



Dear Parents,

We will be running a kickboxing class at the school on:

Mondays 8am – 8.45am
29th April – 20th May & 3rd June – 15th July (10 weeks)
RECEPTION – YEAR 6
£7 per session monthly direct debit or £8 per session termly

To book a space in the class, please register or sign in at the link below;

<https://samuraikickboxing.com/Account/Register>

Unfortunately, due to health and safety requirements we are unable to teach students who have not booked a space in the class.

Our Kickboxing classes are *safe, professional* and *fun* and offer a variety of fantastic benefits for your children;

- Improvement in health and fitness including strength, balance, coordination, speed, agility and flexibility
- Opportunities for self-development including improved self-confidence, focus, discipline and mental well-being
- Progression at an individual pace without competitive pressure from team mates
- Learning self-protection techniques and tactics to deal with bullying

If this session day/time does not suit you, we also have public classes in the local area and we run Holiday Camps.

Any problems, please do not hesitate to contact us by phone or email as detailed below.

Yours faithfully,

Matt Collins
Owner, Samurai Kickboxing

The Samurai Fitness Group
E: info@SamuraiKickboxing.com
M: 07828 534817
www.TheSamuraiFitnessGroup.com