



KAIZEN KARATE

@ Wyngate ES

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-5th
Cost:	\$160.00
Day:	Tuesday
Start Date:	January 17th
End Date:	March 7th
Time:	4:00pm – 5:00pm
Location:	CLRM 23

CLASS DATES:

Jan 17,24,31

Feb 7,14,21,28

March 7

Number of Classes: Eight (8)

This program is sponsored by the FRES PTA
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

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