



Kaizen Karate @ DuFief Elementary School

KARATE

This Karate program offers safe, structured training that teaches students the proper form, style and technique. Classes are tailored to student's individual needs and help them to grow to their fullest potential. Karate not only focuses on instruction, but also provides valuable lessons related to respect, discipline, motivation, self-control, confidence and continual improvement.

GRADES: K – 5TH
DAY: Thursday
TIMES: 3:30– 4:30pm
COST: \$153

CLASS DATES:

Jan. 2,9,16,23,30

Feb. 6,13,20,27

Make Up Date if needed:3/5

YOGA

Develops focus, flexibility, strength, and coordination through yoga poses, stories, songs, drawings, and games. Classes enhance energy while teaching children how to remain calm and centered. Children learn basic movements in a fun, relaxed setting. Benefits increase patience, posture, confidence and self-esteem. Poses are learned individually, with partners, and groups

GRADES: K – 5th
DAY: Wednesday
TIMES: 3:30– 4:30pm
COST: \$153

CLASS DATES:

Jan. 8,15,22,29

Feb. 5,12,19,26

Mar. 4

Make Up Date if needed: 3/11

REGISTRATION INFORMATION

To register for classes, or for more information, please visit

www.KaizenFitnessUSA.com

- Click the red "REGISTER FOR CLASSES" on the Home page.
- This brings you to our Registration Page.
- Click the red "Register Online" button.
- This will bring you to our login page, where you will need to click the "Create an Account" link located below the login box.
- Once your account is created, you can browse the classes and register.
- When you create an account you are setting up your profile, and will also have the ability to add others to the account, so that everything stays organized and registering the entire family for any of our classes is a breeze.

These materials are neither sponsored nor endorsed by the Board of Education of Montgomery County, the superintendent, or this school.

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