

KAIZEN ATHLETICS



@ **Maryvale ES**

KARATE

This Karate program offers safe, structured training that teaches students the proper form, style and technique. Classes are tailored to student's individual needs and help them to grow to their fullest potential. Karate not only focuses on instruction, but also provides valuable lessons related to respect, discipline, motivation, self-control, confidence and continual improvement. This is a non-contact program.

** There is a minimum requirement of 10 students required to run this class. The maximum capacity for this class is 25 students*

GRADES: K – 5th

COST: \$92.00

DAY: Thursday

LOCATION: CLRM 103 Kinder (March dates)
Gym (April Dates)

START DATE: March 2

END DATE: April 13

CLASS DATES:

Mar. 2, 9, 16, 23, 30

Apr. 6, 13

If necessary, makeup classes will be held 4/20

TIME: 4:00 pm to 5:00 pm

of Classes: Seven (7) total

SOCCER

This class is designed to teach dribbling, trapping, passing, kicking & defensive skills. Students play games & use drills to have fun while learning one of the most popular sports in the world! Our dedicated team helps develop each student to be the very best they can be. Valuable lessons in teamwork, sportsmanship & discipline will be taught while having fun in structured environment.

** There is a minimum requirement of 10 students required to run this class. The maximum capacity for this class is 25 students*

GRADES: K – 5th

COST: \$90.00

DAY: Wednesday

LOCATION: Gym

START DATE: March 1

END DATE: May 3

CLASS DATES:

Mar. 1, 8, 15, 22, 29

Apr. 5, 19, 26 NO CLASS 4/12

May 3

If necessary, makeup classes will be held 5/10

TIME: 4:00 pm to 5:00 pm

of Classes: Nine (9) total

REGISTRATION INFORMATION

To register for classes, go to www.KaizenFitnessUSA.com

- Click the red "REGISTER FOR CLASSES" on the Home page.
- This brings you to our Registration Page.
- Click the red "Register Online" button.
- This will bring you to our login page, where you will need to click the "Create an Account" link located below the login box.
- Once your account is created, you can browse the classes and register.
- When you create an account you are setting up your profile, and will also have the ability to add others to the account, so that everything stays organized and registering the entire family for any of our classes is a breeze.

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