

MARTIAL ARTS



**Day/Time: Mondays 3:05pm-4:05pm
in the Multipurpose Room
GRADES 1-5**



Martial Arts - A conditioning and self-defense practice for children to build their confidence, balance, coordination and critical-thinking, it focuses on the ability to defend oneself and finding the fun of cardio exercise. The class starts off with basic exercises of hand and feet defense blocking. Students are then instructed on a series of simple movements that are performed repeatedly over a short interval. All routines are performed solo.

- 1) Check Box Next To The Session For Which You Would Like To Register And Fill In Payment Amount.
- 2) New Students (Who Have Not Participated In The 2009/2010 School Year) Include Registration Fee.
- 3) Fill in Total Payment Amount & Complete Student Info Section Below.

SESSION NO.	SESSION DATES	NO. OF WEEKS	SESSION COST	PAYMENT
<input type="checkbox"/> SESSION 1:	Sept. 14 – Dec. 14 (No class 11/23)	13 weeks	\$169	
<input type="checkbox"/>	2009/2010 Annual Registration Fee		\$25	
Total Payment:				

- **PAYMENT IS DUE ON THE 1ST DAY OF CLASS. REFUNDS AND PRORATING ARE AVAILABLE, PLEASE CALL FIT.**
- **Some scholarships are available, please call FIT if you would like your child to be considered.**

STUDENT INFORMATION: Make check payable to Fitness In Transit (FIT) include your child's name and school on check and submit with registration form.

Student's Name _____ Home phone _____

Parent's Name _____ Emergency Phone _____

Billing Address _____ Email _____

After class: Student will go to Adventure Time ____ Or, by picked up by _____

Pre-existing medical conditions _____

Parent's Signature _____ Date _____

*I hereby understand that my child, while enrolled in Fitness in Transit, is covered for liability insurance under the Markel Insurance Company. This insurance pays over and above what my insurance does not cover.