

After-School Kickboxing Club Autumn Term



Dear Parent/Guardian,

Welcome to all the new Year 7 Students at Waldegrave and welcome back all returning students, we hope it's been a wonderful summer. We're very glad to be back for another year of after school kickboxing.

Classes are open to all students, at any ability level with beginners welcome. The classes will consist of a warm up and stretch before moving onto boxing skills and kicking techniques on the focus pads and application work. We aim to provide a safe and fun way to get a well-rounded understanding of the martial art along with developing fitness and practical self defence.

With everyone's safety still being our main priority;

-Students are encouraged to have their own equipment, 10oz Boxing gloves and focus pads are recommended. However gloves and focus pads will be available.

-Any students not feeling well is encouraged not to attend.

Classes will be run from;

Year 9, 10 & 11 <i>Mondays 15:30-16:30 Dance Studio</i>	Year 7 & 8 <i>Fridays 14:40-15:40 Dance Studio</i>
- 14 th September 21 st September 28 th September 5 th October 12 th October 19 th October	11 th September (Free Trial - Pre-Book Only) 18 th September 25 th September 2 nd October 9 th October 16 th October 23 th October
<i>Half Term</i>	<i>Half Term</i>
- 9 th November 16 th November 23 th November 30 th November 7 th December 14 th December	6 th November 13 th November 20 th November 27 th November 4 th December 11 th December -

Payment is £119 for the term, payable before the first class by bank transfer. Payments are non-refundable after the first class, if a student is unable to attend for an extended period, credit can be carried over to a following term.

To allow planning for class size please confirm your place as soon as possible.

To confirm your child's place or for any questions or queries please contact sam@kingkickboxing.com

Many thanks,

Sam King
King Kickboxing

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KICKBOXING