IMPACT MARTIAL ARTS & FITNESS

PTO KARATE PROGRAM – FALL 2022

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 best results in our program, please pick 2 classes a week that will best fit your families' schedule.

CLASSES WILL BEGIN THE WEEK OF OCTOBER 24th

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 October 24th. 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 October 24th through November 21st, 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!

LITTLE DRAGONS KICK FIT FITNESS WITH A PURPOSE IMPACT MARTIAL ARTS & FITNESS JIU-JITSU TEAM FEIDT KRAV MAGA MUAY THAI HYPER