

YOUTH ACTIVITIES

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 one 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. **No class July 4**

Dates: **Session I: May 30 - July 25** **121108-01**
 Session II: Aug 8 - Sept 26 **221208-01**
Day: **Thursday**
Time: **6:00 p.m. - 7:00 p.m.**
Ages: **5-11 years**
Location: **Krueger Park Gym South**
Min/Max: **6/20**
Fee: **\$114 Resident, \$119 Non-Resident**

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). **No Class July 4th.**

Session I: May 30 - July 25 **141111-01**
Session II: Aug 8 - Sept 26 **241211-01**
Day: **Thursday**
Time: **7:00 p.m. - 8:00 p.m.**
Ages: **11 - 15 years**
Instructor: **Victory Family MMA**
Location: **Krueger Park Gym South**
Min/Max: **8/20**
Fee: **\$114 Resident, \$119 Non-Resident**