

MMA - Mixed Martial Arts

Students will train in a positive atmosphere, learn how to defend themselves and gain valuable life skills – all while having fun! This is done through our structured monthly curriculum. Students will focus on Boxing, Kickboxing, Jujitsu and Wrestling technique each month, as well as two “Mat Chat’s” where we cover important lessons such as focus, confidence, and gratitude.

Dates:	Session I: Jan 4 - Feb 8	321308-02	Ages:	5-11 years
	Session II: Feb 22 - Mar 28	421408-01	Location:	Krueger Park Gym South
	Session III: Apr 11 - May 16	421408-02	Min/Max:	6/20
Day:	Thursday		Fee:	\$92 Resident, \$97 Non-Resident
Time:	6:00 p.m. - 7:00 p.m.			

MMA - Mixed Martial Arts (For Teens)

Join us for the most effective styles of martial arts, infused with lessons on character development. Students 11 - 15 will train in a positive atmosphere, learn how to defend themselves and gain valuable life skills. Students will focus on boxing and kickboxing techniques (kicking, footwork, and defense), judo/wrestling technique (take-downs and defending take-downs) and “Mat Chat” (the personal development topic of the program).

Session I:	Jan. 4 - Feb. 8	341311-01
Session II:	Feb. 22 - Mar. 28	441411-01
Session III:	Apr. 11 - May 16	441411-02
Day:	Thursday	
Time:	7:00 p.m. - 8:00 p.m.	
Ages:	11 - 15 years	
Instructor:	Victory Family MMA	
Location:	Krueger Park Gym	
Min/Max:	8/20	
Fee:	\$92 Resident, \$97 Non-Resident	