

NEW Martial Arts Classes at The Children's Gym!

Brought to you by:



BRIDGETOWN AIKIDO

A POSITIVE WAY FOR YOUR CHILD TO ACQUIRE:

- Respect
- Self Confidence
- Focus
- Self Discipline
- Self Defense
- Overall Health and Physical Fitness

Class Schedule September 2010 – June 2011

Season runs September 7th 2010 – June 17th 2011

***Class times and days are subject to change based on demand and staff availability**

Tuition is based on a four week/four lesson month. Tuition will be adjusted due to shorter or longer months.

Tiny Dragons (3 years to 4 years; 45 minute class)

Focused play is used to introduce Martial Arts movement and awareness skills to young children. Spatial awareness, rolling, falling, and very basic Martial Arts techniques are taught. Respect for one's self and each other as well as cooperation are emphasized in a fun and safe environment. This class serves as a transition into our Martial Arts Fundamentals Class.

FEES (one lesson per week): Per Month \$52

Tuesdays 10:30am-11:15am, 11:30am-12:15pm
Thursdays 10:30am-11:15am, 11:30am-12:15pm

Martial Arts Fundamentals (4 years to 6 years; 1 hour class)

Fundamental movement skills of Martial Arts are the focus of this class: rolling, blending, knee-walking, and centering. Self-discipline, leadership skills, energy awareness, and fun are emphasized. The importance of posture and stance are learned along with the basic techniques of Martial Arts. Personal attention is given to each child as they prepare for the testing process. Your child's confidence and self-esteem grows naturally, and progress made in training is recognized by the instructor's award of colored belts.

FEES (one lesson per week): Per Month \$61

Tuesdays 3:30pm-4:30pm, 4:30pm-5:30pm
Thursdays 3:30pm-4:30pm, 4:30pm-5:30pm

Basic Martial Arts (7 years to 12 years; 1 hour class)

In addition to the fundamental techniques and philosophy taught in the Martial Arts Fundamentals class, additional emphasis is placed on cooperation, focused attention, and conflict resolution strategies. Basic and more advanced techniques, partner practices, rolls, falls, and knee-walking are taught. Self-defense skills, physical resilience, and spatial awareness are taught, in addition to variations of basic and more advanced techniques. Part of the learning process includes playing noncompetitive games.

FEES (one lesson per week): Per Month \$61

Tuesdays 3:30pm-4:30pm, 4:30pm-5:30pm
Thursdays 3:30pm-4:30pm, 4:30pm-5:30pm

Annual Registration fee \$40 for a single child and \$50 for a family (Required at the time of enrollment for all children) **Family and Dual Enrollment Discounts Available**

LOCATION:
The Children's Gym
1625 NE Sandy Blvd
Portland OR 97232

For more information:
Eddie Frager @ 503-706-8454
info@bridgetownaikido.com