your registration or drop off a check (Impact Martial Arts) or cash to the Dojo located at 8075 Oswego Rd. Liverpool, after 3pm Monday through Friday.

If you have questions regarding registration, call **315-622-KICK** or contact us at info@teamfeidt.com.

We look forward to working with you!



KICK FIT
FITNESS WITH A PURPOSE

