

IMPACT

MARTIAL ARTS & FITNESS

PTO KARATE PROGRAM - SPRING/ SUMMER 2022

Impact Martial Arts & Fitness-Team Feidt is happy to be working, once again, with your PTOs to offer our award-winning martial arts program. Our unique Youth Development Program focuses on influencing a child's overall attitude, behavior, and character to help reinforce what you want to see inside and outside your home.

Our program will focus on the following areas:

- Character Development
- Positive Attitude
- Safety & Awareness
- How to deal with Bullying
- Improving 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) **and PARENTS.** We have many different programs to choose from that are perfect for all ages and 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 STARTING APRIL 25th

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	5:30PM	5:30PM	5:30PM	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 any week from April 25th or after up to the week of July 25th. Your classes will be 2 times a week for 4-weeks (see schedule above) from the week you start.

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

REGISTRATION: Please go to: [https:// www.teamfeidt.com/ school-reg](https://www.teamfeidt.com/school-reg) You may pay online during your registration or drop off a check or cash at 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!

