

MARTIAL ARTS



12 WEEKS DEC 2 - MAR 11
No Classes: DEC 23-24, DEC 30-31, FEB 17-18

Instructor-Bruce Cadorette

Students are taught American Kempo Kung Fu by Master Bruce Cadorette, a 9th degree blackbelt. Through Master Cadorette's instruction our students develop strength, flexibility, coordination, reflexes and timing. Students will also develop confidence and character by reinforcing selfcontrol, respect, self discipline and responsibility all while still having fun.

Classes are limited to a maximum of 8 students.
Please register early to guarantee your spot.

This Martial Arts program combines no contact self defense and karate basics. Students will learn discipline and proper techniques for kicking, punching, and more. Uniform included for new students. **Testing fees charged separately.**

For questions regarding classes or levels contact David Gonick at 781-585-3883 or email david@kingsburyclub.com.

MEMBERS \$169 | NON-MEMBERS \$200



TIAMAT
Ages 4-6
Thursday
5-5:45 PM

HYDRA
Ages 7-12
Wednesday
5-6:00 PM



KINGSBURY CLUB
KINGSTON

Martial Arts for Kids

All classes are held in Studio A. Classes are filled on a first come, first serve basis. Please fill in the information on the REGISTRATION FORM sign the bottom, and return to the instructor David Gonick ASAP to reserve your spot. Please provide a payment method when renewing.

Online registration is available through our website by clicking on the "MEMBER LOGIN" and then "REGISTER FOR CLASSES." Child must already be in our system. Please call David to register or fill out this form if child is not in our registration software. Questions regarding classes or levels please call or email David Gonick at 781-585-3883 or david@kingsburyclub.com.



REGISTRATION FORM - MARTIAL ARTS

Child's Name _____ DOB _____

Parent's Name _____

Address _____

Phone _____ Email _____

Emergency Contact _____ Phone _____

Membership Type: Member Non-Member

Payment: House Charge Check Credit Card _____

Exp Date _____ Security Code _____

Class _____ Day _____ Time _____ Fee _____

The Kingsbury Club & Spa reserves the right to photograph program participants for publicity purposes, in print or electronic media.

Parent's Signature _____ Date _____