

# IMPACT

## MARTIAL ARTS & FITNESS

### PTO KARATE PROGRAM - FALL 2025

IMPACT is happy to be working with your PTO to offer a Fall 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 the best results in our program, please pick 2 classes a week that will best fit your families' schedule.

#### CLASSES MAY BEGIN ANY WEEK FROM SEPT. 29<sup>th</sup> - OCT. 27<sup>th</sup>

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

We know families have busy schedules, so you may start your 4 weeks of classes **any week starting** the week of September 29<sup>th</sup> through and including the week of October 27<sup>th</sup>. **Pick whichever week and any day of that week to start.** Your 4 weeks will start with your first class. Your classes will be 2 times a week for 4 weeks.

**COST OF SESSIONS:** Impact Martial Arts will be donating the uniform and belt.

**\$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](mailto:info@teamfeidt.com).

We look forward to working with you!

