

# MARTIAL ARTS

**11 WEEKS**  
**SEP 7 - NOV 17**

## **Instructor-Bruce Cadorette**

Students are taught Shaolin Kung Fu and Kempo Karate 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 self control, respect, self discipline and responsibility all while still having fun.

**These spaces fill up fast! 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.**

**MEMBERS \$195**  
**NON-MEMBERS \$230**

For questions regarding classes or levels contact David Gonick at 781-585-3883 or email [david@kingsburyclub.com](mailto:david@kingsburyclub.com).

  
**KINGSBURY CLUB**  
KINGSTON

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

NAGA (advanced)  
Ages 10+  
Wednesday  
6-7:00 PM

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

# 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 Club App and Online member Portal by clicking on programs and selecting Martial Arts. Student must already be in our system. Please fill out this registration form if the child is not already in our system or visit our website and fill out the New Participant application. Questions regarding Martial Arts please call 781-585-3883 or email david@kingsburyclub.com.

Payment is due at the time of registration. 10% of the cost of the program, lesson, clinic will apply to a non refundable registration fee at the time of registration. 72 hours prior to the start of the group program, lesson, clinic all fees are non refundable. Medical exemptions will be managed case-by-case, with a doctor's note required.



## 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 \_\_\_\_\_