

TRAINING CHAMPIONS FOR LIFE



TRAIN TAEKWONDO SCHOOLS & SKILLZ

gavin@eastyorktaekwondo.co.uk

www.traintaekwondo.co.uk

Tel: 07833665905

Dear Parents/Guardian

Train Taekwondo Schools & Skillz will offer your child the opportunity to attend an after-school activity club for all children at St Mary & St Joseph School.

The after-school club will be held on Thursday afternoons starting on 6th November, for approximately 45 minutes. The classes will be offered to all KS1 girls and boys regardless of experience. The cost for the half term will be £30.00 (£5.00 per week) this will take us up to the end of half term with the last session on the 18th Dec.

Please note the last session will be no session on the 11th Dec as the hall will be set up for the christmas play.

Please note the Maximum number of children for these sessions is 20. Places will be allocated on a first come basis.

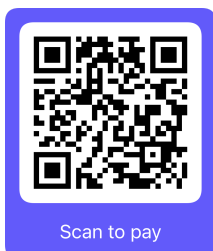
The classes will be run for Six Weeks from 3.30 pm to 4.15 pm. They will finish promptly at the stated time. Please make arrangements to collect your child from the main reception at this time.

Skillz is based on Taekwondo and because of its high-kicking, fast-paced style, Skillz is a thoroughly modern way of keeping fit whilst targeting weight loss, flexibility, general well being and core Skillz development. Skillz Connect UK is a great advocate of fun and fitness and our instructors work hard to ensure our students gain the maximum from each lesson attended.

Skillz Tae Kwon Do training is also about learning to discipline your mind to exercise self-control and respect to others. Providing Skillz as part of the after school activities is a great way for children to sample a less mainstream sport.

Children and the parents of, who have attended an after-school club are invited for 2 free training sessions in one of Train Tae Kwon Do Schools & Skillz classes. Once registered at a local venue they will be able to participate in a rewarding training syllabus which is followed to ensure students are given every opportunity to achieve their short- and long-term Tae Kwon Do goals, on their way to developing mentally and physical.

Please Scan the QR Code to book your child's place.



look forward to welcoming your child/children to Train Tae Kwon Do Skillz. Should you require any additional information please do not hesitate to contact me.

Kind regards
Gavin Cook