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KARATE

(Instruction provided by Kaizen Karate)

This popular class is a disciplined introduction to the sport by Kaizen Karate. Your child will learn the beautiful art of karate while gaining safety and defensive skills in a respectful environment. The class will also emphasize the basic karate principles of focus, patience, and self-discipline. Returning students will continue to work toward new belts while first-time students will be able to start the belt program.

Grades:	K-5 th
Cost:	\$210.00
Day:	Monday
Start Date:	October 16 th
End Date:	December 18 th
Time:	4:00pm – 5:00pm
Location:	CLRM 4 G1

CLASS DATES:

Oct. 16,23,30 Nov 6,13,20,27

Dec. 4,11,18

Number of Classes: Ten (10)

These materials are neither sponsored nor endorsed by the Board of Education of Montgomery County, the Superintendent, or this school.

REGISTRATION

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

- 1. Click the red "**REGISTER NOW**" on the home page. This brings you to our Registration Page.
- 2. FOLLOW THESE EASY STEPS TO REGISTER:

Step 1: Select the "Add to Cart" button to enroll

Step 2: "Check Out of Shopping Cart"

Step 3: Select "Create New Account" when prompted. (If you do not already have an account)

Once your account has been created, follow the registration flow to select a pay plan; Add Members (your student); sign waivers, confirm your "order"; and pay & finish.





Phone: 301-938-2711

coach.v@kaizenkarateusa.com www.KaizenFitnessUSA.com

